



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!

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TOWN CLERK NEWS

The Secretary of the Commonwealth has announced a new date for the September primary which will be held on **Tuesday, September 4**. More information will be coming forward on deadlines.

Are you interested in running for an elected town board?

A list of openings is on the town website, or feel free to contact me. Nomination papers will be available no later than February 1. The deadline to obtain blank nomination papers is Thursday, March 22. Papers must be returned by 5:00 pm on Tuesday, March 27. Pursuant to MA General Laws, the Town Clerk shall not furnish blank forms for nomination of candidates for town office to any person other than a candidate seeking such nominations or a person presenting the signed authorization of a candidate to secure said forms on his/her behalf. (53:17). A minimum of 20 signatures from registered voters within the town are required though it is recommended you obtain more.

The annual street listing (aka the town census) was mailed 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. Please contact me if you did not receive one or misplaced the copy.

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.

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 – 7:00 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.*

CAUCUS FEBRUARY 10TH

The Dunstable Town Democratic Committee will host a caucus to select delegates to the 2018 Democratic State Convention. The caucus will be held at Dunstable Town Hall on **Saturday, February 10, 2018 at 10am**. All registered Dunstable Democrats are encouraged to attend.

For further information, contact Brian Poitras 978-877-2821
Chairman Dunstable Democratic Town Committee.

IN MEMORY OF

Stephen E. Marshall	James C. Shannon Jr.
Phyllis Fay Staples	Ron Antonelli
Joseph N. Taylor	Patricia Ann Westwood Marchand
Dorothy J. Crafts Torpey	Dorothy Helene Lynch McQuade
Thomas F. Chandler	Marjorie Winfield Ryder
James M. Muldoon	

Charles "Papa" Goss

January 27, 2010-January 27, 2018

Always Missing You, Daddy's Lil Girl...



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: **February 28th 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.

COME FIND OUT ABOUT CAPTION TELEPHONE SERVICE

There will be a short presentation, on ClearCaptions by Becky Bushey, **February 7th, 11:30 a.m.** at the Dunstable Library. Becky is the title IV ADA Specialist in the area. She works for ClearCaptions, a federally certified provider of the Caption telephone service. Her job is to educate seniors and groups about the federal law and their civil right to receive a caption telephone when they have a hearing loss. Title IV of the American Disabilities Act established the Telecommunications Relay Service, which requires all the internet and telephone companies in the United States to pay a fraction of their fees into this fund and that is how she gets paid. If you take a look at your internet or phone bill, you will see an item called the Universal Service Fee. *Her job is to educate people on this entitlement at no cost. This is their civil right.* In order to qualify you need to meet the following requirements. The person must have some type of hearing loss, a home phone number and internet. This is a no cost Federal Program with FREE Phone, Caption Service and Installation. You must have a land line and Internet Service. Look forward to being able to hear and see your calls and connect with people again! *Refreshments and Raffle!*

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Please send info by February 10th for the March 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.

Need details about advertising your business?

Send me an email or you may reach me at **978-419-1914**.

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Neighbor to Neighbor

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E-mail: anne@neighbortoneighbornewsletter.com

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HAPPY MID-WINTER SEASON NEIGHBORS

Since our last update to our Dunstable neighbors we have hit a big milestone number in our box top collecting efforts. During the month of January we are officially 2/5ths of the way towards our school year goal as we hit the 20,000 collection mark during the month of January. That means we've raised \$2,000 for our local elementary school just by clipping box tops and taking advantage of all of the great promotions that reward us with extra box tops via the Box Tops for Education app (if you haven't downloaded this app to your smartphone yet please take a few minutes to do so ... it's so easy to use and the box tops add up fast by using the app).

We are approaching an important date in the box top world and that date is **March 1st**. March 1st is the second submission deadline for box tops which means that the more box tops that we can mail in by March 1st the bigger the check is that the school will be paid out in June to end the school year. If you have box tops in our house or a collection tin in your workplace that you have been meaning to drop off to one of our local collection sites please drop them off sometime during the month of February so we can include them in our mailing that we will put together on March 1st.

Remember there are yellow BOX TOP collection boxes located at the Dunstable Post Office, the Dunstable Library, at the Dunstable transfer station, inside the main door at Swallow Union Elementary school and there is a collection basket at West Auto Repair in Dunstable as well. Thank you again for your collection efforts and remember **KEEP ON CLIPPING!**

We ask to please clip carefully and submit often. Please see examples of valid and not valid Box Tops.

Jen West jend5375@aol.com & Cristina Agraz cmd2983@yahoo.com
www.swallowunionapt.org aptswallowunion@gmail.com
www.facebook.com/SwallowUnionAPT

HELP WANTED – Mothers hours. Dunstable farm and greenhouse business needs dependable, responsible, hard-working individual for part-time greenhouse/farm work.

