

Neighbor to Neighbor

Published by Anne M. Paquin Since 198364 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com www.neighbortoneighbornewsletter.com Celebrating 35 Years of Service

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

ADOPT-A-FAMILY

Dear Community,

It is that time of year again, and the Tyngsborough Public School's sponsored *Adopt-A-Family* program is beginning its annual efforts as we approach the 2018 holiday season.

The *Adopt-A-Family* program has been in existence for over forty years and provides assistance to needy families within our community during the holidays. The continued goal of the program is to assist those in need within our community by providing a meal, as well as gifts for children and teens who might otherwise go without. Last year this *Adopt-A-Family* program was able to assist over 100 needy families and elderly with help from students in our schools, private citizens and a few community businesses. This year will be no different, times continue to be difficult for a growing number of families.

In order to continue to provide assistance, we are reaching out to community members and businesses in the greater community for support. At this time the program is in need of the following:

Family and children sponsors, please email our Family Liaison Melissa Mallous at Melissa.Mallous@tynqsboroughps.org

Gift cards to local businesses (Walmart, Target, Market Basket, Old Navy, etc.) AAF Gift Basket Raffle - Purchase raffle tickets - AAF tickets can be purchased in the main office of TES, TMS and THS beginning November 5, 2018. The raffle will end on December 6, 2018 and the winners will be announced on December 7, 2018.

Monetary donations (checks made out to Tyngsborough High School, memo: Adopt A Family Program) can be sent to Tyngsborough Public Schools, 50 Norris Road, Tyngsborough, MA 01879, ATTN: Sharon Fairbanks

If you are interested and able to make a donation, sponsoring a child/family yourself, or as a group, or offering support in another way, please contact one of the Adopt-A-Family committee members listed below. We look forward to establishing new partnerships within our community. Your contribution, along with the combined efforts and generosity of many, will ensure another successful season of giving for our neighbors in need. Warm regards,

Sarah Lewenczuk Melissa Mallous 978-649-8914 978-649-3115

Adopt-A-Family Secretary Treasurer Family Liaison

Sarah.lewenczuk@tyngsboroughps.org Melissa.mallous@tyngsboroughps.org

Sharon Fairbanks 978-649-7488 Adopt-A-Family Community Liaison Sharon.fairbanks@tyngsboroughps.org

Happy Thanksgiving!



IN MEMORY OF

Loretta D. Biggar Williams Robert Andre Gagne Anthony J. Gordon James M. Rowbotham Paula L. Zupokfska Marion Arakelian DG Learnard Lorette J. Normandy LeClair Daniel R. Regan Michael E. Ryan Herbert E. Sweetser Catherine Mackenzie Black Leo A. Foley Emily E. O'Connor Morrissette Katherine G. Ayers
Evelyn F. Sousa D'Arezzo
Warren R. Davis
Gladys B. Bateson Haberl
Eugenia Carolyn Hebert
Charles A. Kwedor
Forrest E. Miller
Annette M. Briere Monty
George R. Garmon Jr.
Loretta E. Beaulieu Fallis
Robert A. Hogan
Lister Harvey Shaw Jr.
Catherine Hancox Daigle

Mary H. Potter Soucy Vigneault



VETERANS DAY 2018

The Town of Tyngsborough with the American Legion, Amvets Post 247 and Sons of the American Legion, will hold the Veterans Day ceremony at the Tyngsborough American Legion Post #247, 90 Pawtucket Blvd., *Sunday, November 11, 2018, 11:00 AM.* At the close of the dedication, there will be a flag retirement ceremony to properly dispose of worn & tattered flags, followed by refreshments. You can drop off your flag at the American Legion/Amvets Post #247 or at the Veterans' office in Town Hall. *Christopher Dery*

TYNGSBOROUGH TOWN CLERK NEWS

SPECIAL TOWN MEETING is scheduled for November 13th at the Tyngsborough Elementary School at 7:00 pm.

_2019 DOG LICENSES will be available at the Town Clerk's office or by mail by early in November. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. If renewing by mail, please enclose a stamped envelope for the license.

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

TYNGSBOROUGH BOARD OF HEALTH

YARDWASTE PICK UP

If you missed the Friday, November 2nd pick up, you still have time to get things ready for Friday, November 16th.

