



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 # 371 • June 2018

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TOWN CLERK NEWS

Just a reminder that unless you qualify for a permanent absentee ballot, your application is only valid for all elections in one (1) calendar year. If you filed an application in 2017, it has expired. The Primary is September 4 and the State Election is November 6. It's not too early to file an absentee application. Early voting is during the business hours of the Town Clerk. More information to come on early voting.

The Selectmen have called a Special Town Election with ballot questions for Tuesday, June 26. Polls open 12 noon to 8PM. If you are away, remember you can vote absentee and file an absentee ballot application. You can vote here at a time arranged with the Town Clerk or have the ballot mailed. Massachusetts law does NOT allow you to leave with a ballot. One exception – the voter has been admitted to a healthcare facility after noon on the fifth day before the election and designates (in writing) a person to hand-deliver the ballot. That person may not be a candidate for office or sponsor of a ballot question.

Nomination papers are now available at my office for the position of Greater Lowell Regional School Committee representative. This is a result of a court ruling from a lawsuit filed against the Towns of Dunstable, Dracut and Tyngsboro by the City of Lowell, we will elect our Greater Lowell Regional School Committee members for a 4-year term on the November state election ballot. Candidates must submit nomination papers to this office for certification no later than 5:00 pm on Tuesday, July 24, 2018. You must be a registered voter.

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.



HOUSEHOLD HAZARDOUS WASTE DAY

This will be held on **Saturday, June 23rd, 2018** from 9am to 1pm. Items must be brought to the Tyngsborough Highway Dept., 87 Kendall Rd., Tyngsborough, MA (Route 113 turns into Kendall Road in Tyngsborough, just continue over Route 3. You will see a yellow plow at the entrance to the Highway Dept. on your left)

Proof of residency is required, driver's license or current utility bill. **Please save the green page at the back of this issue as it has the details about what will be accepted and what is not acceptable.** Most items can be disposed of free of charge, propane tanks (no charge for 20 lbs) other sizes will have a \$1-\$2 fee and tires (no oversized) will have a \$1-\$2 fee.

IN MEMORY OF

Joseph Patrick Donlan	Charles H. Elwood Jr.
Rose M. Paduano Black	Helen Miriam McDowell Goodwin
Dorothy E. Potvin DeRoche	Kathryn Kenefick McPhillips
Daniel J. Dumont	John Mellace



FARM TOUR SUNDAY, JULY 15TH

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Farm Store/Ice Cream Stand

Coffee at Tully Farm 291 Fletcher St, beginning at 9AM,
We will leave Dunstable around 9:30 heading to Lexington.
RSVP **ONLY TO:** Linda Chase, leCHASE491@verizon.net or
978-649-7184 No later than July 10, 2018.



WELL ADULT CLINIC

Nashoba Associated Boards of Health, in conjunction with the Dunstable Board of Health announces that an adult clinic will be held **free of charge for the general public** on: **Wednesday, June 27th 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.

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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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.

Council on Aging board member opening The Dunstable Council on Aging has an opening on their board. Term is 3yrs. Meeting are held once a month. Anyone interested in this position should contact Anne.

June 6th lunch Will be Hawaiian chicken with orzo, salad provided by Charlotte's cozy Kitchen and dessert. RSVP by May 30. On **June 13**, we will have a B-B-Q with hamburgers & hot dogs, salads and desserts provided by the Traveling Chef Program. RSVP by June 6. The **June 20** if outing to Foster's isn't a go, lunch will be held at a local restaurant. **June 27** will be Pizza, salad and our monthly celebration of birthdays. We would love to see more seniors at our lunches. Lunches are only \$3.00 per person.

June 13 State Senate candidate Rodney Elliot will speak at 11:30.

Book Club the group will meet on Saturday, June 16 and every third Saturday at 10:30a.m. in the community room of the library. We will be reading The Children Act by Ian Mc Ewan. **Summary:** Fiona Maye is a Family Division High Court judge in London. She makes decisions concerning the welfare of *children*. Her husband, Jack, tells her that he wants to stay married to her, but that he wants to have an affair with her knowledge and consent. The library will be glad to help order your book if needed. There will be no meeting in July and August.

Rivercourt Residence in West Groton invites Dunstable seniors for a monthly lunch. Please join us on the third Tuesday of each month. Next lunch June 19 at 12:00 in their private dining room. They do this as a community outreach program, no sales involved. RSVP by June 13.

Senior / Veteran Breakfast Will be held on Thursday, June 21 at 8:30 at the Tyngsboro Senior Center, 169 Westford Rd.

Indian Hill Music, Bach Lunch is on Thursday June 21. **There are TWO PERFORMANCES: 11:00 am and 1:30 pm** at Indian Hill Music, 36 King Street, Littleton MA. The performance this month will be *the music of Jimmy Van Heusen*. Light refreshments are served but you are welcome to bring your own lunch

DON'T FORGET TO VOTE JUNE 26

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. Cost is \$3.00 per session. Last class for this session will be June 11. 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.

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

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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
FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911
 Business Line.....978-649-6661 FAX.....978-649-6072
Alarm System* 978-448-6666* can be used to call in a fire from cell phone

IT'S DIFFERENT NOW – HELP FOR TEENS

By Jan Price, LICSW & David Harrison, LICSW

"In my day, we walked 10 miles to school barefoot in the dead of winter..."

Probably not, but even if this archetypal tale of parental yesteryears turned out to be true, a walk in a typical teenager's shoes is likely tougher than today's parents might imagine. The National Alliance for Mental Illness (NAMI) reports that 20% of youth age 13-18 live with a mental health condition. And according to the U.S. Centers for Disease Control and Prevention (CDC), suicide is the second-leading cause of death for 15-24 year-olds.

There is help. Researchers generally agree that Psychotherapy – "Talk Therapy" – improves outcomes for the depressed, both as a stand-alone treatment and in conjunction with prescription medicine. Teens and young adults, just like their older counterparts, can benefit from a trusting therapeutic relationship that helps them articulate and address problems related to their unique life stage.

Specifically, adolescence is a period of physical and emotional upheaval. The average teen's mood and functioning have always been impacted by a changing body combined with developmental imperatives to be recognized by peers while seeking independence from family. Add today's digital overload to the emotional mix and it is small wonder that researchers, including at Columbia University and the National Institutes of Health (NIH) have reported significant increases in the prevalence of major depression among teens since 2010; some studies correlate this trend with increased "screen time" including on smart-phones.