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Call Joan 978-649-9713.

HELP WANTED – Dunstable farm and greenhouse business needs dependable, responsible, hard-working individual for greenhouse and farm work.
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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.

February 9th - Surprise program with the State Lecturer

March 16 - Pomona Visitation Night with a Penny Sale.

FALL PREVENTION

By Edward H. Adamsky

Falls are the leading cause of injury and hospitalization for elders (often followed by entry into a nursing home). Fall-Prevention is a great tool to keep you out of a nursing home and safe at home where you want to be. The National Alliance for Caregiving along with the National Council on Aging has released a new Fall-Prevention guide that can help. You can find it at www.caregiving.org/resources/falls/. Here are some highlights from the guide.

A common risk factor for falls involve the declining physical abilities of an elder. Medical conditions such as arthritis, diabetes and heart disease can increase the risks. There are also activities and behaviors that increase the risk of falling, such as failing to use a walker or cane. There are also some medications that can cause dizziness, and folks with vision problems may not be able to see tripping hazards. Environmental factors include homes that are not set up safely for older people.

Family members and caregivers need to evaluate the situation to determine if falling is a hazard for their loved-one. The guide has a checklist to look for risk-factors such as needing to rush to the toilet, taking sleep medications, needing to push with hands to stand from a chair (which indicates weak legs) needing to steady one's self often, and whether or not there has been a recent fall.

After determining the risks of falling it is necessary to have a conversation with the elder and all other caregivers about the issue and the need for prevention. This conversation should clearly include the elder and be respectful and helpful. A common mistake is for family and caregivers to treat elders like children who need to be controlled. This always backfires. You must treat elders with respect and dignity and seek to help, not control.

Your Fall-Prevention plan might include a determination that health issues need to be addressed. Some risk factors can be mitigated with proper treatment and medications. You will also want to ensure that the elder has had a recent eye exam and is provided with the right glasses for good sight. Physical fitness is a major issue, so you want to see if you can help the elder to get the right exercise. Many senior centers have programs for elders that increase their fitness and reduce the risk of falling and other illnesses. A thorough review of the living conditions is also necessary. Home lighting needs to be adequate and readily available. Motion detector lights can really help. Stairs should have two secure rails. There should be grab-bars in bathrooms near the shower and toilet. Floors should be clutter-free and small rugs should be secured or removed.

No one wants to end up in a nursing home. A major reason people go to nursing homes is due to injuries from a fall. Fall Prevention can keep you out of a nursing home. You should work hard to reduce your risk of falling.



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BABCOCK SCHOLARSHIPS ATTENTION 2018 HIGH SCHOOL GRADUATES RESIDING IN DUNSTABLE

Congratulations on your pending graduation!

We are delighted to announce the availability of the Helene Morgan Babcock and Alfred Babcock Memorial Scholarship, and invite you to apply for these generous funds as you continue your education.

During the winter of 1923, the home of the Morgan family here in town caught fire and was largely destroyed. The citizens of our community responded to the crisis by taking in the children (all 17 of them!), keeping the family together and aiding in the reconstruction of their home. One of the children, Helene Morgan Babcock, remembered the words of her mother, "Never forget the kindness of the people of Dunstable," and so established a scholarship fund to be made available to the graduating students of Dunstable as they continue their education.

The amounts of these grants are substantial, with one of the Babcock Scholars receiving \$4,000 each year for up to four years. A number of additional \$2,000 scholarships are granted to other students on a one time basis. Scholarships may be applied to expenses incurred in the pursuit of advanced education beyond the secondary level in two or four year institutions, vocational education institutions, or formalized apprenticeship programs.

Applications will be available beginning February 12th at the Town Hall, Library, your school guidance office at GDRHS, GLTHS or by emailing babcockscholarshipfund@gmail.com. Questions regarding the application process should be sent to the PO Box address below or to babcockscholarshipfund@gmail.com. *Completed applications must be handed in to a Trustee or must have a postmark date of **Wednesday, March 22nd, 2018**.* Babcock Scholarship Trustees, P.O. Box 24, Dunstable, MA 01827

ANNUAL COMMUNITY PIE BAKE-OFF

This will be held on **Saturday, March 24**. Drop off your favorite homemade pie between 10 a.m. and noon, in the Fellowship Hall of the Dunstable Church. All ages are welcome to enter. There is even a category for those who prefer to use a store-bought crust. Judging is on a point system with everyone starting with 15 points. Judges are looking for. 1. Best over-all presentation, 2. Quality of crust, 3. Filling flavor

Judging will take place during the afternoon. Awards will be made for best youth pie (up to age 16). And the Silver Spoon award for the best over-all pie. Please, the judges request a recipe to be included.