Place all yard waste in barrels or yardwaste bags. Twigs and sticks (less than 4 inches in diameter) may be tied and bundled. YARDWASTE IN PLASTIC BAGS WILL NOT BE COLLECTED

TYNGSBOROUGH COUNCIL ON AGING



169 Westford Rd., Tyngsborough, MA 01879 978-649-9211

Mailing Address: 25 Bryants Lane, Tyngsborough, MA 01879

Email: Broche@tyngsboroughma.gov

PLEASE SIGN IN WHEN YOU COME TO THE CENTER!! Hours of Operation are Monday thru Friday 8-4. Bus 8:15-3. Lunch is served promptly @ 11:30 everyday must make reservations 2 days in advance BEFORE 11:00AM

Call 978-649-9211 \$2.00 for seniors & \$4.50 for non-seniors
•WELLNESS CLINIC COA, 169 Westford Rd 978-649-9211 Nancy
Harding, RN, from the Circle Home, Inc. 1st Tues each month.
•WELLNESS CLINIC at ELDERLY HOUSING Nancy Harding, RN,
from the Circle Home, Inc. Red Pines Elderly Housing, the third
Tuesday of each month from 8:30 - 9:30. Brinley Terrace Elderly
Housing, the fourth Tuesday of each month 8:30-10:00.

• <u>DONATIONS NEEDED</u> COFFEE, Cups 8oz Styrofoam, and Napkins, Paper Plates, *Bowls Small and Large*, Colored Tissue Paper(white, red and green) Snacks for the Holiday
• <u>Wii BOWLING</u> Instructor Beverly Rudeen <u>Every Friday 10:00-11:30</u> We have a ball, come join the fun! Prizes for the top players.
• <u>DON'T WAIT UNTIL IT'S TOO LATE</u> Medicare Open Enrollment It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Please

information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2019. During Medicare Open Enrollment (October 15 - December 7), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes as well as other options you may have. Call early to receive a pre-enrollment form and make your appointment... bring your Medicare and insurance cards and complete list of your medications.

• COA Meetings are the third Tuesday of each month. Next meeting is November 20th. Public Welcome

CENTER CLOSED: Veterans Day Monday, November 12th Thanksgiving Holiday, November 22nd & 23rd

VETERANS' DAY CELEBRATION Wednesday, November 7th, 12:00 Join us at our celebration honoring all our brave veterans. We acknowledge each one, there will be patriotic music & dessert. VETERANS' COFFEE HOUR! Thursday, November 8th, 9:30AM

- 10:30AM (Run by Chris Dery - Town Veterans' Agent) This is an informal group that *meets on the second Thursday of the month* to reminisce about time served and discuss benefits that are available to veterans. Come on down and have a cup of coffee and a donut amongst friends!

Wednesday, November 14th 11:30a.m.-1:30p.m. Held here. <u>Must come to the Center for ticket</u> "FREE" Sponsored by, Tyngsborough Funeral Home_Come and gather with your friends to enjoy a scrumptious Turkey dinner with gravy and stuffing, cranberry sauce, potatoes, butternut squash and dinner rolls. Absolutely delicious! Dessert: seasonal pie with coffee.

DON'T WAIT UNTIL IT'S TOO LATE! It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), Please understand and save information regarding changes in your plan for 2019. During Medicare Open Enrollment (thru December 7), you may change your insurance plan for next year. SHINE Tuesday, November 27th, 8:30-12:00 Serving Health Insurance Needs of Everyone. Our Counselor Lillian Colby will be holding office hours at the Center. Call 978-649-9211 to schedule an appointment. Please bring insurance cards and a list of prescriptions you take with you. Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications.

TEXAS HOLD' EM Thursdays 12:00–3:00 If you like poker, come join us every Thursday. We have a table for beginners. **CHRISTMAS PARTY Wednesday, December 12th, 11:00** "Senior Center Christmas Party". Join us for good food and holiday fun. *Tickets are \$7.00 pp. and go on sale Thursday Nov. 15th*. Seating is limited. Entertainment Kathy Rodger.

MATINEE THEATER SENIOR CENTER MOVIE DAY! Wednesday, November 28th @ 12:30 Inspired by the imagination of P. T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