David Harrison, LICSW, clinician and intake coordinator at Greenbridge Counseling and Wellness, LLC, spent a decade working in schools with anxious and depressed 16-21 year-olds. Via talk therapy, Dave offers adolescents a safe space for tackling the unique stressors that they face, helping them feel less isolated with pain and self-doubt that might otherwise become unmanageable.

Per the CDC: "The risk for suicide frequently occurs in combination with external circumstances that seem to overwhelm at-risk teens... Examples of stressors are disciplinary problems, interpersonal losses, family violence, sexual orientation confusion, physical and sexual abuse and being the victim of bullying." That is, as with adults, adolescent mental health is affected by a variety of factors including personal history, situational triggers and biological predisposition. For instance, parents should be aware that a family history of depression or other mood disorders increases any adolescent's risk for depression.

Symptoms of adolescent depression consist of both emotional and behavioral changes including (but not limited to) hopelessness; low self-esteem; loss of interest in normal activities; changes in sleep patterns; social isolation and poor school performance. Common signs of suicidality in teens include (but are not limited to) talking or joking about suicide; general preoccupation with death; engaging in reckless behavior; saying good-bye as if for the last time.

If you or a teen you know is struggling with any mental health issue, please consider contacting Greenbridge Counseling and Wellness, LLC at 978-649-2055 or email David Harrison, LICSW, directly at dharrison@greenbridgecw.com

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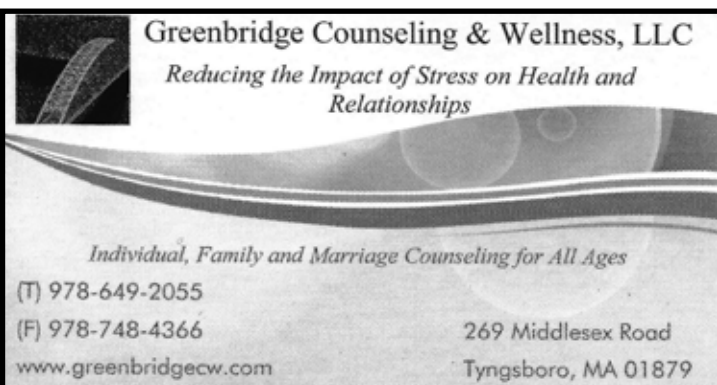


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Thursday 10-8 Friday 10-2

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.

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

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 The group will meet on **Saturday, June 16th** and every third Saturday at 10:30a.m. in the community room of the library. The book they are reading is *"The Children Act"* by Ian McEwan. New members are always welcome.

Quilter's Group Meets from 6-8 p.m., the first and third Tues. 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, June 29th**. 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.

Gardening Club also know as DIG They will be meeting on **Thursday, June 21st at 6:30pm**. New members are welcome!

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 **Thursday, June 28th at 12:30pm**. We will be having an American Girl Doll Tea Party. Feel free to bring your favorite doll or stuffed animal. Please sign up at the library or email Mrs. D. at kdebrececi@dunstablepl.org

On Going Book Sale In the Community Room at the library. Come in check out the selections that are here. Hard Covers \$1.00, Paperbacks 5 for \$1.00, DVD's \$2.00 and CD's \$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. **The last homework help will be June 12th.**



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Pastor Rev. Susan Gaeta *Worship is at 10:15 and Sunday School and Adult Discipleship will be at 9 as usual.*

- On **June 10th** the Confirmation Class will be meeting
- On **June 22nd** the HS youth will be traveling to Utah for their summer mission trip. They will return on July 2nd. Needless to say, all are very excited!

• **SOV will switch to a summer worship time of 9:15 on Sunday, June 24th.**

The VBS will be held from July 16th through the 20th and will be an all-day program. Please call Margaret Doyle for more details. Her number is 978-772-7095.

CALLING FOR EMERGENCY HELP

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Thursday 10-8 Friday 10-2

WE ARE OPEN SATURDAYS 10-2

Ted Reinstein Will be at the library to talk about his newest book **New England's General Stores: Exploring an American Classic** on Tuesday, June 5th at 7:00pm. The general store, as old as America itself, harkens back to a simpler time and a more innocent and rural nation. The general store conjures a country-like place where kids come in to buy penny candy, and adults to buy everything from swaths of fabric, to fresh vegetables, to four-penny nails. It was a place to pick up mail, the newspaper, and perhaps tarry a bit on a cold, winter's morning to chat over a cup of coffee and a warm wood stove. **Ted Reinstein** has been a reporter for "Chronicle," WCVB-TV/Boston's award-winning—and America's longest-running, locally-produced—nightly news magazine since 1997. In addition, he is a regular contributor for the station's political roundtable show and writes a weekly opinion column. He lives just west of Boston with his wife and two daughters. **Generously funded by the Parkhurst Free Lecture Fund.**

Summer Reading Kick-off! We will be beginning our summer reading program on **Tuesday, June 19th at 6:30pm**. The theme this year is "Libraries Rock"! We will be doing many incredible activities and programs at the library this summer to encourage children, young adults and adults to read. Come into the library and see Mrs. D. to learn all about the summer reading program. On June 19th, there will be a sign up for summer reading after the magic show from **The Incredible Scott Jameson**. **Please sign up at the library or email Mrs. D. at kdebreceni@dunstablepl.org.**

This program is supported by a grant from the Dunstable Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

DUNSTABLE GRANGE #31

CELEBRATING 150 YEARS

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

All are welcome!!! Refreshments will be served.

June 8th - Gardening Program with Cyndi Castillo

July 13th - Cookout at the Tully's at 7PM. Short business meeting and Pot-Luck dinner

August 18th - 92nd Annual Grange Fair and Community Citizen Award



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Anne Fenochetti Email: afenochetti@dunstable-ma.gov

Hours at Town Hall: **Tuesday** from 11-2 and **Wednesday** from 8-11. You can reach Anne at **978-649-4514 ext. 223** at the Town Hall or by appointment.

DUNSTABLE COUNCIL ON AGING Mary Moeller chairman; Brian O'Donnell, Secretary; Donald Pottle, Mary Dow, Ruth Tully, and Nancy Novak.