The public is invited to come to the Fellowship Hall at 6:30 to do their own taste testing. This event is sponsored by the Sunshine Girls. For more info email slt0213@verizon.net

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/>

VETERANS' SERVICE OFFICE

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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Unlike other firms, we help our clients, both individuals and business owners, throughout the year and help them plan for and assist them in making important decisions in their lives – whether it's buying a house, buying a large piece of equipment for their business, saving for retirement, buying a selling a business, or sending kids to college, we are there to help.

I am an Enrolled Agent. Enrolled Agents are federally licensed as tax specialists and must pass an intensive 3-part taxation exam to earn their license. This exam covers all aspects of the tax code. They must take Continuing Education courses throughout the year to keep their license. Also, all candidates are subjected to a rigorous background check conducted by the IRS.

Lisa Wright, EA, MST Bookswright Advisors
101 Main St, Suite 1B, Pepperell, MA

JAMES JACOPPI MEMORIAL SCHOLARSHIP FOUNDATION

The raffle is under way once again. This is our 16th year of fundraising for scholarships to aid in the continuing education of graduating high school students. This year's raffle winners will share in the \$2,500 in prizes. Tickets can be purchased by calling Jean or Joe Jacoppi at 603-714-2523 or 978-649-9076.

All tickets must be received by Friday, April 6th to be eligible to participate in the drawing.

Scholarships awarded, for the past 15 years, have amounted to \$110,000.00.

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

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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 and other wooden objects. 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, February 17th at 10:30 am. They will be reading "Standing in the Rain" by Fannie Flagg. New members are always welcome.

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 February 23rd. 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, February 13th at 4:00pm. We will be making a variety of Valentine's Day projects. Please sign up at the library or email Mrs. D. at kdebrececi@mvlc.org

Children's Craft Come and join Mrs. D. for a special craft time on the Half Day Friday, February 16th at 12:30pm. We will be making projects using perler beads. Please sign up at the library or email Mrs. D. at kdebrececi@mvlc.org

On Going Book Sale Is in the Community Room at the library. Come in and check out the selections that are here. Hard Covers \$1.00, Paperbacks 5 for \$1.00, DVD's \$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. 2017 Magazines will be available for \$3.00 a bundle.

Homework Club The library is offering homework help every Tuesday night from 6-7 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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DUNSTABLE TOWN HALL DIRECTORY

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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

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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

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.

February 7 lunch Tomato vegetable soup, salad, assorted sandwiches and dessert. Provided by Dinner Made Simple. On **February 14th, The Traveling Chef Program** provided by Elder Services of the Merrimack Valley will provide a lunch of Pot Roast, mashed potatoes, vegetable and dessert, RSVP by Feb.7. The **February 21st** lunch and will be American Chop Suey & Salad RSVP by Feb.14. **February 28** 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.

Valentine's Day Activity February 7 at 11:30 Use your creative ideas as we decorate homemade Valentine cookies to share with friends or to enjoy yourself.

Indian Hill Music, Bach Lunch is on Thursday, February 15. There are **TWO PERFORMANCES: 11:00 am and 1:30 pm** at Indian Hill Music, 36 King Street, Littleton MA. The performance will be **Come to the Cabaret** featuring Mary Crowe and Evelyn Harris. Light refreshments are served but you are welcome to bring your own lunch.

Book Club will meet on Saturday, February 17 and every third Saturday at 10:30a.m. We will be reading *Standing Under the Rainbow* by Fannie Flagg. The library will order your copy at the circulation desk if needed. New members are always welcome.

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 9:45 a.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 p.m. at Swallow Union School Library.

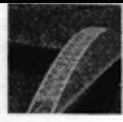
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For a tour of the facility or to discuss pre-arrangement options, please contact us at 978-419-4954 or visit us at www.tyngsborough-funeralhome.com.

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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

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

Pastor Rev. Susan Gaeta *Fall workshop time 10:15*

Shepherd of the Valley Lutheran Church **officially moved to 21 Washington Street in Ayer** on January 28th and is now holding worship and other activities at this address which is in the Federated Church building. **Worship is at 10:15 and Sunday School and Adult Discipleship will be at 9 as usual.**

On **Sunday, February 11th** the confirmation class will student Baptism. This class is held after the 10:15 worship.

An **Ash Wednesday Service will be held on February 14th at 7:30 PM.** There will be special music at this service as well. There will be **mid-week Lenten Services at 7 PM on each Wednesday during Lent** the focus of which will be Women and Justice.

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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.

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.

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OPEN BURNING SEASON BEGAN

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.



PROGRAMS MANAGED BY FRIENDS OF PRESCOTT, INC.

There's still time to participate

in these classes that continue this Spring:

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SOME OF OUR NEW SPRING OFFERINGS INCLUDE:

College Prep, Fencing, Meditation and Martial Arts, Museum Visits, Ecologically Friendly Landscaping, Groton Hikes, Astronomy, and many more exciting multi-session classes, one-time workshops, children's and young adult classes and gym/room rentals.

