



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

Celebrating 34 Years of Service!

Issue # 367 • January 2018

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TOWN CLERK NEWS

Notice is provided that **Business Certificates** expired as of **December 31, 2012** were destroyed as of December 31, 2017 in accordance with MA Retention Schedule published by the Secretary of the Commonwealth.

The annual street listing (aka the town census) will be mailed the last week in December. We respectfully ask that you return it no later than January 31, 2018. In case you are not familiar with the street listing or new to Massachusetts, this is a legal document issued by the Commonwealth to ensure that your name remains on the active voting list; failure to respond can result in your name being placed on the inactive voting list and may result in removal from the voter registration rolls.

Dog licenses now available! We must have a current rabies certificate on file. The fee is \$6.00 for spayed and neutered dogs and \$10.00 for those not altered. Please feel free to order by mail (allow 2 weeks) by downloading an application from the Town Clerk's page on the town website, www.dunstable-ma.gov, enclose the correct fee and a check made payable to "Town of Dunstable" and remember to enclose a self-addressed stamped envelope. The annual street listing will also have an application for your convenience.

Carol A. Skerrett, Town Clerk CMMC978-649-4514 x222
CSkerrett@dunstable-ma.gov **HOURS:** The Clerk's Office is open Monday evening from 3:00 pm – 7:00 pm; Tuesday, Wednesday and Thursday 9:00 am – 2:00 pm. Hours may vary due to holidays, workshops and elections. There are times the office is closed during these posted hours and extended hours for voter registration and absentee voting, please feel free to call ahead. *Marriage licenses are by appointment only.*

DUNSTABLE RURAL LAND TRUST

WINTERFEST 2018

Sunday, January 28th, 2018

11am to 3pm



Our 22nd Winterfest is scheduled for Sunday, January 28th, from 11am to 3pm. We are hoping for the weather to be just right this year! As you might remember, last year's event was canceled due to no ice and snow! That was only the 6th time in 21 years that we had to cancel.

Join us for horse drawn hay rides, sledding, skiing and snowshoeing. **Depending on the weather** there may be other activities as well. Enjoy hot chocolate, soup and other refreshments by the bonfire. This is held at the DRLT Wildlife Preserve, use the 1074 Main St. entrance. For more information you may call Bob at 978-649-7206 or David at 978-649-6394. **Please DO NOT bring your dogs to Winterfest.**

IN MEMORY OF

Jean Marie Blazon Jones
Ann T. 'Nancy' Cordingley Murphy
Victor E. Stewart
Patrick Caires
Stephen E. Marshall



OPEN BURNING SEASON BEGINS JANUARY 15TH

Dunstable Fire Chief, Brian Rich announced that Open Burning season will soon begin and will end on May 1st. Permits are available daily from 9:30am to 12:30pm at the Fire Station on Pleasant St. Permits cost \$10 and are free to "over 65".

FEE AND PERMIT INFORMATION

You must follow all the rules and regulations that are listed below.

Rules and Regulations

1. You can only burn brush and garden trimmings only.
2. Burning is allowed only between 10am and 4pm. No fire shall be started after 12 noon and all fires must be extinguished by 4pm.
3. The permit holder must call the Fire Department @ 978-649-6661 each day after 9am for permission to burn that day.
4. The fire must not be left unattended and must be at least 75 feet from any structure.
5. Have available water supply, rakes, shovels, etc. for controlling the fire.

Under all Circumstances the following are prohibited

1. The burning of Grass, Hay, Leaves, Stumps, tires and/or building materials.
2. Burning of brush, trees, cane and/or driftwood from commercial and/or institutional land clearing operations.
3. Burning at landfills or refuse disposal facilities other than approved incinerators.
4. Large piles that will not readily burn or are of such size that they will not be totally out by 4pm.

If you have other questions regarding burning, please call Fire Chief Brian Rich at 978-649-6661. Information is also posted on the town Website.

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: **January 24th from 11am-12 noon at the Library, 588 Main Street, Dunstable.** 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.

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The West Family and Maureen Amaral from Coldwell Banker Residential Brokerage would like to begin this new year with a HUGE THANK YOU to each and every one of our neighbors who were so kind and generous to stop into West Auto Repair and drop off a gift (or in many cases multiple gifts) for the Toys for Tots collection campaign. Hundreds of gifts were collected at the shop and there were times where we had to empty that large collection box once a day. The outpouring of support that we receive for this campaign each and every year just warms our hearts. Thank you again and wishing you and yours the happiest of new years.

The West Family & Maureen Amaral

DUNSTABLE GRANGE #31



CELEBRATING 150 YEARS

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.

January 12th - Youth Program. Bring a \$5 McDonald's Gift Card for Foster Care.

February 9th - Surprise program with the State Lecturer

GROTON DUNSTABLE SPEDPAC

January 25, 2018 7-9 pm

GDRSD High School Library, 703 Chicopee Row,
 Groton, MA 01450

RSVP Requested: gdsepac2@gmail.com

Ellen Chambers founder of SpedWatch will be presenting Basic Rights Workshop

Come learn about your child's educational rights under MA and Federal laws. *Funded in part by the Groton Commissioners of Trust Funds Lecture Funds and the Groton Dunstable Educational Foundation*

GROTON DUNSTABLE SPEDPAC

CONTACT OFFICERS AND LIAISON 2017-2018

Co-Chairs: Melissa Padera – mpadera@yahoo.com

Jennifer Bonenfant – jenniferbonenfant@gmail.com

Secretary: Maria Haddad – mhaddad2@verizon.net

Treasurer: Katie Leonard – kcleonard@gmail.com

SCHOOL PARENT LIAISONS

Boutwell Liz Podsiadlo – lizpod72@yahoo.com

Florence Roche Mary Garcia – franana527@gmail.com

Swallow Union Melissa Padera – mpadera@yahoo.com

Middle School Marla Haddad – mhaddad2@verizon.net

High School Susan Lopez – susanlopez24@gmail.com

Out-of-District Nancy Beshansky – nancybeshansky@hotmail.com

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

REGISTER FOR GIRL SCOUTS

All girls in grades K-12 are invited to participate in Girl Scouts. As a scout, each girl will have a supportive network to try new things, which helps to develop confidence, courage and character. You can get more information and register your daughter at GSEMA.org (Girl Scouts of Eastern Mass.). Girl membership is just \$40 per year. Adult volunteers are welcome too. For questions, contact Stephanie at sgeiser@gsema.org.

The deadline is January 10th for the February issue.

Have events coming up? 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

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 Debrececi – Children's Librarian – kdebrececi@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 kdebrececi@dunstablepl.org.

This month's display is from Kevin Connolly. He will be showcasing his collection of hand crafted wooded boxes. www.oldschoolwoodworkin.com

Community Room Artist Check out the wonderful new artwork done by Alice Sneizek. Her collection of paintings are incredible!