COUNCIL ON AGING BOARD MEMBER OPENING

The Dunstable Council on Aging has an opening on their board. Term is 3 years. Meetings are held once a month. **Anyone interested in this position, please contact Anne Fenochetti.**

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 & balance exercise program. 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. **Next clinic June 27 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. **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 a "Friendly Phone Call"? If 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 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.

VOLUNTEERS NEEDED to deliver Meals on Wheels to shut-ins and to Lead an activity or craft. **WISH LIST:** wrapped candies, decaf coffee, dessert & snacks, paper napkins, plates & cups, sodas. Looking for a lightweight wheelchair, prizes for Bingo.




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MORE NEWS FROM THE

DIRECTOR OF THE COUNCIL ON AGING

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.

Message from the Fire Chief Fire Chief Rich is available to check your smoke detectors just 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**

Care guides available for families of people with Alzheimer's Disease. Available to download at no cost. 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

Charity Navigator There aren't many days go by that we are not contacted to make a donation to different organizations. Want to make sure they a legitimate and the money you donate is well used. You can now look up these charities at www.charitynavigator.org

Caregiver's Support Group sponsored by Rivercourt Residence For families and caretakers of loved ones with Alzheimer's or other forms of Dementia. If you are feeling sad, guilty, lonely or helpless. You are not alone! Come join us to talk about these feelings and connect with others whose experiences are similar to yours. The first Wednesday of every month. 10:30 am – 12noon or 6:00pm – 7:30pm, Conference room at 8 West Main Street, Groton MA 01450 **For infor** Laurie Morency at 978-448-4122 ext. 250 or Nancy D'Agostino at 978-448-1400 ext. 231

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

YANKEE DOODLE DOLLERS DOLL CLUB

We are a group of adult doll collectors. **Meetings are the second Tuesday of each month, from 6:30 to 9:30 in Acton, MA.** Want more information? Call Rosemary 978-534-0365 (leave a message) Or call Diane 978-448-2893

We are a member of the United Federation of Doll Clubs

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coaches with training to ensure the safest, positive, and fun experi-
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to register in June to take advantage of the lower rates. Visit our
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com, Facebook: Like us and/or message us at "Tyngsboro Youth
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"About Us" tab and select "Frequently Asked Questions".

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& Thurs, 5:15-6:15pm. (see FB page for specific dates. Email for
details.) <https://www.facebook.com/groups/1618060978426822/>



Although Mother Nature was not on our side again this year for
our 6th annual lemonade stand the cool, wet weather didn't stop my
great crew of volunteers from helping me raise lots of money for my
friend Reid and his team Reid's Crew for the Great Strides walk for
Cystic Fibrosis at our 2018 lemonade stand.

Thank you, thank you, thank you to all of my wonderful friends
and their families who came to volunteer at the stand and to all of
our patrons who stopped by to enjoy a cup of iced cold lemonade
and maybe a special treat or two and helped us to raise over \$1,600
on this special day for the Cystic Fibrosis Foundation. CF ...
currently stands for Cystic Fibrosis but I hope that one day we can
change that to Cure Found!!! Again thank you all for your support.

From the very bottom of my heart ... THANK YOU!

Sophia West & team from Reid's Crew 2018

Please send info by June 10th for the July/August 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**.

Tyngsborough printed issues circulation is 5050 and Dunstable printed issues circulation is 1239.

Copies available at town hall and library **Issues available at www.neighbortoneighbornewsletter.com**

VEHICLE NIGHT 2018 AT THE DUNSTABLE SUMMER CONCERTS

Mark your calendars now, **Wed. July 18th, 2018 (raindate Thurs. July 19th)**. It's the must attend concert of the summer concert series. Back2Back band NH will be our featured band on the gazebo yet again for VEHICLE NIGHT 2018 and plans are in the works for some show stopping vehicles to be in attendance that will WOW all concert goers. Silent auction baskets are in the process of being created so make sure you arrive to the common early that night around 6:00pm to get a chance to walk around and check out the silent auction table and all of the exciting vehicles that will surround the town common on VEHICLE NIGHT at the Dunstable Summer Concert series.

Jen West -West Auto Repair, Inc. & Karen Debreceni -Dunstable Children's Library co-sponsors of VEHICLE NIGHT at the Dunstable Summer Concerts

ANCHOR BIBLE CHURCH

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

OLD FASHIONED FAMILY LIVING

By Edward H. Adamsky

Before WWII it was common for several generations to live in the same house (remember the TV show the *Waltons*?). After the war the "nuclear family" became the norm with Mom, Dad and kids in one house, while Grandparents and other generations lived in their own homes. The single-family suburban home was the American Dream for years, but it has lost its luster as the cost of housing has increased along with the care needs of family members. Living together with family can provide a built-in caregiving system. It can be handy and cost-effective. But, it can also prove stressful. Should you consider a multi-generational living arrangement for your family?

One issue to consider is whether the situation will be short-term or long-term. Many people have a parent live with them temporarily after an illness or injury. Other families have taken built "in-law" apartments onto their homes and allowed parents to move in for many years. A short-term stay will require some adjustment but it will end and your life can go back to normal. A long-term plan will change your lives significantly and needs more planning and thought.

You will need to consider how the costs of living will be shared. Will the elders (or adult children) pay rent or just pay a part of the household expenses? And, how will the living area of the house be used? Will the elders be restricted to a certain part of the house or can they use it all? Privacy considerations are important. Everyone wants privacy for basic situations such as dressing and bathing, but everyone also needs privacy for intimate issues (even elders). You must think this through to accommodate everyone's needs.

If there is a younger generation in your multi-generational house, how will that work? Will the youngsters make it hard for the elders to relax? Will there be competition to use the facilities? Also, will the needs of those with disabilities require any modifications such as ramps, larger doorways or walk-in showers? This may mean the home would have to be extensively renovated.

Living with someone with care needs can require a lot of work. Who will do the chores in the house such as cooking and cleaning? Who will provide the personal care to the elder? Is there going to be compensation for personal caregiving? Will outside caregivers need to be hired and what accommodation does that require?

The old-fashioned way of living like the *Waltons* can be really nice with older and younger generations providing things to each other that cannot be found in any other way. Or, it can be noisy, crowded, confrontational and frustrating. It might work for you but it will take planning and co-operation to make it work. You should consult with your Elder Law Attorney about some of the legal issues that might arise before you take this step.