Please see our website for full course information and to register: www.prescottscc.org

GROTON GRANGE "LIVES OF BEES"

Want to learn about bees and how they spend their days? Thinking about becoming a beekeeper? Join us at Groton Grange #7 on **Wednesday, March 14, 2018, 7-8:30pm, 80 Champney Street, Groton, Ma.** Come learn some basics of what is involved in the adventure of backyard beekeeping, or brush up on your bee-keeping skills as we head into spring. **Jennifer Reed** of the Middlesex Beekeepers Association and Board member of MA Beekeepers Association, who has been keeping bees for over 10 years, will talk about this fun and challenging hobby. There will be ample time for questions. And some honey-based snacks. **Free and open to all.**

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GROTON DUNSTABLE SPEDPAC

March 14, 2018 7 – 9 pm

Person-Centered Planning – Cheryl Ryan Chan

Cheryl Ryan Chan, is first and foremost Mom to Nicky – a 23 year old man severely impacted by autism. Cheryl has spent over 16 years in Massachusetts, integrating her son and family into the disability community and becoming a well-known leader in community organization, legislative activism, mentoring and public speaking. Her work as a Person Centered Planning facilitator began in 2010 and has become her greatest passion.

Funded by the GDRSD SEPAC Location TBD

CONTACT OFFICERS AND LIAISON 2017-2018

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

Jennifer Bonenfant – jenniferbonenfant@gmail.com

Secretary: Marla Haddad – mhaddad2@verizon.net

Treasurer: Katie Leonard – kcleonard@gmail.com

SCHOOL PARENT LIAISONS

Boutwell Liz Podsiadlo – lizpod72@yahoo.com

Florence Roche Mary Garcia – franana527@gmail.com

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

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.

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

Well Adult Clinics 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 clinic will be February 28 from 11:00a.m. - noon.**

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 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

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

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.

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 information.

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

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**

PSYCHIC FAIR

Saturday, March 10th, 2018 • 10am – 4pm in the Post Function Hall, at the AMERICAN LEGION POST 247, 90 Pawtucket Blvd., Tyngsboro, MA. This is to Benefit Children & Youth Veterans' Programs. The event is Sponsored By American Legion Auxiliary, Middlesex County District Five Inc. • READINGS \$25.00. TAROT, REIKI, PALMISTRY, INTUTIVE, MEDUIM, AURA READING & IMAGING Vendors With Many Interesting Items. Free coffee!!! Sandwich's & Home Baked Goods on Sale. No Entrance Fee! Free Parking. Need additional Info, Contact Josephine 978-458-7015
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AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings are held the first Thursday of each month at 7pm.

Auxiliary Unit Officers for 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 Olje, 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.

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.



ROBERT D. PELLETIER AMERICAN LEGION POST #247, INC.

90 Pawtucket Blvd. Tyngsborough, MA 01879

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

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

OFFICERS: Commander: Fredrick Carroll; 2nd Vice: Donald Pierce; Judge Advocate: Roland Millard; Executive Board: Martin Bloomgren, David Coles, Robin Dion.

Attention!!! To Members in good standing of Robert D. Pelletier American Legion Post 247 Inc.

There are open positions for Post Officers. Any Members in good standing interested please contact Donald Pierce at 978-649-7540 or attend the General meeting that takes place the 1st, Thursday of each month in the up stairs meeting room at 7:pm.

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

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

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

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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ST. PATRICK'S DINNER & SHAMROCK RAFFLE OPEN TO THE PUBLIC

St. John the Evangelist Church 115 Middlesex St. in North Chelmsford will host a **Traditional Corned Beef & Cabbage Dinner and BYOB** on **Saturday, March 17, 2018** in the Church Hall. Doors open at 5:00pm for appetizers with the dinner starting at 5:30pm. The meal includes a corned beef & cabbage dinner, appetizers, hot and cold beverages and dessert. We will have live entertainment and take a chance on winning one of our beautiful gift baskets from our Shamrock Raffle table. Each paid ticket will be entered into a Door Prize drawing. Suggested donation cost for dinner tickets is \$18 per person. *Tickets must be purchased by Sunday March 11th.* Tickets are available for purchase after Mass on weekends beginning Feb. 24 and at the rectory during the week.

Call the rectory 978-251-8571 or Jane Sockey at 978-649-3404 for more information. To purchase online with credit card go to the We Share button on the home page www.saintjohnchelmsford.org.

FREE ACTIVITIES FOR YOUNG CHILDREN WITH THEIR PARENT OR CAREGIVER

Calling all children, ages birth – 5, with their parents or caregivers, to FREE Playgroup/Literacy/Story and Craft Times. This grant-funded program is open to anyone, regardless of where you live. These programs follow the school year calendar.