Library Passes available Take advantage of these great passes: Boston Museum of Fine Arts, One Stop Fun, US Constitution Museum in Charlestown, and a pass to 50 Massachusetts State parks. New Discount Pass – Salem Witch Museum and Merrimack Repertory Theatre.

Adult Reading Group There will be an Adult Reading Group on Saturday, January 6th at 10:30 am. Discussing The Rosie Effect. This will be the only meeting for the month. New members are always welcome. Sue Tully sjt0213@verizon.net

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

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 Friday January 25th. New members are always welcome.

Knitting and Crochet Class under the direction of Donna Acquaviva. The class will be held on Monday nights at Swallow Union School from 6:30 – 8:00.

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 January 9th at 4:00pm. We will be making many Star Wars projects and activities. Please feel free to wear your Star Wars gear and/or costume. There will be a limit of 20 for this program, so sign up as soon as possible. Please sign up at the library or email Mrs. D. at kdebrececi@mvlc.org May the Force be with you.....

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

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

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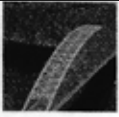
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FROM THE OFFICE OF THE TOWN ADMINISTRATOR

There were two project expenditures approved at the fall Special Town Meeting that are getting underway under the direction of the Board of Selectmen. First is the Town Market Analysis, which will examine the commercial and residential markets of Dunstable and the surrounding communities to examine what types of development can be sustained economically in our town. An outside private planning firm that specializes in this type of analysis and planning will complete this project.

The second project is the study of the potential costs of the town offering Other Post-Employment Benefits (OPEB). The benefits considered so far include primary health insurance benefits for employees after retirement. The Town Administrator and the Treasurer will be working with KMS Actuaries, LLC, to perform the analysis. The Town Administrator and Treasurer will be providing a great deal of employee data to the actuary for this project. For more information on OPEB, you can google "OPEB Massachusetts."

Other projects still under way include the Water Department Infrastructure Improvements and Main Street Pavement Reconstruction approved at previous Town Meetings. The Water Commissioners been working diligently with the MassDEP and the Town Administrator to make a plan for compliance with the deficiencies identified in the Sanitary Survey performed by the MassDEP this past summer. The goal is to have an article at the Annual Town Meeting for financing of the improvements.

The engineering for the Main Street paving project is underway. Recently the engineers' submitted progress plans to MassDOT; we are awaiting their response before proceeding further. The town has been keeping in contact with the Northern Middlesex Council of Governments (NMCOG) to plan for the state funding on this project.

In January, the budget process gets into full swing with the Advisory Board and the Board of Selectmen. We encourage residents to participate in this process. There will be several joint meetings this year, some of which will take place outside of Town Hall in other town buildings. Be sure to check the agendas, posted on the town website, for meeting date, time and location.

UPCOMING MEETINGS:

Advisory Board: January 17, February 1 & 13

Selectmen: January 23, February 6 & 20

If you have any questions, please do not hesitate to contact the Town Administrator's Office at 978-649-4514 X224.

HOW TO GROW NUTRIENT DENSE VEGETABLES

Take your vegetable garden to the next level...Beyond Organic! Come to a presentation on HOW TO GROW NUTRIENT DENSE VEGETABLES, sponsored and held at **The Groton Grange #7**, 80 Champney St, Groton, MA, on **January 9th, 2018 at 7pm.**

Presentation by Eric Fisher, who brings 30 years of gardening experience. This will be followed by questions and answers. **Join us and plan for spring planting.**

GROTON GRANGE #7

New England Contra Dance, Saturday, January 27, 7:30 to 10PM at the historic Groton Grange Hall, 80 Champney St., Groton. Live music and dancing with Groton's own Contra Banditos with caller jacqueline Laufman, who will teach traditional New England style Contra, Square and Line Dances to the beat of old time fiddle tunes. Beginners are welcome. No experience or partner is necessary. Donation \$5 at the door per person. Children under 3 years are free and family maximum is \$20. Refreshments provided.

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

E-mail: anne@neighbortoneighbornewsletter.com

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VETERANS' SERVICE OFFICE

I thank everyone who came and supported our small Veterans Day Open House in November. I especially thank our 2nd grade classes who wrote wonderful letters to our Veterans for their service. They were all simply GREAT! Also a special thanks to Ms Hamel, Ms Dinnen and Ms Rossi for submitting those letters. All of the veterans here and the Pepperell VFW enjoyed every one of them. I hope you all had a very Happy Hanukkah, Merry Christmas and I wish you a very Happy New Year!

Additionally as always, If you know of any veteran, widow or family member in need of assistance of any kind, please leave me a message at 978-649-3919 or send me an email at VSO@Dunstable-ma.gov. I am here to help you.

Joe Dean (Former USMC Sgt, Retired USAF Capt.)

Dunstable Veteran Services Officer

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DUNSTABLE THEATER COLLABORATIVE PRESENTS BAREFOOT IN THE PARK

Join Dunstable Theater Collaborative for our group's inaugural performance of Neil Simon's Barefoot in the Park at **Dunstable Town Hall** on **January 12 & 13** at **8pm**, and on **January 14th** at **2pm**.

Neil Simon's Barefoot in the Park is a romantic comedy focusing on a pair of newlyweds, Corie and Paul Bratter, as they begin married life in a tiny, 5th-floor walk-up apartment in a Greenwich Village brownstone. Paul is a strait-laced attorney; Corie has a far more spontaneous, free spirit. As the young couple contend with a lack of heat, a skylight that leaks snow, several long flights of stairs, oddball neighbor Victor Velasco, and Corie's well-meaning mother Ethel Banks, they must also reconcile their own personal differences in how they approach life's challenges. Adjusting to married life isn't so easy!

Tickets are \$12 General Admission, \$10 Students & Seniors. Tickets will be available online and at the door. Seating is limited, so buy your tickets today at:

www.dunstabletheater.org/product-category/tickets

We hope to see you there!

BEEKEEPING COURSE

Tyngsborough Recreation Center,
120 Westford Road,

5 Sundays, 5 - 7pm, Starting January 28th

Cost: \$110 - includes text.



Course starts January 28th, skips Feb 5th then continues on Feb 12th with 4 more classes. Fee is \$110.00 includes text. This course is designed for individuals interested in starting this fascinating hobby, as well as for seasoned beekeepers looking for more information. We will learn the latest techniques of beekeeping and how to keep honeybees which are essential to our environment. Honeybees are the most fascinating and important insect on our planet. When weather cooperates, a healthy hive of honeybees, in Middlesex County can produce 100 lbs of excess honey. *Instructor:* Rick Reault, owner of New England Beekeeping Supplies and President of the Middlesex County Beekeeper's Association. www.tyngsboroughrec.com

DUNSTABLE RURAL LAND TRUST 2018 CALENDAR

This year's calendar features DRLT Director, Anne Davis' dramatic black and white photos of Dunstable.