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*Neighbor to Neighbor.***

They would like to know. Thank you, Anne

WATER SAFETY

As warmer weather approaches please remember the essential water safety tips while spending time on the lakes, ponds, rivers and the ocean this summer. Please remain safe while enjoying your time in and on the water. Be alert, be aware and watch over children at all times. Tragedy can strike in a moment, so please use the safety tips offered at all times.

The Merrimack River is a popular boating and kayaking destination during the summer months. Current boating activities on the river include canoeing, kayaking, rowing and power boating. The river provides both quickwater and flatwater experiences for canoeists and kayakers and is one of the largest surface water bodies in the region for power boating. Massapoag Pond is also heavily utilized for boating, fishing and swimming.

The American Canoe Association offers the following safety tips to kayakers, paddlers, and recreational boaters:

- Always wear a life jacket.
- Children under the age of 12 must wear a life jacket in a public body of water at all times.
- Be a competent swimmer with the ability to handle oneself underwater, moving water, surf or current.
- Keep the craft under control. Do not enter a rapid unless you are reasonably sure you can navigate it or swim the entire rapid in case you capsize.
- Keep a lookout for hazards and avoid them. Watch for fog, especially on coastal waters.
- Know your emotional and physical limitations.
- Group members need to constantly assess the behavior of others in their group.

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INDIAN HILL MUSIC YOUTH WIND ENSEMBLE - AUDITIONS:

For intermediate/advanced woodwind, brass, and percussion players in grades 7-12 (Jason Bielik, director): **Friday, June 8, 5 - 8pm** at Indian Hill Music School, 36 King Street, Littleton, MA. Learn more and arrange audition time at (978) 486-9524 or visit www.indianhillmusic.org.

INDIAN HILL MUSIC YOUTH ORCHESTRAS - AUDITIONS: Auditions for the three Indian Hill Music Youth Orchestras: **Monday, 11, 4:00pm-7:00pm** at Indian Hill Music School, 36 King Street, Littleton, MA. *SINFONIA CONCERT ORCHESTRA (advanced level strings, woodwinds, brass, and percussion); CAMERATA STRINGS (intermediate- advanced string players); CHAMBER STRINGS (developing string players)*. Learn more and arrange audition time at (978) 486-9524 or visit www.indianhillmusic.org.

'BACH'S LUNCH' CONCERT: Indian Hill Music presents the Pamela Hines Quartet in the music of Jimmy Van Heusen. **TWO SHOWS - Thursday, June 21 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. Learn more at www.indianhillmusic.org.

STUDENT RECITALS AT INDIAN HILL: Hear Indian Hill Music School students perform music in a variety of styles and combos in May and June at 36 King Street, Littleton, MA. (This is a great opportunity to see what we do, and meet our talented faculty.) FREE admission. Call (978) 486-9524 or visit www.indianhillmusic.org for recital days and times.

ORCHESTRA OF INDIAN HILL'S 44th SEASON: Subscriptions on sale for Orchestra of Indian Hill's 2018/19 Concert Season (September thru April in Littleton) led by Artistic Director Bruce Hangen. Highlights include Bernstein's Symphony No. 1, Tchaikovsky's Symphony No. 5, Mahler's Symphony No. 1, Beethoven's "Fifth," an all-Brahms evening, and Vivaldi's Concerto for Four Violins. Learn more at (978) 486-9524 or www.indianhillmusic.org.

SUMMER MUSIC LESSONS & CLASSES: Ongoing registration for private lessons, classes, ensembles, and multi-week programs for all ages and levels at Indian Hill Music School, 36 King Street, Littleton, MA. Instruments include, piano, strings, flute, guitar, ukulele, recorder, harp, voice, and drums in classical, jazz, folk, rock, pop, and musical theater. Learn more: (978) 486-9524 or www.indianhillmusic.org.

ART EXHIBIT: The Gallery at Indian Hill presents "Tales From the Fells," an exhibit of archival inkjet prints by Anne Eder. On view May-June at 36 King Street, Littleton, MA. (Hours: M.-F., 10am-8pm; Sat., 10am-4pm.) FREE and open to the public. Learn more: (978) 486-9524 or www.indianhillmusic.org.



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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.

LIVING WITH DEER

by Nikole Roth

As the human population continues to grow, much of our wildlife has become engulfed in residential development. The white tail deer has not only adapted to these changes but is thriving in this new suburban habitat that offers a deer haven restaurant in every landscape. It is important to note that many of human/deer conflicts result from the backyard buffets that we have created for them.

Description

White tail deer can be seen throughout Massachusetts. The average height of an adult male (buck) is 6 feet tall and weighs between 120-160 pounds. The buck's antlers are composed of bone that is shed after each breeding season (late winter). A female deer (doe), is slightly smaller and weighs between 80-120 pounds. The doe's offspring (fawns) are chestnut brown in color with white spots on their back and sides. The spots provide camouflage from predators and fade by 3-4 months of age.

The deer is an excellent jumper and capable of clearing obstacles up to 9 feet high. Deer's are also impeccable runners. If startled, a white tail can run at speeds up to 40 mph. They also have a keen sense of hearing and smell. Deer's also have night vision and able to see most colors except those in the red-orange spectrum. These colors appear as gray which is why hunters will often wear bright orange for safety. The deer is most active at dawn and dusk.

Deer in the garden: Adjust what you plant. Deer are browsers and their taste buds will vary within the season. Your local Cooperative Extension Service is an excellent source of information for the types of flowers and shrubbery that are distasteful to deer's in your area. Do not feed the deer. This can have painful and deadly consequences as the deer's digestive system will only digest certain foods at specific times of the year.

Fencing: Fencing may be an option for keeping a deer out of the garden. Check with your local co-op for fencing options but keep in mind that a hungry deer can jump up to 9 feet high.

Repellants & Scare devices: "Deer Away" and "Liquid Fence" may be useful and can be purchased at your local coop. You might also try placing human or animal hair directly on the plants. Scarecrow Motion Activated Sprinklers or Havahart Spray Away- Elite Motion Detector (hose free-solar powered) that uses an infra-red technology to detect animal movement is sometimes useful.

Final word: Deer are curious and motivated by their need to eat. They will test and retest the deterrents you use. You can stay one step ahead of them by changing your deterrents often so that they don't become accustomed to them.