Groton and Dunstable Family & Community Programs

- Join us on any **1st and 3rd Tuesdays** during the school year -9:30 a.m. at: Peter Twomey Center (behind G-D Middle School North), 348 Main Street, Groton
- Join us on any **2nd and 4th Tuesdays** during the school year -1:30 p.m. at: Dunstable Congregational Church, 518 Main Street, Dunstable

Townsend and Pepperell Family & Community Programs

- Join us on any **Mondays** during the school year -9:30 a.m. at: Peter Fitzpatrick Admin. Building (brick building at rotary), 45 Main Street, Pepperell
- Join us on any **Wednesdays** during the school year -10:30 AM at: Townsend Library, 12 Dudley Road, Townsend

Please contact Jana Harrison, at jharrison@awrsd.org, or 978.874.7312 for further information.

WEST CHELMSFORD UNITED METHODIST CHURCH

242 Main Street North Chelmsford, MA 01863

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

Worship: 9:30 AM Professional child care provided

Sunday school for pre-K – High School: 10:00 AM

Coffee Fellowship: 10:30 AM

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 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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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 COMMUNITY CLASS is held 8:30-9:30am in the Rm 2

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 2/9 and 3/9 Contact Shellyannross@gmail.com with questions.

Missions Board sponsors a "Missions Moment" on the second Sunday of each a month. Our guest on February 18th will be Kevin Coffey (My Father's House). On Apr 15th, Eric Hanson will give an update on his recent mission trip to Kwatekah Africa in Liberia.

REFIT® is back! Don't make a resolution, make a **REVOLUTION** -- revolutionize your workout with **REFIT!** Join us for **FREE** fitness classes every **SATURDAY** morning from 9am - 10am at the Dunstable Evangelical Congregational Church. Classes began January 20th. **REFIT** is a life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out. **REFIT** classes propel students to their best selves through dance, toning, balance, and flexibility. Our easy-to-follow formula is perfect for both beginners and fitness enthusiasts, with workouts designed for everybody and "every-body" regardless of age, shape, size, or ability. No sign-up or reservations needed -- just come and give it a try! **Please call the church (978-649-6251) on Friday morning to confirm activity.**

• **Ash Wednesday Service** will be held at 7 pm on Feb. 14th.

• **Scout Sunday** will be held on Feb 25th.

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.

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Have you filed your 2017 tax return? Due to identity theft issues, filing your return as soon as possible is one preventative measure to limit chances a crook will get to it first!

Are you self-employed or an owner of a pass-through such as a LLC, partnership, or S corporation? There are many complex provisions in the new law for pass-through entities. I offer guidance to help simplify these complex provisions.

If you are my tax client, I offer year-round consulting free of charge! If you have any questions, please reach out to Justine St. Armand at 978-957-2359 Ext. 104.

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Wed 9:00 A.M. - 5:00 P.M.
Thurs 9:00 A.M. - 6:30 P.M.
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AMVETS POST #247

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FAMILY BARN DANCE AT THE PCA

A family barn dance at the PCA with Billy Fischer calling. Bring the kids. Oh, CONTRAire! provides lively music.

Sunday, February 11, 2018 from 3-5pm.

No experience required; all dances taught.

Adults \$5; kids \$3; maximum \$15 per family; group rates available.

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<http://www.Westford.org/PCA>

PET HEALTH

DUNSTABLE ANIMAL CLINIC

FEBRUARY IS

PET DENTAL HEALTH MONTH

by Tara M. Sacramone, DVM



It's that time of year again.....Pet Dental Health Month. And in honor of dental health month, we at Dunstable Animal Clinic are once again offering a special discounted rate on professional cleanings.

It is important to remember that your pet has teeth too, and while cats and dogs don't tend to get many cavities -- their diet doesn't include the candy and soda that ours does -- they do develop plaque build-up, which leads to tartar and gingivitis. Gingivitis causes inflammation of the gums, and the bacteria responsible may spread to the kidneys, heart, liver, and lungs. Additionally, animals can develop abscessed or fractured teeth which are very painful. It is up to you, as a responsible pet owner, to monitor your pets for these problems, because they can't tell you when something hurts!

Give your pet a simple, at-home, dental check up. Your animal's teeth should be white, and their gums should be pink and healthy, not red and swollen. S/he should not have bad breath. If your pet passes this dental check up, keep their teeth healthy by brushing with pet toothpaste every day if possible. If your animal will not tolerate this, you may be able to use one of the available mouth rinses. There is prescription diet food available from Hills which is designed with larger, harder chunks which help to chip off plaque and tartar. Dunstable Animal Clinic also carries a special line of treats for both cats and dogs to keep mouths clean and healthy.