The Calendar is available for \$12.00 a piece at the Dunstable Library, The General Store, The Rose of Sharon at Blossom Hill, The Farmhouse Café and from the DRLT Directors.

All proceeds from the Calendar sales go to the DRLT to protect the open space and to preserve the rural character of Dunstable. Call Elaine at 978-649-9236 or Anne at 978-649-7243 for more information.

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Pastor Rev. Susan Gaeta Fall workshop time 10:15

The New Year is always a good time for resolutions and new ideas. At Shepherd of the Valley Lutheran Church, we are starting the year out with a new location. **On Sunday, January 28th, Shepherd of the Valley will be moving from the Grange in Groton to the Federated Church, 21 Washington Street in Ayer, Massachusetts.**

The worship service will still be at 10:15 with Sunday School and Adult Discipleship at 9 AM. The SOV congregation is very excited to be moving to this new site which will afford a beautiful sanctuary for worship and many spaces for other activities. On Friday, January 26th, SOV will offer another family movie night which will be held at 6:30 PM at the Federated Church. Popcorn will be served. Stay tuned for the movie title coming soon.

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

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.

PLEASE REMEMBER THAT ALL VEHICLES MUST HAVE A TRANSFER STATION PERMIT DECAL AFFIXED TO THEIR DRIVER SIDE WINDOW AND BAG TAGS MUST BE ON ALL BAGS BEFORE ENTERING THE TRANSFER STATION.

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

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/>

DUNSTABLE TOWN HALL DIRECTORY

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

221 Accountant	222 Town Clerk	223 Council on Aging
224 Board of Selectmen, Electrical, Gas, Plumbing, & Building Inspector's Secretary. Also for Animal Control Officer. After hours call Police at 978-649-8891. If emergency call 911		
225 Assistant Assessor	226 Building Inspector	
227 Assessors, Highway	228 Collector/Treasurer	229 Board of Health
230 Conservation/Planning Board/Water Commission		
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POLICE NON-EMERGENCY 978-649-7445 POLICE & EMT 911

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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.

• **The Mission of the Dunstable Council on Aging** is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs.

January 10th lunch Will be our quarterly Pot Luck Lunch. Bring a small serving of an appetizer, salad, main course or dessert. On **January 17th, The Traveling Chef Program** provided by Elder Services of the Merrimack Valley will provide a lunch of Chicken Cordon Blue with rice pilaf and dessert, **RSVP by Jan. 10**. The **January 24th** lunch and will be Fish Chowder & Salad prepared by Charlotte's Cozy Kitchen, **RSVP by Jan. 17th**. **January 31** Pizza, salad and dessert. Starting the last Wednesday of the month we will celebrate with a delicious cake any of the seniors who are having a birthday that month. We would love to see more seniors at our lunches. Lunches are \$3.00 per person. **Indian Hill Music, Bach Lunch** is on Thursday, January 18th. There are **TWO PERFORMANCES: 11:00 am and 1:30 pm** at Indian Hill Music, 36 King Street, Littleton MA. The performance will feature the classical & contemporary duo of Amelia Hollander Ames on viola and Elaine Rombola Aveni, on piano. Light refreshments are served but you are welcome to bring your own lunch. **Book Club** will meet on Saturday, January 20 and every third Saturday at 10:30a.m. The library supplies the books. Order yours at the circulation desk.

Rivercourt Residence We appreciate their support by providing monthly lunches to our seniors Rivercourt does this as a community out-reach program. *There will be a winter break until March 20.*

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

Line Dancing Class Classes are held on Mondays at 9:45a.m. for one hour in the lower hall of the Dunstable town hall. Space still available, beginners welcome. Cost is \$3.00 per session. 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 Meets on Mondays from 7:00 – 8:30 at Swallow Union



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MORE NEWS FROM

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.

The Mission of the Dunstable Council on Aging is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs.

Document shredding 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.

Volunteers needed to deliver Meals on Wheels to shut-ins. To lead an activity or craft

Nashoba Nursing Service and Hospice: For information on home health, flu clinics, nursing availability, or hospice - call 1-800-698-3307.

CAN YOU HAVE MULTIPLE HEALTH CARE AGENTS?

By Edward H. Adamsky

You should have a Health Care Proxy that names an Agent to make health care decisions for you if you cannot do so for yourself. A frequent question, after "Who should be my agent?" is "Can I name more than one Agent?" Parents often don't want to favor one child over another and many want to name all of the children. This makes sense in a family context, but it isn't practical nor allowed under the law.

The Massachusetts law is Chapter 201D, it states: "Every competent adult shall have the right to appoint a health care agent by executing a health care proxy." It also goes on to say: "A competent adult may designate an alternate health care agent as part of a valid health care proxy." It doesn't say so explicitly, but most Elder Law Attorneys have concluded that this means you can have only one valid Agent at a time. You may name an alternate (and even a second or third alternate) but only one may act at a time.

The New Hampshire law is RSA 137-J. It states clearly: "If the principal lists more than one person as the agent in a durable power of attorney for health care directive, the agents shall have authority in priority of the order in which their names are listed on the document, unless the method of joint agency is expressly included." This means that you could have co-Agents if you clearly specified how that would work, but again, most Elder Law Attorneys will suggest that you have only one Agent at a time.

This really makes a lot of sense. It would be very difficult for the doctor if there were more than one Agent making decisions. What would the doctor do if the different agents made different decisions? The legislatures of both States probably thought it was best to have only one agent at a time.

This will work for most families. Even with only one Agent named as the official person to tell the doctors what to do, it is unlikely that person will act (on anything difficult or serious) without asking other family members what they think. In many cases, all that the hospital might need is a signature on a standard form and there won't be any difficult decisions to make. It's much simpler if there is only one person who needs to sign.

It is vital that in addition to properly executing a Health Care Proxy (the Massachusetts term) or a Power of Attorney for Health Care (as it's called in New Hampshire) that you have a detailed discussion with your chosen Agent and alternates, and all of your family, about your wishes for health care choices, and your feelings about life and death. Everyone needs to know how you feel and what you would most likely choose, so that there won't be any arguments if a difficult decision has to be made. If you don't have a Health Directive (another name for it) you should see your Elder Law Attorney right away.

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.

DUNSTABLE COUNCIL ON AGING Mary Moeller, Chairperson; Brian O'Donnell, Secretary; Donald Pottle, Mary Dow, Ruth Tully, and Nancy Novak. *Mary thanks to Danice Palumbo for her service!*

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

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 nurse will be available on Wednesday, January 24, 11:00 a.m. - noon** at the Dunstable Public Library.

Groton Memory Cafe Every 4th Thursday from 10:00 - noon at the 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.

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 others. Call Anne as soon as possible 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. **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

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.

DURABLE MEDICAL EQUIPMENT 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. Contact Sgt. Darrell Gilmore or Fire Chief Rich for more info.