Simplest solution: Planting bushes such as boxwoods or flowers such as lavender or peonies known to be distasteful to them.

Tips for Residents Drive Carefully: Particularly in the fall during breeding season as Bucks have been known to dart across the road without hesitation. When **driving at night**, and you encounter a deer frozen in place please slow down. When the cars headlight beam falls into the deer's eye it becomes temporarily blinded by the bright light. A deer will not move until its eyes adjust which takes a minute of two.

Leave fawns alone: They are often left alone by their mothers to not draw attention of predators. They are also nursed every 2-6 hours. The mother will return when you leave.

A word about Lyme Disease: Lyme disease is a serious public health issue. Originally the tick responsible for the disease was called a "Deer tick". This misnomer has perpetuated the false belief that deer alone are responsible for transmitting Lyme disease. The truth is that Lyme's Disease can be transmitted within multiple hosts and varying landscapes. In fact, other hosts include mice, chipmunks, squirrels, lizards and even certain species of song birds. New research indicates that the incidence of Lyme Disease in humans is affected more from the larval tick's host (whited mice and chipmunks). More information on tick born illness can be obtained by visiting www.cdc.gov.

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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



2018 DUNSTABLE SUMMER CONCERTS

Every Wednesday night 6:30 - 8:30 p.m. on the Town Common
(Rain date is Thursday) We won't need this as it will be a blue-sky
summer. Right? **Food available for purchase**

- **June 13th** Diamond Jubilee: an antique Gavioli fairground organ
- **June 20th** Delta Generators with Brian Templeton: *Rhythm and blues*
- **June 27th** Band From U.N.C.L.E.: *Soul, Rock & Roll from the late 50s, 60s and early 70s.*
- **July 11th** The Rampage Trio: *Blues Rock-Boogie*
- **July 18th** Back to Back: *Rock and Roll* and Vehicle Night!
- **July 25th** The White Street Band: *Classic Rock & Blues*
- **August 1st** Crossroads: *Classic and modern rock, country and popular music.* **Public Safety Night** with Dunstable Police and Fire Departments
- **August 8th** Never Easy: *New & Old Country music, with a "hint" of Classic Rock & Roll*

More info at www.facebook.com/dunstablesummerconcerts


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We wanted to take a few minutes to talk about our experience working with Lynda McQuade. My dad passed away in April of 2017 so I was left with our family home to sell in Dunstable. My wife and I also own a home in Dunstable but we were first time sellers. Right away I had placed a For Sale by Owner sign on the front lawn. Shortly after, Lynda had called asking if we needed any help or advice. We met and talked and it didn't take long to know we wanted her to handle the sale. She got right to work and soon we had a full ask offer. She handled everything from our first meeting up to the closing and even talked us off the ledge a few times when the process slowed on the buyer's end of things. Communication was awesome throughout. She kept us informed and we really liked that. We highly recommend her for any Real Estate needs. She is not just our realtor but has become our friend. *Sincerely. Steve and Linda Udot*



VOLUNTEERS NEEDED

Friends of Flint Pond is a newly forming group whose interest is in the continuing recovery of the pond, with a strong focus on keeping a healthy fishery (once one of the top bass fishing ponds in the state), and bird habitat (I've recorded over 100 species of birds from my back yard, recent visitors may have seen the amazing osprey eagle skirmishes). We will continue to concentrate on addressing invasive weeds, focusing on removal of water chestnuts (which does not have to be done at the neighborhood organized events, it can be done any time you visit the pond-there are some who are here almost every day, just bring a bag and spend a few minutes before you leave filling it, and deposit it in the designated area. It WILL make a difference), also pulling out the masses of dead pond weed that clog the pond and would otherwise decay and add to the overload of nutrients in the pond.

If we can get enough volunteers, we also hope to try some non-chemical, less expensive, methods to address some of the weeds, building and yearly maintenance and installation of benthic barriers, use of leaf tarps. The state would like us to do a full assessment of the pond, looking at areas of erosion, and identifying and finding solutions for off-site pollutants. These projects are great to have on a college resume for environmental science students.

This group will be very casual, there will be no officers, no required meetings, no dues, no official status, we will communicate by e-mail (or update by phone if you don't have e-mail access) or get together at the pond if/when we want. The Tyngsboro Conservation Commission and Flint Pond Association, who are actively involved with the pond, require town residency to join, but many users of the pond are from out of town. This group will give all users of the pond an opportunity to share their concerns/interests to help in the ongoing recovery. It will also assist a small neighborhood to do what they can't on their own.

There are also always opportunities to earn NHS hours on pond concerns, extra kayaks are available for use. A THS student, Madison Parker, set up a website as part of her Gold award project for girl scouts. We would like to see this site easier to access and increase usage of it, posting updates and planned activities.

Please contact Maura Amrich genam1620@verizon.net, 1-978-649-4785. *Thank you for your interest.*

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

Coffee Fellowship: 10:30 AM

Please make note that worship time will change on June 10th. It will be held at 9 AM. Coffee Fellowship will change to 10 AM.

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

For more information about events please check out the website www.wcmmc.us.



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

Please note: The tennis court behind the Sherburne Nature Center is PRIVATE property.

It is not part of the PUBLIC Nature Center property.



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Fri 9:00 A.M. - 5:00 P.M.
Sat 8:30 A.M. - 11:30 A.M.

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ST. MARY BUSINESS (978) 256-2374; www.saint-mary.org

ST. MARY CHURCH: 25 North Rd, 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 St., North Chelmsford. Daily Mass Schedule: Monday – Saturday... 9:00 AM Weekend Mass Schedule: Saturday... 4:00 PM; Sunday... 8:30 AM, 10:30 AM (No 5 PM Mass during summer)

Reconciliation: Saturdays... 3:00 – 3:45 PM, or by appointment

•PLEASE NOTE THAT Saturday 9 AM Mass alternates between the parishes. Contact Parish Offices for schedule at their direct business numbers listed above.