If your pet's teeth or gums appear unhealthy, bring them in to your vet for advice and treatment options. Your animal may need to have his teeth cleaned professionally. This option does require general anesthesia -- even the best of pets don't understand the words "sit still" when their teeth are being picked at -- and older pets should receive bloodwork before undergoing the process. A professional cleaning will ultrasonically scale off any build up, polish the good teeth, and extract any with abscesses or fractures. Any pet with a bad tooth will feel better without it. Animals have very strong jaw bones and muscles, and even those who lose all of their teeth can eventually return to hard food.

Remember that dental health is an important factor in your pet's well being, and that their tooth aches are just as painful as yours. **Bring your pet into Dunstable Animal Clinic this month and insure that they stay healthy and happy.**

DENOMMEE PLUMBING, HEATING AND COOLING INC. has an immediate full time opening for experienced HVAC techs. SIGN ON BONUS. If you're looking to make the change and want to grow, be appreciated and compensated for your skills please give us a call at 978-649-8886 or email your resume to guy@denommeplumbing.com

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COMING UP AT INDIAN HILL

FRIDAY NIGHT JAZZ AT INDIAN HILL: A nod to the iconic NYC nightclub, the Village Vanguard, featuring Indian Hill faculty jazzers: Mike Caudill, tenor saxophone; Jerry Sabatini, trumpet; Justin Meyer, bass, and Mike Tucker, drums. Tunes of Monk, Coltrane, Rollins, and more. **Friday, February 9 at 7:00pm**, 36 King Street, Littleton, MA. TICKETS: \$15 (Free for IHM students) Learn more: (978) 486-9524x116 or www.indianhillmusic.org. Sponsored by Nashoba Real Estate.

YOUTH CHOIR RECITAL: Come to a Demo-Performance of 'Cantor Scolari' – our youth choir at Indian Hill Music School: **Saturday, February 10 at 6:30pm**, 36 King Street, Littleton, MA. Learn about the program, meet the director, ask questions, register. FREE admission. Learn more: (978) 486-9524 or www.indianhillmusic.org.

BOSTON CELLO QUARTET: Four Boston Symphony Orchestra cellists -- Blaise DeJardin, Adam Esbensen, Mihail Jojatu and Alexandre Lecarme -- perform their arrangements of classical and contemporary works: **Sunday, February 11 at 3:00 pm**, The Kalliroscope Gallery, 264 Main Street, Groton, MA. TICKETS: \$35 (post-concert wine and cheese reception with the musicians). Learn more: (978) 486-9524x116 or www.indianhillmusic.org.

'BACH'S LUNCH' CONCERT: Indian Hill Music presents cabaret tunes with popular vocalist Mary Crowe and pianist Evelyn Harris: **TWO SHOWS - Thursday, February 15 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.

AN EVENING WITH DAVID AMRAM: Jazz legend David Amram performs and shares stories from his life as a composer, performer, author, and American treasure. Backed by the Indian Hill Music faculty jazz trio, Amram will play jazz standards and more: **Friday, February 23 at 7:00pm**, Fitchburg Art Museum, 185 Elm Street, Fitchburg, MA. FREE admission. Learn more: (978) 486-9524x116 or www.indianhillmusic.org. Presented in partnership by Indian Hill Music and Fitchburg Art Museum.

CHINESE CLASSICAL MUSIC CONCERT: Indian Hill presents faculty pianist Jenny Tang and violinist Andrew Eng performing Chinese classical music and folk songs: **Saturday, February 24 at 7:00pm**, 36 King Street, Littleton, MA. TICKETS: \$15 (Free for IHM students) Learn more: (978) 486-9524x116 or www.indianhillmusic.org.

ORCHESTRA OF INDIAN HILL: Maestro Bruce Hangen and the Orchestra offer the orchestral world premiere of legendary American composer David Amram's *Greenwich Village Portraits for Saxophone and String Orchestra* featuring guest soloist Kenneth Radnofsky (saxophone), plus Prokofiev's *Symphony No. 5*, and music of Weber: **Sunday, February 25 at 3:00pm**, Littleton HS Performing Arts Center, 56 King Street, Littleton, MA. TICKETS: \$20-35-50 (Free for IHM students) Learn more: (978) 486-9524x116 or www.indianhillmusic.org. Sponsored by Haartz with support from Atty. Ray Lyons. Media Sponsor: Wicked Local.

ART EXHIBIT: The Gallery at Indian Hill presents paintings by Melba Juez-Perrone: *Harmony of Colors and Notes*. On view thru February at 36 King Street, Littleton, MA. (Hours: M.-F., 10am-8 pm; Sat., 10 am- 4pm.) FREE and open to the public. Learn more: (978) 486-9524 or www.indianhillmusic.org.