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



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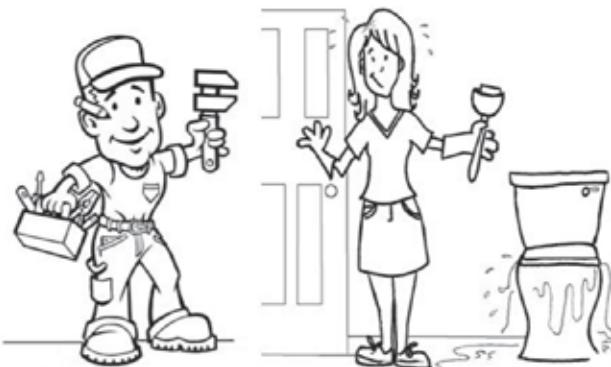
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Saturday January 13, 2018 at 9:00 AM

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Come and join us for a celebration of the wildlife of Winter! We will have a guided winter nature walk via Snowshoe! (if snow level permits -- else bring your hiking boots). Don't miss this incredible opportunity to enjoy the amazing wildlife at our incredible WINTER FESTIVAL!

We will examine wildlife signs and tracks in the snow (*if there is no snow we will still enjoy a beautiful winter walk*). Birds and mammals of winter are often seen during the Nature Walk. All ages are welcome at no charge and all will have a fantastic, easy paced outdoor experience.

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



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To our friends and neighbors

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

Let's start off the new year with some good news on the box top front. As of the beginning of December when we write up this article we have made it into the running for one of the top box top collecting schools in the state again for this school year. At this time we are tracking as the 16th best box top collecting school in the state out of 1,995 schools in the state participating this year.

We hope we can encourage you to add one more New Year's resolution to your list and that is to clip box tops in 2018 to help benefit Swallow Union elementary school. Every box top clipped is worth 10 cents for the school and we hope to raise at least \$5,000 this year just through our box top collection efforts. All monies raised through the Box Top for Education program help to fund field trips, enrichment programs and other activities that the children participate in at Swallow Union.

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

Thank you again and remember KEEP ON CLIPPING!

We ask to please clip carefully and submit often.

Please see examples below of valid and not valid Box Tops.

Jen West jend5375@aol.com &

Cristina Agraz cmd2983@yahoo.com

www.swallowunionapt.org aptswallowunion@gmail.com

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HOW I GOT THE SHOT: STREET PHOTOGRAPHY

Street photography is one of the most enjoyable photographic genres, especially when you're traveling. It is simply the art of capturing candid images of life and people as you walk around. When I travel – but also when I'm in the US – I love to shoot street scenes that will give viewers the feeling of actually being there. My equipment and settings on these expeditions is typically a mid-range zoom (24mm-105mm), ISO 400, aperture priority mode, and F8. This set-up allows me to take shots very quickly.

One trip where I had success with street photography was a winter get-away in Barbados. A friend invited me down to that lovely island a couple of years ago. I rented a car and wandered around on my own, imbibing the tropical ambience while also looking for great shots.

The climate and the people are wonderful, but driving is a different story! Because the island used to be a British colony, they still drive on the wrong side of the road, as in England. What's more, the roads are narrow and bumpy, leaving little room for error – or for the big SUVs that many of the locals have. And everyone knows you're a tourist because of the "H" (for Hire) on the license plate of rental cars. So, I was rattled when I arrived at my first destination: Speightstown, an historic town about an hour from where I was staying.

The day was bright and sunny – not great for making photographs. Pondering the problem, I heard my mentor Joe Baraban whispering in my ear: "Take out your artist's pallet. What elements of visual design are available to you? How about a figure-ground photograph?" I had learned that the figure-ground relationship is the clear distinction between subject and background: for example, a light figure on a dark background, or a dark figure on a light background. Henri Cartier-Bresson became famous for this style of photography.



Canon 5DMKII; Canon 17mm-40mm lens @ 40mm; ISO 100; F16 @ 1/200. To view the full-size color version, visit www.nickdepasqualephotography.com

Walking down a side street, I noticed an old boarded up church next to a bakery, whose fragrance filled the air. The sun was bright, creating distinct, sharp shadows. But there was also a very light-colored section of wall between two boarded-up doors. Aha! A figure-ground possibility! I switched my camera to manual mode (including manual focus) and took test shots to make sure my exposures were correct. Then I composed a shot by pre-focusing on a spot on the sidewalk – and waited. After a while, a woman walked out of the bakery. I clicked the shutter and was lucky enough to catch her in profile against the light section of the wall. Just one shot, but thanks to knowing what I wanted and preparing for it, it turned out to be a perfect figure-ground image.

Afterwards I stopped in the bakery and just had to try one of the pastries. Somehow the drive back to my friend's place was much easier than getting there had been.

Check out other examples of street photography in the Portfolio section of my web site: www.nickdepasqualephotography.com. And join me for a private tutor session. Also note that there are two spots left in the Berlin Photography Workshop.



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

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Each year, the Altrusa Club of Merrimack Valley conducts a special project to observe Make a Difference Day. This year, Altrusa adopted a family impacted by Hurricane Irma. Having conducted several International Projects with the Franciscan Sisters of Allegany in the past, President Charlene Muscato reached out to contacts in St. Petersburg, Florida.

The Club members voted to purchase clothing for a family; a mother (Maria) and her 2 children (Maya and Jonathan), who lost what little they had to the devastation of the hurricane.

The members of the ALTRUSA Club of Merrimack Valley sent a shipment of items of new clothing for each of the children and bath linens for the family. Our hope was that this donation would help fulfill some of their needs and brighten the days ahead.

The Merrimack Valley Club continues its support of Brigid's Crossing in Lowell, which is a shelter for at risk teenage mothers and their babies. Altrusa has been providing birthday parties for the children at the shelter for several years. Some mothers come to the shelter before their babies are born. In October, Altrusa celebrated the birth of Rosmerie with gifts of clothing, blanket, hand held toy and of course a first book, as Altrusa's major focus is literacy.

On November 4, 2017, the Merrimack Valley Club hosted the 2017 District One Fall Workshop at the Radisson Hotel in Nashua, NH. The theme for the workshop celebrated the service of our military members, especially those who are members of Altrusa. Attendees participated in a District Project to support the Harbor Homes, Inc., *Veterans First Program*, which shelters homeless veterans and their families at Dalianis House and Buckingham Place in Nashua, NH. Donations of men and women's socks, soap, deodorant, shaving cream, disposable razors and hand-sanitizer, etc were collected to assist homeless veterans and their families. Each item makes an impact on the well being of a homeless veteran.

For more information about Altrusa and its service in the community, please email altrusamv@gmail.com.

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• **COMFORT SUPPER** (featuring comfort casseroles and soups!) will be on **January 27 at 5:30 PM** in Fellowship Hall (snow date is the following Saturday). This is a relaxing family friendly event. All you need to do is bring yourself, your family, and friends. We have plenty of food for all. We have homemade varieties of soup and comfort casseroles that you can only find here. All food is labeled with ingredients, to help those with dietary restrictions. We will also have musical entertainment!