STRAWBERRY FESTIVAL

June 16 & 17

ST. JOHN THE EVANGELIST CHURCH

located at 115 Middlesex Street in N. Chelmsford is hosting a Strawberry Festival on June 16 & 17 after all weekend Masses. The public is invited to come and enjoy a dish of homemade strawberry shortcake and a variety of other strawberry baked goods. Pick up some dessert for your Father's Day barbecue at our bake sale table where we will offer cakes, pies, cupcakes, fudge, breads, jelly, jams, syrups, & sauces. Also find some strawberry related gift items for people and pets, or visit our Strawberry Patch and decorate a strawberry cookie. Purchase a strawberry stenciled reusable canvas shopping bag and fill it with all your items to take home. Raffle Tickets will be available for a chance to win a gift basket with Spinners tickets and a hand painted watercolor of Fenway Park by a local artist. This fundraiser will benefit needed appliances for our church kitchen with a portion of the proceeds going to our Faith Formation Scholarship. For more information please contact the Rectory office at 978-251-8571 or Jane at 978-649-3404.

PET HEALTH

DUNSTABLE ANIMAL CLINIC ANOTHER REASON TO QUIT SMOKING

by Tara M. Sacramone, DVM



We all know the serious health risks related to smoking cigarettes. We are also becoming more and more aware of the risks of secondhand smoke. But did you know that your pets are also at risk from secondhand smoke?

A recent study, involving 180 cats treated at Tufts University's Foster Hospital for Small Animals between 1993 and 2000, indicated that cats that lived with a smoker had almost twice the risk of getting lymphoma as cats that lived with nonsmokers. Lymphoma is a specific form of malignant cancer involving lymphocytes, the cells that cause inflammation. The study also offered evidence that the risks increase in correlation with the number of smokers in the house. In a house of two or more smokers, the chance of getting lymphoma went up 4.1 times. Additionally, the longer the cats lived with secondhand smoke, the more likely the cats were to develop lymphoma (exposure of greater than 5 years multiplied rates by 3.2).

Indoor cats are at an additional disadvantage because their exposure to smoke is constant. Even when no one is smoking, there are traces of smoke and/or ash in the house. Cats ingest these smoke/ash particles during grooming.

Common sense tells us that secondhand smoke is not good for anyone, but this is a definitive study which links secondhand smoke to cancer in cats. The exact causes of cancer are still not known, but this study shows that environmental factors are definitely involved. *So please, for your own health, and for the health of humans and animals around you, QUIT SMOKING!*



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.

FISHING DAY

for Individuals (children and adults) with Disabilities

All ages and Family Members welcome

Sunday, June 10th from 10am to 3pm

Hamburgers and hot dogs

Fishing poles and bait will be provided.

This will be held at the

Tyngsboro Sportsmen's Club, 90 Westford Road,
Tyngsboro, MA 01879

Registration/Sign-up: www.tdrotary.org

If you have questions contact Christopher Dias 603-505-2549

This is held rain or shine!

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. 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.

TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



Events listed will be held at the **Little Red Schoolhouse** which is located on Route 113, 64 Main St., Dunstable, near the Tyngsborough- Dunstable Town Line.

• **Saturday, June 23rd 10 AM to 3 PM**

STRAWBERRY FESTIVAL

Enjoy the best strawberry shortcake made from local strawberries, homemade biscuits, and whipped cream. Find crafts and vendors on the field.

For more info please call Catherine Irzyk at 978-649-7690.

The shortcakes are served inside the schoolhouse. Come in visit with friends and relax. Take a look at the inside of a schoolhouse that was built in 1790. In good weather this is where the

monthly Tyngsborough-Dunstable Historical meetings are held. Membership is \$15 for an individual and \$25 for a family.

For more information check out the website.

www.tdhistoricalsociety.org



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Published by Anne M. Paquin

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If you belong to an organization that has an upcoming activity or project you would like publicized, please send in your news by **June 10th**. *Articles are placed on a first come, first served basis.* News can be sent in a word file or in the body of an email.

It is best to send artwork as jpeg, or pdf files. Please email me if you have further questions about submitting news.

If you have a local business, or your organization would like to have a display ad, not just a paragraph, please email me and I will answer any questions you might have and I will forward the rate sheet to you.

There is one more issue published for the summer months. A July/August issue will be delivered after the 4th of July. The deadline for that issue will be June 10th.

Total circulation at this time for Dunstable and Tyngsborough is 6,289 issues.

Issues are now available online at

www.neighbortoneighbornewsletter.com

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DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

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Dunstablechurch.org 978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

DECC is a welcoming church at the heart of the Dunstable community. "We gather to glorify God, to grow in Christ and to live the gospel in the world."

Join us for Sunday Worship Service 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 after worship.

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. **The last day of class will be June 10th.**

DECC YOUTH Regular meetings are held on Sundays from 4:00-6:00 PM but special events may be held at other times. Please contact Jon Hughes at 978-393-7708 if interested and to confirm location and time of meeting. Spring plans include Game night, possible Beach Party at Salisbury Beach, and a cookout.

POPs (Parents of Preschoolers) meets in the Fellowship Hall twice a month on Fridays, 9:00-11:00 am. Child care is available. **Last meeting before for the summer recess is June 8th.** 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. Although donations are accepted at any time, in the month of May, envelopes were available for a weekly special offering each Sunday to support the work of Kwatekeh Africa and its new Maternal, Newborn and Child healthcare program for residents of the Suakoko Leprosy Center and surrounding area. A nurse/mid-wife has been hired to lead this initiative (who will also conduct workshops on public and personal health, nutrition, and sanitation for all residents) and it is hoped that this will be a first step towards a proposed health clinic. Your support for this initiative is greatly appreciated and will go directly to helping to get this much-needed program up and running. For more information about Kwatekeh Africa, please visit www.kwatekehafrika.org or email Eric Hanson at kwatekehafrika@gmail.com.

In May the Sunshine Girls presented the Annual Mother's Day Tea with a wonderful presentation by Lisa Steigerwalt; the men of our community attended a Men's Weekend Retreat at Monadnock Bible Camp.

On Sunday, June 10th, we will celebrate our **Youth, Music, and Drama programs** as they end activities for the summer. We will also honor our graduates.

Watch for news of **Dance Camp** resuming in July and August.

COME VISIT YOUR COMMUNITY'S CHURCH. For more information about any of these events, contact the Church office 978-649-6251, email info@dunstablechurch.org or visit our website at www.dunstablechurch.org.

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

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

OFFICERS: Commander: Fredrick Carroll; Sr. Vice Commander John Culbert; Adjutant 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 email LegionPost247@gmail.com or attend the General meeting that takes place the 1st, Thursday of each month in the up stairs meeting room at 7:pm.