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STE JEANNE D'ARC SCHOOL

Annual Elisabeth Bruyère Awards Dinner 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

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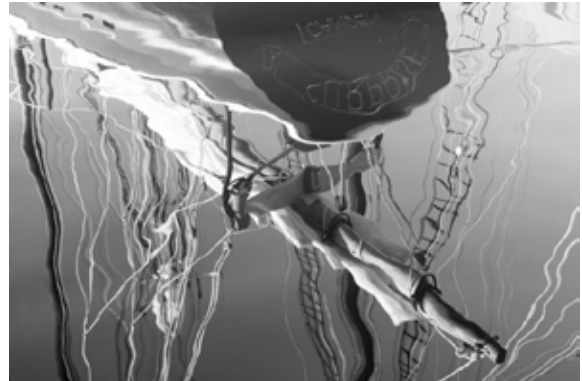
HOW I GOT THE SHOT:

THE SCHOONER SURPRISE, CAMDEN MAINE

Please join me for a free photography workshop February 21, 6:30-8:00 PM, at the Tyngsborough Public Library. Using images from five of my recent gallery exhibits, I'll share tips and techniques for getting great shots in different scenarios (sunrise, sunset, bright sun, landscapes, family gatherings, sporting events, portraits, groups, etc.). I'll also explain how to travel with camera gear and maximize readiness for capturing great shoots while on the go.

Using reflections in a photograph can quickly change the image from a simple snapshot to a work of art. There are many types of reflections all around us: reflections in ponds, reflections in windows, reflections in buildings, reflections in puddles, reflections in mirrors, to name a few. Reflections provide a unique view of the subject matter and a unique perspective. For a landscape, the reflection of trees and flowers in a lake produces an attention-grabbing mirror image. Store fronts let you capture two worlds at once: customers shopping inside the store while the outside world, reflected in the window, goes its own way. Reflections also create opportunities to shoot interesting images in poor conditions, for example, when it's raining or during bright sunshine.

I used the reflection technique early one summer morning on a summer get-away in Camden, Maine:



View the color version at www.nickdepasqualephotography.com

I had gotten up nice and early to shoot the morning sunrise over Camden Harbor. I had been told that as the sun comes up, the steeple of the church in downtown Camden slowly illuminates before the rest of the town. I was hoping that this would create interesting images of contrasting light and shadows, with reflections in the harbor. But the best laid plans are often thwarted: a big cloud bank blew in at the critical moment, blocking the sun as it came up. My chance for the shots I had been hoping for was blown, and I started wondering how soon a diner would open for breakfast.

Before hunger got the better of me, I remembered a little maxim of one of my teachers: "Where there's water, there are always reflections." I started walking around the docks looking for reflections in the water and noticed a schooner called *Surprise* that was docked for engine work. The clouds cooperated by opening up, and the sunlight shining through painted a wonderful reflection of the schooner in the water: a surreal image of nautical shapes and colors. Ignoring the schooner itself, I shot only its reflection, creating an interesting abstract. Here are my settings for this shot: Canon 5D Mk II; Canon 70mm-200mm lens @ 70mm; ISO 400; F8 @ 1/80.

I resumed walking around the docks and discovered many more interesting reflections. So the morning turned out to be quite fruitful for me. You might have similar luck as you walk through your day, if you start noticing all the reflections around you, consider how you might photograph them, and start shooting.

Please visit my website for information on tutoring, photo restoration, photography classes, and workshops.
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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.

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ST. MARY CHURCH: 25 North Road, Chelmsford Daily Mass

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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

Ash Wednesday (February 14) Mass Schedule

St. Mary; 7 am, 4 pm, 7 pm.

St. John; 9 am, 5 pm. Liturgy of Word w/ashes at 12 noon.

Additional Confession Offerings (6:30 – 8:00 pm) during Lenten

Season. In addition to our regular confession schedule at both parishes, **St. Mary and St. John will both** be offering additional opportunities to receive this Sacrament of Grace.

St Mary... Monday evenings; February 26 and March 12, 26 and Wednesday evenings: February 21, 28 and March 7, 14, 21, 28.

St John... Monday evenings: February 19 and March 5, 19 and Wednesday evenings: February 21, 28 and March 7, 14, 21, 28.

Soup and Stations: This popular Lenten devotion will be offered at both parishes every Friday of Lent. A simple meal of soup will be served at 6:00 pm, followed by the Stations of the Cross at 7:00 upstairs in the church. Feb 16, 23 and March 2, 9, 16, 23.

Lenten Retreat: What is a retreat? It is, very simply, a time set aside for prayer and reflection, offering us the opportunity to make a positive change in our daily living. Join us at **St. Mary Church (7:00 – 8:30 pm)** for 3 consecutive evenings... **Monday, February 26 – Wednesday, February 28.**

Visit www.saint-mary.org or www.saintjohnchelmsford.org as the date approaches for details on this event.