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

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

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

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

- **SAL Detachment 247 now meets on the first Wednesday of each month at 7 p.m. at Post 247.**
- **SAL Officers:** Commander: Brian Laplante; Sr. Vice Commander: Steve Harris; Sgt at Arms: Mark Myers; Adjutant: Roger Daigle, Treasurer: Gerald Richall.

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.**

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

DUNSTABLE TYNGSBOUGH LIONS CLUB



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

Officers 2017-2018

President: Mark Alexander, Secretary/Treasurer: Bob Reich, Membership Chairman: Ed Majewski, 1st vice President: Mike Roth, Tail Twister/Lion Tamer: J.J. Ward.

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.

YOU CAN HELP BY DONATING THE FOLLOWING:

- **USED EYEGLASSES** are collected for refurbishment and distribution to less advantaged people around the world. *We thank all who have donated glasses.*

- **CAN TABS (in sealed bags)** are also collected for kidney dialysis time through the Shriners Hospital.

Lion's collection boxes for eyeglasses and tabs (in sealed bags) are located at the Tyngsborough Post Office, American Legion Post 247 at 90 Pawtucket Blvd., Tyngsborough Council on Aging Senior Center, 169 Westford Rd., Tyngsborough and Dunstable Town Hall, Post Office and Library.

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

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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.

No appointment needed, but call first if there is a snow storm or if donation days fall on a holiday. **866-947-4360**

• **We are in need of:** Diapers size 4,5,6. • winter coats all sizes, warm clothing of all types and sizes, new boys XL underwear, boys XL/size 14-18 jeans or sweats, men's long sleeve shirts, small and medium, men's jeans/sweats/sports pants waist 28-31, men's gloves and hats, new women's size small/4-6 underwear • male/female razors, deodorant and shaving cream, shampoo, soap • blankets and bed pillows for so many refugees coming from mild climates. • Love seats, small kitchen tables, twin box springs, adj. metal bed frames, toddler beds, play mats • sauce pans, sharp knives, utensils, cookie sheets, • lamps, shower curtains. We thank the businesses, families, individuals and friends who donated to our program "Magic of Christmas."

IF IT'S THURSDAY OUR THRIFT SHOP IS OPEN 5:30-8PM.

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.thewishproject.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

Evangelical Congregational Church of Tyngsboro

Est. 1868



Route 113, 23 Kendall Rd. Tyngsboro, MA 01879

For questions or more information,
please call our office 978-649-2262
Pastor Denis Frediani 1-603-579-0904
www.tyngsborocongregational.org
E-mail ecctsec@outlook.com

JOIN US FOR SUNDAY MORNING WORSHIP

OUR MISSION: Glorify God by encouraging all people to know Jesus together in Faith, Love and Service Worship Service at 10:00 a.m. Nursery available. Followed by Fellowship and Refreshments. Children attend Worship service with parents and are dismissed at 10:15 a.m. for Sunday school. **SUNDAY SERVICE CANCELLATIONS:** If Sunday Worship Service needs to be cancelled due to inclement weather, we will post the cancellation on the following TV stations: WMUR (Ch. 9); WBZ (Ch. 4); and WCVB (Ch. 5).

Cancellation information will also be listed on our website:

www.tyngsborocongregational.org

We invite you to join us for:

• **SUNDAY EVENING – Adult Bible Study**, 6:30 p.m. - 8:00 p.m. The Sunday evening Bible Study will meet beginning January 7th. The continuing theme will be **"HOW TO UNDERSTAND YOUR BIBLE"**

• **TUESDAY MORNING – Ladies Bible Study** 9:30 a.m. - 11:30 a.m. The recent Bible Study session ended on Dec. 5 with a luncheon enjoyed by all. A new study program will begin on January 2nd which is a video series called "That the World May Know"

THE THRIFT SHOP: Located next to the church is open to the public on **Thursdays and Saturdays from 10:00 a.m. - 3:00 p.m.** We offer an assortment of clothing, shoes, handbags, baby items, books, small appliances, dishes, glassware, jewelry, etc. Please do not drop off large furniture items such as TV's, computers or printers since we do not have the means to store or dispose of these items.

• **THE 150TH ANNIVERSARY COMMITTEE** of the church is meeting regularly now to plan events for the historic celebration in 2018.

Please watch for updates regarding upcoming events as we enter 2018, the 150th Anniversary of the establishment of our Church. We are very proud of the fact that we are the only church in town that has been faithfully serving the community for 150 continuous years! Please also be watching our local cable station for highlights of our "Soup, Salad & Southern Gospel Concert" which was held in October. If you like what you hear, our vocal artists have several CD's available of their music to sell. You can call [978-649-2496](tel:978-649-2496) and leave a message to request purchase of these CD's. 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.

• **We want to thank everyone** who came and enjoyed our Thrift Shop and Craft Fair! This is always a fun and festive event and because of you it is always a big success! We hope you enjoyed the shopping, foods, cookie walk, gifts, games, music, our vendors who participated, etc. and that you got a chance to have a guided tour of our sanctuary and learned a little of the history of our beautiful church. We always want to take the time to thank all our members who make this event so special. A special Thank You to Jim & Joan Politi who spent endless hours planning and working to put this event together; Bud & Charlotte Williams and the Thrift Shop Volunteers who work so diligently every week to get things ready for sale every Thursday and Saturday; and to Paul and Laurie Chizook who spend tedious hours making old fashion special toys to sell as well as the beautiful replica of our stained glass windows which was entered in the Festival of the Trees at Old Town Hall which commemorated our 150th Anniversary. What a beautiful job they did! There are so many others that contributed to the event and we cannot forget to thank them, as well! We are very proud of our congregation!!!!

We hope you had a wonderful Christmas and wish you all A Very Happy New Year!



CLUB OF TYNGSBORO/DUNSTABLE

Rotary Motto: Service Above Self

Theme: Rotary Making a Difference

The Rotary Club of Tyngsboro/Dunstable has been serving the Tyngsboro and Dunstable area for 44 years.

We meet at the Dream Diner, Tyngsboro, on the 1st, 2nd & 3rd Thursday of the Month at 7:15am.

On Saturday, February 3rd, our 1st Annual Sock Hop will be held at the Tyngsborough Old Town Hall from 7:00 to 10:00pm. Cost will be \$20 per person. Hors d'oeuvres and refreshments will be served. Please view our website for updates and further information.

Our previously cancelled 8th annual Taste of Town event will be held on Thursday, April 26th, at Princeton Station, North Chelmsford from 7:00 to 9:30pm. Please make reservations early since there are a limited number of tickets available. Vendors wishing to participate should contact us at tdrotary@yahoo.com.

In June we will hold our Annual Fishing Day for children and adults with disabilities. The date is to be determined.