Visit our website, www.LegionPost247.org

This website contains a wealth of information about the Post.

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

LEARNING IN RETIREMENT ASSOCIATION
UMASS LOWELL

2018 Summer Intersession Classes Announced

The Learning in Retirement Association invites anyone retired or semi-retired to come to our free summer intersession classes and trips. **These classes meet on Wednesdays from 10:00 to Noon at, McGauvran Hall, Room 313, South Campus, 71 Wilder Street, Lowell.** Parking available across the street in the Wilder Lot.

This is a great way to sample the offerings of our nearly year-round learning experience. **To find out more about LIRA please see our website www.uml.edu/Community/LIRA**

June 6 Campus Security UMass Lowell Campus Police

June 13 U. S. Constitution Tour See Website for Details
(Admission and Bus Fee)

June 20 Cyber Hacking Christopher Wilkinson UMass Lowell

June 27 Wildlife Photography Sue Jarrett Wildlife Photography,
Beaufort, SC

July 11 Being Transgender Kelly Jenkins Youth advocate

July 18 Childrens' Author Nancy Cote

July 25 Addison Gallery Museum trip to Phillips Academy,
Andover



This year, the Altrusa Club of Merrimack Valley, a local, volunteer service organization, is offering a \$500 scholarship to a qualified student currently enrolled in the Bachelor of Arts in Education with a certification in Elementary Education and Moderate Disabilities at the University of Massachusetts at Lowell (UML).

This scholarship is offered to honor the memory of Eleanor A. Durant, a past member of Altrusa, who earned her degree from Lowell State Teachers College and taught sixth grade for many years in the Chelmsford Public School System. With the assistance of Dean Eleanor Abrams and faculty, the finalists will be reviewed and the recipient chosen in June 2018.

On June 11, 2018, the Altrusa International Association will celebrate 101 years of volunteerism around the world. **If you would like to help make a difference in the lives of others in your community, please contact us at altrusamv@gmail.com.**

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Toddler Beds, Bed Pillows, Curtains, Lamps and Fans
Flip Flops, Shampoo and Conditioner, Body Lotion, Toothpaste, Women's Deodorant, white socks
Electric wheelchair, men's bikes

• So all may keep their new apartments clean, we are in need of unopened new mops, brooms, buckets, sponges, paper products (toilet paper and paper towels), and small working vacuum cleaners. Other items needed are Pine Sol, Scrubbing Bubbles, Windex, Tilex, Lysol, bleach, laundry detergent, dish detergent, new buckets, mops, brooms, sponges, green scouring pads, wipes with cleaning chemicals, toilet paper, paper towels and Handy-wipes. **Please... No supplies that require expensive refills.*
• For the children who are going to camp. New duffel bags, beach towels, sunscreen, bug spray, flip flops, new bed pillow and basic toiletries like shampoo, conditioner, deodorant, toothbrush and toothpaste.

We would like to invite you to join us at The Wish Project's 7th Annual Golf Classic. This year's event will be held at Andover Country Club on **Monday, June 11th**. We hope you will help us by supporting our golf tournament, one of our biggest fundraisers of the year. Register online at [7th Annual Golf Classic](#).

Thrift Shop We've extended the hours to accommodate more shoppers. Located in our warehouse our new hours are **Tuesday, Wednesday, Friday and Saturday 9-1:30pm and Thursday 4 to 7:30pm**. Stop in and pick up some bargains and help to fund our mission of helping the needy in Merrimack Valley! We welcome the public to shop and help support The Wish Project with every purchase!

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

THE LOADING DOCK GALLERY 122 Western Avenue • Lowell, MA 01851

Show: **"Unwinding" Through July 1, 2018** Patricia Newell, Eric White, and Barbara Jean Gilbert, three distinctive artists, working in unique mediums, look at the interaction of creating exceptional art from imperfection in the upcoming Loading Dock Gallery exhibit, **"UNWINDING"**. All of the pieces created by the artists utilize materials that are complex, idiosyncratic, and influenced by forces beyond the artists' control. The results are stunning—a must-see. **The Loading Dock Gallery**, a part of Loading Dock Arts, Inc., a 501c3, is open Wednesday - Saturday from Noon to 5:30 PM, and Sunday from Noon to 4 PM. It is located at the entrance of Western Avenue Studios, 122 Western Avenue, in Lowell, MA. For more information, call 978-656-1687 or visit www.theloadingdockgallery.com.



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The Orthopedic Center at Lowell General Hospital has leading orthopedic specialists and surgeons specializing in a full array of minimally invasive procedures for bone, muscle and total joint replacement surgery.

The Joint Replacement Program offers a complete spectrum of joint care from diagnosis and treatment to education, surgery and recovery for total hip and total knee replacement patients. Some of the area's most experienced surgeons and clinicians in the treatment of joint pain have dedicated their expertise to create this patient-focused program designed to improve the quality of life for people with severe or debilitating joint disease.

Our program focuses on you, the patient, beginning at the surgeon's office and continuing through your recovery. Our goal is to relieve pain, restore function and get you back to your routine. With group exercise classes, personalized goals, daily newsletters, and involvement of family and support persons — our staff works together to ensure your success!

Quality You Can Trust

Lowell General Hospital has earned designation as a Blue Distinction® Center+ for both Knee and Hip Replacement and for Spine Surgery by Blue Cross Blue Shield of Massachusetts and has been designated as an Aetna Institute of Quality® for our Total Joint Replacement and Spine Surgery Programs. This ensures patients receive the highest quality care with exceptional outcomes so they can get back to the activities they love.

For advanced orthopedic care close to home, visit www.lowellgeneral.org/orthopedics



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RISE REELECTS OFFICERS AWARDS SCHOLARSHIPS IN APRIL MEETING

The Rivier Institute for Senior Education (RISE) held its annual meeting on April 24, 2018 during which officers were reelected for 2018-2019. The reelected officers are: Cheryl Cummings, President; Cynthia Geiger, Vice-President; Marty Guild, Secretary and Jan Adams, Treasurer.

A RISE Memorial Scholarship was awarded to Kellieann Connolly, graduate student in Education Studies and Emily Overby, an undergraduate student in Biology. The annual scholarships are given, based on financial need, to any full or part-time Rivier student. Preference is given to a student who has earned more than 30 credits at Rivier and is currently enrolled in at least two courses per semester.