Lenten Presentations: Let us help you get your heart and mind prepared as we enter into the holy season of lent. Fr. Brian will provide us with solid teaching as we 'Learn to Live a Life of Sacrifice.' Christ taught us two important realities through the Cross: (1) we cannot truly live if our lives are not centered in sacrifice, and (2) we cannot truly love if our love is not sacrificial. What does it mean to live and love sacrificially? We discover this by understanding the real meaning of the Cross. Come and see what it means to 'take our cross' and truly follow Christ. **Thursday, February 22nd at St. John's. 7:00 – 8:00 pm.**

Join us on 3 consecutive Monday evenings, March 12, 19 and 26 as Fr. Brian presents a teaching on Catholic Morality. Catholic Morality is not about right and wrong action; rather, it is about a particular relationship and the world view of that relationship. The relationship we are speaking of is one with Jesus Christ, He in whom we are called to center our very lives. This relationship creates a world view which should inform and form every word we speak, every action we take and every decision we make. Catholic Morality can only be lived out when we understand that relationship, what it means to us, and the world view it creates.

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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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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, Playmats • 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 and pots, sharp knives, utensils, cookie sheets, • lamps, shower curtains.
- **Thank you** to our Facebook followers who readily fulfill our Amazon Wish requests! **Thank you** to those who supported our Christmas effort and those who continue to keep our warehouse stocked.

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



SONS OF THE AMERICAN LEGION

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

- **SAL Detachment 247 now meets on the first Wednesday of each month at 7 p.m. at Post 247.**
- **SAL Officers:** Commander: Brian Laplante; Sr. Vice Commander: Steve Harris; 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.**

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 Bob Reich at 978-649-5874 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.



RISE COURSES BEGAN FEBRUARY 5

Seniors can choose from more than 56 five-week courses with two start dates. First term courses begin February 5 and end on March 16; second term courses begin March 19 and end April 27. There are no learning prerequisites, no tests and no credits earned. Membership for the ten-weeks of courses is \$130.00 and includes the use of the Muldoon Health and Fitness Center, Regina Library, and Dion Dining Center. **Members may participate in up to five courses each term.** Course topics include literature, history, music, art, computer science, psychology, religion, philosophy and spiritual enrichment, senior special interests, writing, world cultures, current events, genealogy, film, moderate exercise, and water exercise. Twenty-seven of the courses are new for spring.

The RISE program, tailored for "learning in retirement" is in its twenty first year. Individuals over age 55 are welcome to learn more about RISE, meet with facilitators and register with a check for the spring semester at the January 19 Information Session.

Course brochures are available online, at local libraries and senior centers, and at the RISE Office at Rivier University, which is in Memorial Hall, Room 126, on South Main Street. Seniors can view and download a brochure from the RISE website www.rivier.edu/riase and/or <http://www.facebook.com/RISE1997>. Additional information is available by calling (603) 897-8623.



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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 ecctsect@yahoo.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 in 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.

• **March 3, 2018 - Presentation of our History**

• **April 8, 2018 - Sunday Service and Luncheon** at Old Town Hall

• **May 28, 2018 - Memorial Day Parade**

• **October 7, 2018 - Special Sunday Service** and Luncheon at Church. Afternoon - The Needham's (a well known Gospel Group) in Concert at Old Town Hall (more specifics will be notated in future Neighbor to Neighbor Issues). **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.**

• **Our Thrift Store Manager**, Charlotte Tyson-Williams had her second hip replaced on January 3, 2018. She is doing extremely well and we wish her continued quick recovery. The Thrift Shop is being managed in the interim by her Assistant Manager, Mary Donaher. Please be advised if it is snowing on our open shopping days (Thursdays and Saturdays) most likely our shop will be closed for the day. • **Recently we have torn down** the old storage shed between our church and parsonage buildings. It has been replaced with a beautiful new shed and we want to take this time to thank Mr. Rick Nolet for the great job he has done. Rick has been a huge help doing large and small repairs on our property and we truly appreciate all his efforts and handiwork. Thank you so much, Rick!!

• **We also want to thank Steven Buck** for the beautiful job he has done in creating a hilltop Easter Sunrise Service location between the Church and our Thrift Shop. He built steps and a path leading to the hilltop as well as benches for seating and a podium. He is working on obtaining his Eagle Scout Badge. A few of his Youth Group friends, his brother and Dad helped him accomplish his goal. **GREAT WORK, STEVEN!**



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.

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.

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.



TEDDY BEAR CLINIC

Saturday, March 24, 12:00-3:00pm, FREE
Pheasant Lane mall, 310 Daniel Webster Highway, Nashua, NH
Located between Macy's and Dick's Sporting Goods.

Kids bring your favorite stuffed animal or doll for a check-up, learn how to keep you and your teddy bear healthy, participate in fun activities, and learn valuable health information for the whole family!

Registration Required!

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