We are pleased to welcome our newest members, **Patricia Foster**, manager of the Tyngsboro Branch of Enterprise Bank, and **Marybeth Shanahan**, owner of the Dream Diner in Tyngsboro.

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 about Rotary, please email us at tdrotary@yahoo.com or visit our website at: www.tdrotary.org.

Thank you for your continued support.

ST MARY MAGDALEN PARISH

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

Weekend Mass Schedule: Saturday 4PM. Sunday 7:30AM, 9:30AM

Greetings from our Pastor, Fr. Richard Clancy

COME JOIN US, ALL ARE WELCOME!

Weekday Mass: Monday, Thursday & Friday at 9AM. **No Mass** on Tuesday and Wednesday

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

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

• **FIRST FRIDAY ADORATIONS** are held on the first Fridays of the month after the 9AM Mass from **9:30AM – 12pm**.

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

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

• **MEN OF ST. JOSEPH** Ste. Marguerite, St. Mary Magdalen, & St. Rita Parishes are pleased to announce we have a "Men of St. Joseph" chapter. The "Men of St. Joseph" is an established and successful ministry, whose principle mission is to call men to become the strong and faith-filled husbands, fathers, and leaders, whom God has created us to be. **We meet on the Second Saturday of every month.** Each monthly meeting includes prayer, food, and faith-building fellowship. **All meetings will begin at 7:00am and end no later than 9:00am. The meetings are being held at Ste. Marguerite d'Youville Church, 1340 Lakeview Ave., Dracut thru 6/9/2018.** To find out more, please come and check us out! Rosary starts promptly at 7:15 in the Church.

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



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

USED CLOTHING DROP-OFF SHED

To benefit: Dunstable Evangelical Congregational Church

Location: Rear Parking lot, 518 Main St., Dunstable, MA 01827

Items accepted: All clothing, shoes sneakers, belts, purses, blankets, sheets, pillowcases, drapes and stuffed toys. (Your donations will not be cut up or shredded.) **(Please... No rags, fabric scraps, pillows, toys or household goods; please understand that the above unwanted items are a hardship and expense to dispose of.)**

Send clothing to people who can use it all over the US and World while helping the environment. Receive a tax deduction for your donation. Receipts are on the shed. **Help us keep your donation clean and dry.** Please put in tied or closed bags.

COMING UP AT INDIAN HILL

INDIAN HILL MUSIC 'DISCOVERY LECTURE': "How Do We Know it's Mozart?" with Eric Kamen, composer, performer, and Indian Hill Music School faculty member: Tuesday, January 9 at Noon, 36 King Street, Littleton, MA. ADMISSION: \$10 (Free for IHM students.) Bring your lunch! Learn more: (978) 486-9524x116 or www.indianhillmusic.org.

CHAMBER MUSIC AT INDIAN HILL: Much ado about Mozart! Our faculty musicians treat us to works by (and inspired by) Mozart, including Adagio in B minor (solo piano), "L'amero saro costante" (soprano with flute), arias from Don Giovanni, and Beethoven's Variations on a Theme from *The Magic Flute*. Featuring Martha Warren, soprano; Rob Woodin, baritone; Daniel Rowe, cello, Eric Kamen, piano; and Eileen Yarrison, flute: Friday, January 12 at 7:00pm, 36 King Street, Littleton, MA. TICKETS: \$15 (Free for IHM students) Learn more: (978) 486-9524x116 or www.indianhillmusic.org.

JUNIOR DISTRICT MOCK AUDITIONS: Attention music students who will be taking Junior District string, winds, brass, percussion, jazz, or voice auditions! Rehearse your repertoire and receive feedback from Indian Hill Music School's accomplished faculty: Saturday, January 13 at 10:00am, 36 King Street, Littleton, MA. FEE: \$20 per person (Free for IHM students) Advance sign-up online. Learn more: (978) 486-9524x116 or www.indianhillmusic.org.

'BACH'S LUNCH' CONCERT: Indian Hill Music presents classical and contemporary music for viola and piano with Amelia Hollander Ames (viola) and Elaine Rombola Aveni (piano): TWO SHOWS - **Thursday, January 18 at 11 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. FREE admission. Reservations required for groups at (978) 486-9524 (press 0). Learn more at www.indianhillmusic.org.

ORCHESTRA OF INDIAN HILL: Maestro Bruce Hangen and the Orchestra offer an all-Mozart evening, featuring his 'Posthorn' Serenade and Sinfonia Concertante with soloists Alice Hallstrom (violin) and Peter Sulski (viola): **Saturday, January 20 at 7:30pm**, Littleton HS Performing Arts Center, 56 King Street, Littleton, MA. TICKETS: \$20-35-50 (Free for IHM students) Call 978-486-9524x116 or visit www.indianhillmusic.org. Supported by Bamboo Fine Asian Cuisine & Sushi Bar. Media Sponsor: Wicked Local.

FREE LESSON DAY AT INDIAN HILL: Sign up to take a free 30 minute private lesson at Indian Hill Music School: **Saturday, January 27** at Indian Hill Music School, 36 King Street, Littleton, MA. Lessons open to ages 4 through adult. For new students only; advance registration required. Registration opens January 4th. Call (978) 486-9524 (press 0) or sign up online at www.indianhillmusic.org.



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 2017-2018 President: Diane Dileo; Sr. Vice: open; Jr. Vice: Maureen Harris, Treasurer: Josephine Beauregard, Secretary: Patricia Modrich, Chaplain: Rebecca Modrich, Historian: Open, Sergeant -At-Arms: Mary Dupras, Executive Committee: Kathleen Oljey, Annette Coles and Janice Dombrowski
REMINDER FOR MEMBERS Please send in your Membership Dues. Mail to: Josephine Beauregard Unit Treasurer, 70 Pawtucket Drive, Lowell, MA. 01854.

NEXT MEETING The Auxiliary meeting will be on **Thursday evening January 4th, 2018 at 7pm.**

For information on the Auxiliary Unit meetings, or functions contact Unit President Diane Dileo at 978-204-9329

THE UNIT IS STILL COLLECTING can pull tabs drop off at Post and earmark for Auxiliary. **We also would Welcome New Auxiliary Members** 18 and older. Contact Unit President or Treasurer.

... **The Unit Jr. Auxiliary is accepting new Jr. members.**
Contact 978-649-7540 if interested in joining.

AMVETS POST #247

ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA

We hold our meetings on the **1st Tuesday** of the month at **7 p.m.** all veterans are welcome with 180 days or more of active duty. Come down and join us for a meeting.
God Bless America.

OFFICERS: Commander: William A. Beaton; 1st Vice: John McDermott; Adjutant: John Cogan; Finance: David Coles; Judge Advocate: Roland Milliard; Provost Marshal: Roland Russell; Chaplain: Rod Woods. E-Board: Steven Harris, John Dombrowski, Ron Russell.