A Dr. Rose Arthur Scholarship was awarded to Joy Travis, a Professional Studies student in Special Education. The scholarship was established in honor of the founder of RISE. Dr. Arthur also served as Dean of the Undergraduate Evening School. The fund supports evening students who have demonstrated a commitment to the greater Nashua community through volunteer work or public service.

The RISE program, tailored for "learning in retirement," is in its 21st year. Fall course brochures will be mailed to RISE members in late July. Individuals over age 55 are welcome to learn more about our program by contacting RISE at rise@rivier.edu or calling 603-897-8623. You can also visit the RISE website at www.rivier.edu/departments/rise and/or www.facebook.com/rise1997.

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 School ends on June 3rd for the summer.** Cancellation information will be listed on our website: www.tyngsborocongregational.org

• **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 we do not have the means to store or dispose of these.

• **YOUTH MINISTRY** - Many upcoming and exciting activities are planned for our youth in the months ahead. If you would like to be a part of this active and fun ministry, we encourage your families to come and enjoy our Sunday services at 10:00 a.m. We welcome with open arms anyone looking to follow our Lord and glorify Him through worship and actions.

• **June 3-Our Annual Church Picnic** follows our regular Sunday service. Bring a dish to share and head over to the Sportsmen's Club on Westford Road from 12:00 to 4:00 p.m. for a fun afternoon of activities, good food and lots of singing! Event is held rain or shine! Hamburgers, hotdogs and drinks provided. This church service also rounds out our normal school year calendar as we celebrate with our Children's Program and honors local high school graduates who have qualified for our Scholarships. Casual wear permitted for this church service! Normal church meetings & activities will resume with the beginning of the new school year in September.

• **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.**

• **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: 1. Log onto the church website <http://www.tyngsborocongregational.org> 2. On home page you will see a photo of the church. Hover the cursor over the word "SERVING" 3. Click once on the word "SERMONS" 4. Scroll down to see "Listen to our sermons for free on SoundCloud.com" 5. Click once on the link/word "SoundCloud.com" 6. Below the Church logo sermons listed by date, passage, sermon title 7. Click orange circle to listen to the sermon you desire.


When you contact a business,
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<p>\$1⁹⁹</p> <p>MEDIUM ICED MOCHA CAPPUCCINO</p> <p>Plus tax. Good at participating shops while supplies last. One coupon per visit. Cannot be combined with any other offer. Shop must retain coupon. Valid 6/1/18 - 6/30/18</p>		 



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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 2018-2019 Unit President: Bernadette Harper; Sr. Vice: Josephine Beauregard; Secretary: Patricia Modrich; Treasurer: Diane Dileo; Chaplain: Rebecca Modrich. Executive Committee: Mary Dupras, Kathy Oljey and Annette Coles.

All Elected Officers, received the oath of office by the American Legion Auxiliary District Five Director.

The full Installation of officers will take place on Thursday evening June 7th, 2018, at Princeton Station Restaurant in N. Chelmsford, MA. This will be a dinner meeting & Installation.

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

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.

DUNSTABLE TYNGSBOUGH LIONS CLUB



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

Officers for the 2017-2018 Lions Year

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

Events

The Club hosted a **Seniors' Breakfast on May 17th** at the Tyngsboro Senior Center. The seniors were served pancakes, sausages, beans, fruit, pastries and more!

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. Our Regular Meetings are held on the first Tuesday of the month starting at 6:30 pm. Call one of the members at the telephone numbers given above to find the location.

YOU CAN HELP BY DONATING THE FOLLOWING:

Used eyeglasses are collected for refurbishment and distribution to less advantaged people around the world.

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.

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; Provos 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/>



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TYNGSBOROUGH & DUNSTABLE
HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

Saturday, June 23rd, 2018

9:00 AM – 1:00 PM

Tyngsborough Highway Department, 87 Kendall Road (Rte. 113)

Board of Health 978-649-2300 Ext. 118 or health@tyngsboroughma.gov

<http://www.tyngsboroughma.gov/recycling/hazardous-waste>

Proof of Tyngsborough or Dunstable residency is required: Driver's license or current utility bill

WHAT TO BRING:

From the Workbench

Oil Based Paints
Stains & Varnishes
Wood Preservatives
Paint Strippers/Thinners
Solvent Adhesives
Lighter Fluid

From the Yard

Weed Killers
Chemical Fertilizers
Flea Control Products
Poisons, Insecticides
Fungicides
Moth Balls

From the Garage

Fuels/Gasoline/Kerosene
Engine Degreaser
Brake Fluid/Carburetor Cleaner
Transmission Fluid
Car Wax, Polishes
Driveway Sealer
Antifreeze
Roofing Tar
Swimming Pool Chemicals
Motor Oil
Car Batteries
Fluorescent Lights/Tubes
*Propane Tanks (shut off valve)
*Tires

From the House

Rubber Cement
Airplane Glue
Fiberglass Resins
Aerosol Cans
Photo Chemicals
Furniture Polish
Oven Cleaner
Toilet Cleaner
Spot Remover
Rug & Upholstery Cleaner
Hobby & Art Supplies
Floor & Metal Polish
Rechargeable and Button
Batteries

CHARGED ITEMS (CASH ONLY)

Tires – \$2.00 per tire (no oversize tires)

Propane Tanks – no charge for 20 lbs, \$1.00 for 1, 5, 10, 15 lbs, \$2.00 for 30, 40, 60 lbs

WHAT NOT TO BRING:

Electronics	Metal items and Appliances	Latex Paint*
Ammunition	Fireworks	Alkaline Batteries*
Asbestos material	Empty Containers/Trash	Commercial or Industrial Waste
Radioactive Waste	Smoke Detectors	Infectious & Biological Waste
Syringes	Prescription Medicines	Explosives

HOW CAN I SAFELY TRANSPORT HAZARDOUS WASTE

Leave materials in original containers

Tighten caps and lids

Sort and pack separately: oil paint, pesticides and household cleaners

Pack containers in sturdy upright boxes and pad with newspapers

NEVER MIX CHEMICALS

NEVER SMOKE while handling hazardous material

*non-hazardous – can be discarded in trash (latex paint needs to be dried out before discarding)