"ALWAYS READY TO SERVE OUR VETERANS"

AMVETS National Website: <http://www.amvets.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 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. A group of six attendees were recently welcomed into membership.

ADULT STUDY CLASS is held 8:30-9:30 am in the Rm 2 classroom.

CHILDREN'S SUNDAY SCHOOL is held at 10:00 am. Children in Ages 4-12 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 DECC has a great youth program and welcomes any area youth currently in 6th to 12th grade to join for any events! Regular 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. Please contact Jon Hughes at 978-393-7708 if interested and to confirm location and time of meeting.

POPs (Parents of Preschoolers) meets in the Fellowship Hall twice a month on Fridays, 9:00-11:00 am. Child care is available. Next meetings are 1/12, 1/26 & 2/9 Contact Shellyannross@gmail.com with questions.

Missions Board sponsors a "Missions Moment" on the second Sunday of each a month. A guest speaker presents a brief overview of the program which is supported by our Missions giving. Coming soon is a representative of 'My Father's House.' Others who have spoken are from Village2Village and United Youth in Crisis.

REFIT® is back! Starting **Saturday, January 13th** at 9:00 am in Fellowship Hall. Rebekah Ware & Julia Overhiser will instruct. **We hope you all had a wonderful blessed Christmas, and can look forward to a safe, happy and healthy New Year.**

Come visit your community's church. For more information about any of these events, contact the Church office 978-649-6251 or email info@dunstablechurch.org.

PET HEALTH DUNSTABLE ANIMAL CLINIC

LET'S TALK TICKS by Tara M. Sacramone, DVM



As the weather cools the tick numbers increase in Dunstable. Ticks prefer cooler temperatures, so we tend to see more of them in the spring and fall. The majority of the ticks in the Dunstable area are either the American dog tick, the deer tick, or occasionally the brown dog tick. Not only are they an annoyance to you and your pet, but they can spread disease.

The deer tick (*Ixodes scapularis*) can carry the bacteria that cause Anaplasmosis and Lyme disease. The American dog tick (*Dermacentor variabilis*) carries the organism which causes Rocky Mountain Spotted Fever. The brown dog tick (*Rhipicephalus sanguineus*) can carry the bacteria that cause ehrlichiosis and babesiosis. Ehrlichiosis and babesiosis are more commonly found in the Southeastern U.S., but Lyme disease and Anaplasmosis are found fairly frequently in the Dunstable area.

Lyme disease itself in dogs is a clinical diagnosis. This means that the dog must be exhibiting signs (such as fever, shifting leg lameness, swollen hot painful joints, decreased appetite, etc) as well as a positive blood test to be diagnosed with Lyme disease. A positive blood test alone shows only exposure to the disease. Some exposed dogs will never show any clinical signs. In 2017 we had 15% of dogs at the Dunstable Animal Clinic show an exposure on their annual blood test.


Anaplasmosis is also a clinical disease in dogs. It can cause all the same signs as Lyme: fever, not eating, shifting leg lameness, but it can also affect a dog's platelets which are used to clot blood. If the platelets don't work the dog can develop unexplained bleeding, like a bloody nose or bleeding when they eat, etc. Anaplasmosis is less likely to cause clinical signs than Lyme and we don't have a vaccine to prevent it. In 2017 we had 32% of dogs show a positive exposure, but very few were actually sick. We always have more dogs test positive for Anaplasmosis because we do not have a vaccine to prevent exposure. Dogs positive for 2 diseases are more likely to get sick.

Dogs generally respond well to antibiotic treatment if they become sick. There is also a vaccine available for Lyme that is given to dogs on a yearly basis to help prevent exposure to the Lyme organism and also prevent clinical signs if the dog does get exposed. The other way to protect your pet is by tick control. We have several topical treatments available for dogs at the Dunstable Animal Clinic. Advantix, Vectra and Frontline are applied to the skin once a month and have the added benefit of flea control. There is also the Seresto collar, which lasts for eight months. It is relatively new but we have been getting good reviews from clients so far. There are even oral medications available now called Nexguard and Bravecto.

Cats do not seem to be as susceptible to Lyme disease or Anaplasmosis, but can certainly get ticks. Unfortunately, cats are much more sensitive to the drugs available for tick control and the only ones we recommend are Bravecto and Frontline which are topical medications or the Seresto collar. Because of feline sensitivity, you should be very careful with any flea/tick medication, especially over the counter medication. Follow the label instructions exactly and NEVER use a dog product on your cat.

MERRIMACK VALLEY JEWISH STUDY HAVURAH

We are an egalitarian community of learners doing Torah Lishma, "study for its 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/>



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DUNSTABLE ANIMAL CLINIC

386 Main Street • Dunstable, MA 01827
(978) 649-6513
FAX (978) 649-6528

HOURS

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

Dr. Tara M. Sacramone
Dr. Ann Sidley

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YOUTH MENTAL HEALTH FIRST AID TRAINING

Friday, February 9, 7:45am- 4:30pm, FREE

Lowell General Hospital, Saints Campus, One Hospital Drive, Lowell, MA

Learn how to identify, understand and respond to an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

The course covers topics such as anxiety, depression, substance use, eating disorders, disorders in which psychosis may occur and disruptive behavior disorders (including AD/HD). It will discuss common mental health challenges for youth, review typical adolescent development, and teach a five-step action plan for how to help young people in both crisis and non-crisis situations.

This program is designed for adults who regularly interact with young people, including:

- Parents
- Family members
- Caregivers
- Teachers
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*Event check-in begins at 7:30am.

Light breakfast and bag lunch will be provided to each participant.



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DISCIPLINE: THE PROOF OF SONSHIP

By Nathan Combs

In the letter to the Hebrews, we find a series of exhortations addressed to tired Jewish Christians struggling with the temptation to give up their faith. In various ways, the writer shows them throughout the letter how Old Testament people, objects, and rituals all point to Jesus and that vigorous pursuit of Him is better than any alternative life. Jesus is continually held up as the prototype for flourishing human life, the supreme example of how glory comes through suffering.

One such exhortation is found in chapter 12. There the writer encourages his readers to not grow fainthearted in their spiritual race by "looking to Jesus" (vs. 2), to "consider him" (vs. 3) who went through intense ungodly resistance on His way to God's right hand. But how could the Jewish Christians maintain a zealous allegiance to God through their suffering, knowing full well that He has the power to stop it? The answer lies in the following verses. Christians are sons and daughters of a Father who actively and wisely disciplines His children. That this has always been true of God's people is demonstrated by the Hebrew writer's quote of Proverbs 3.11-12, in which King Solomon advises his son to guard his attitudes when he experiences the discipline of God. Rather than viewing their persecution as a sign of God's neglectfulness or cruelty, His discipline of the Hebrew Christians was actually an indication of His love for them. He cared too much about their souls to allow them to drift into spiritual apathy, just as a parent ought to care too much about his child to allow him to hurt himself through foolish and immature actions. In fact, the Hebrew writer goes so far as to say that if Christians do not experience God's discipline, we are "illegitimate children" and not His true sons. Although it is unpleasant to go through an instructional process, God leads us through them for wise reasons. He desires our "good" (vs. 10), wants us to "share his holiness" (vs. 10), and longs for our lives to "bear the peaceful fruit of righteousness" (vs. 11).

When we experience pain as Christians, especially persecution of some kind (which is the primary context of Hebrews), we cannot definitively know what is happening behind the scenes. We will not receive a letter in the mail from a Biblical writer moved by the Holy Spirit (as they did). We will not be prophetically told that we are currently undergoing an instructional period of life directly engineered by God's hands. We can, however, use Hebrews 12.1-11 as our rubric for how to grow through suffering. 1) Look to Jesus - remember how the Son of God went through degrading hostility and is now reigning in glory at His Father's right hand. 2) The Lord disciplines the one He loves - this is proof of His Fatherly care. 3) Do not grow weary when reprov'd - rather than grow discouraged, we should be emboldened, knowing He is changing us into a closer representation of His image.

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University of Massachusetts Lowell

2018 Winter Intersession

The 2018 Winter Intersession, given between the fall and spring semesters, offers a sample of LIRA's almost year-round program to retirees and those semi-retired. The program is planned and much of it provided by LIRA members themselves. The general public is invited to all intersession programs. All intersession programs are 10:00 am – Noon and all programs will meet at University Suites, Room 106A, 327 Aiken Street, Lowell. Parking for on campus programs is in the garage directly across the street from the Rec Center or in the Perkins Parking lot. Your ID is needed to enter the garage or lot. **Please use your parking hangtags wherever you park.** On-street parking is also available in metered spaces.

For more information, dates and locations for the classes please see our website. www.uml.edu/Community/LIRA/

• February 7 What Makes Life Significant

Professor John Kaag Last year Professor John Kaag read from his book *American Philosophy: A Love Story*, bringing his chance encounter with an elderly gentleman who happened to bring Kaag to West Wind, a ruin of an estate with a library as full of mold and critters as with first editions and notes from Whitman, Frost, Descartes, Kant, and others. If last year's presentation was any indication, we can certainly look forward to another engaging lecture.

• February 14 Being Transgender: A talk by Kelly Jenkins

In 2014 the government ordered the Justice Dept. to take the position that "sex" encompasses gender identity, thus extending protections to transgender people. In the fall of 2017 a two-page memo was sent to all U.S. attorneys and other top officials revoking this directive. Kelly Jenkins is a Wellesley Middle School teaching assistant, a fierce advocate for youth, a host and producer of "Kelly's Quest" on Acton TV, and has been featured on NPR. She will share her personal stories to help us toward a broader understanding of the word "transgender" and the many issues surrounding it.

• February 21 Mysterious Mars in 3D Kelly Beatty from Sky and Telescope Magazine



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STE JEANNE D'ARC SCHOOL

The school I work for (Ste Jeanne d'Arc School) will be hosting our annual Elisabeth Bruyère Awards Dinner on March 22nd at Lenzi's in Dracut. This annual event named for the foundress of the Sisters of Charity of Ottawa was established to recognize persons in the community who, by their lifestyle and activity, have also prioritized the same values which motivated Elisabeth Bruyère, persons whose generosity, openness and caring have become synonymous with their names. The Sisters of Charity of Ottawa head our school.

This year we will be honoring the Manolis Family, founders of the Manolis Family Foundation Inc., for their commitment to service and the community. As you may know the Manolis family (Nick, Voula, Tim and Elias) participate in many charitable efforts most notably their Annual Thanksgiving Food Drive which they have organized for the past several years. This drive feeds over 1600 people! They also provide scholarships for local student.

Ste Jeanne d'Arc School invites you to join us at the Elisabeth Bruyère Awards Dinner honoring the Manolis Family for their commitment to the community and service to others.

Date: Thursday, March 22, 2018

Where: Lenzi's - Dracut, MA

When: Cocktail hour 6:00 pm to 7:00 pm, Dinner & program begin at 7:00 pm

Donation: \$100 pp

Master of Ceremonies: Atty. Steven Panagiotakos

Guest Speaker: Nikolaos Manolis

Register at: www.sjdarc.org/gala

WINTER DRIVING TECHNIQUES

Avoid driving while you're fatigued. Getting the proper amount of rest prior to taking on winter weather tasks reduces risk • Never warm up a vehicle in an enclosed area, such as a garage. • Make certain your tires are properly inflated. • Never mix radial tires with other tire types. • Keep your gas tank at least half full to avoid gas line freeze-up. • If possible, avoid using your parking brake in cold, rainy and snowy weather. • Do not use cruise control when driving on any slippery surface (wet, ice, sand). • Always look and steer where you want to go. • Use your seat belt every time you get into your vehicle.

Tips for long distance winter trips

- Watch weather reports prior to a long-distance drive or before driving in isolated areas. Delay trips when especially bad weather is expected. If you must leave, let others know your route, destination and estimated time of arrival. • Always make sure your vehicle is in peak operating condition by having it inspected by a mechanic at an auto repair facility. • Keep at least half a tank of gasoline in your vehicle at all times. • Pack blankets, gloves, hats, food, water and any needed medication in your vehicle. • If you become snow-bound, stay with your vehicle. It provides temporary shelter and makes it easier for rescuers to locate you. Don't try to walk in a severe storm. It's easy to lose sight of your vehicle in blowing snow and become lost. • Don't over exert yourself if you try to push or dig your vehicle out of the snow. • Tie a brightly colored cloth to the antenna or place a cloth at the top of a rolled up window to signal distress. At night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you. • Make sure the exhaust pipe isn't clogged with snow, ice or mud. A blocked exhaust could cause deadly carbon monoxide gas to leak into the passenger compartment with the engine running. • Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers or paper maps. • If possible run the engine and heater just long enough to remove the chill and to conserve

Tips for driving in the snow

- Accelerate and decelerate slowly. Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don't try to get moving in a hurry. And take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads. • Drive slowly. Everything takes longer on snow-covered roads. Accelerating, stopping, turning – nothing happens as quickly as on dry pavement. Give yourself time to maneuver by driving slowly. • The normal dry pavement following distance of three to four seconds should be increased to eight to ten seconds. This increased margin of safety will provide the longer distance needed if you have to stop. • Know your brakes. Whether you have anti lock brakes or not, the best way to stop is threshold breaking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal. • Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it. • Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed down hill as slowly as possible. • Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill. • Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can. Don't tempt fate: If you don't have somewhere you have to be, watch the snow from indoors. • For further information about Stop-N-Go Driving Academy and our driver education programs and services call our office at 978-649-4966 or visit our website at www.sngda.com

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or organization,**

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They would like to know. Thank you, Anne