FOOD PROGRAM- offers a FREE bag of groceries on the 4th Tuesday of each month. Each bag contains a variety of basic healthy foods: soup to cereal, meat to veggies, there may be a treat or two. To see if you qualify call Laura Marsan (978-946-1303). Applications available at the Senior Center or call 978-649-9211 WE HOPE TO BRING MUCH NEEDED HOLIDAY CHEER TO OUR MEALS ON WHEELS SENIORS who live alone at home, through gifts of small items such as toiletries, nail care items, kitchen towels, wrapped candy, stamps, hats, gloves, shaving items, flashlights with batteries, gift cards, pot holders, combs, lotions, body wash, deck of cards, puzzle books and pudding/fruit cups. The COA volunteers will fill small gift bags and deliver to low income seniors in the area. Donations are being accepted until December 18th. Drop off box will be in the coatroom. We could use small holiday bags too. KNITTING/CROCHETING/QUILTING Every Monday 1:00PM-3:00PM Learn to knit and crochet as you socialize with others at the TCOA. We have many causes we knit for. With the cold weather coming we could use help knitting blankets, mittens, hats, scarves and slippers to distribute for the winter holidays season. We have plenty of supplies available to choose from. It's FREE! Just come to the Center and pick out what you want.

BOOK CLUB (Monthly) The 3rd Thursday of each month the group gets together to discuss the book of the month. We have openings to join the group. The Volunteer of this group is Carol Sides. Book of the month: *The Glass Castle By Jeannette Walls The story of the author's childhood. She talks about living like nomads, moving among the Southwest desert towns, camping in the mountains.*

THANK YOU TO ALL OF YOU WHO DONATED your time and baked goods for our 1st Annual Bake Sale. The funds are going to help defray the cost of a picture hanging rail to protect the walls at the new center.

• MERRIMACK REPERTORY THEATER, Lowell Auditorium Call or come in to sign up 978-649-9211 Group of 6 or more \$16.00 Christmas at Pemberly, A holiday treat for Jane Austen fans and the entire family. Wednesday, December 5th, 1:30; Slow Food There's no escape from the world's worst waiter. Wednesday, January 16th, 1:30; The Heath How can we make peace across generations? Wednesday, February 20th, 1:30. The Haunted Life A new play from Lowell's native son Jack Kerouac. Wednesday, March 27th, 1:30. Cry it out A comedy for every new Mom. Wednesday, May 1st, 1:30.

SNOW CANCELLATION POLICY IF SCHOOL is CANCELLED—NO BUS SERVICE; the Center will still be open. If Town Hall offices are closed, the Tyngsborough COA will be closed. When in doubt just call and see if we're open.

POLICE & FIRE EMERGENCY 911

Fire Dept. 978 649-7671 Police Dept. 978 649-7504 TOWN OF TYNGSBOROUGH

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

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

Meeting schedules are posted at the front entrace of the Town Hall

Town Hall Directory Main Number 978-649-2300

Town Accountant	Ext. 124	Media Dept.	Ext. 140
Assessor's Office	Ext. 121	Planning Board	Ext. 115
Board of Appeals	Ext. 112	Town Treasurer	Ext. 126
Board of Health	Ext. 118	Veteran's Agent	Ext. 131
Building Office	Ext. 112	Sewer Dept.	Ext. 134
Town Clerk	Ext. 129	Board of Selectmen	Ext. 100
Town Collector	Ext. 128	Town Administrator	Ext. 100
Conservation Office	Ext. 116	Recreation & Parks	Ext. 150
Capital Asset Mgmt Com	Ext. 124	Highway Dept.	978-649-2310

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Web Site: www.tyngsborochurchofchrist.org
Email: thechristians@juno.com
Home bible studies in Nashua, Tyngsboro, Dracut, and Lowell.

DON'T ADD OR TAKE AWAY

By Nathan Combs

In Deuteronomy 4.2 and later in 12.32, Moses issued a stern warning in the law to the Israelites about the careful respect God's words deserved. In words that the apostle John echoed in Revelation 22.18-19, Moses instructed the people to "not add to the word that I command you, nor take from it." Since many more books of the Bible had yet to be recorded, Moses was obviously not speaking against future revelations from God being added to the collection of divinely-inspired Scripture. Instead, he was probably speaking against the same problem that Jesus dealt with in Mark 7.1-13.

In addition to the divinely-inspired law of Moses, the Jews of Jesus' day had access to a large body of teaching from various rabbis about the law. These teachings, which were mostly orally transmitted, formed an extensive daily code and were regarded by the Pharisees (though not the Sadducees) as very nearly equal in authority with the Scriptures themselves. When the Pharisees and scribes reproached Jesus in Mark 7 for allowing his disciples eat without going through ceremonial hand-washing that the "tradition of the elders" prescribed (7.5), they were referring to this body of oral tradition which Jesus and his men supposedly violated.

In response, Jesus revealed their hypocrisy in actually neglecting parts of Scripture they did not find convenient. Instead of honoring their fathers and mothers as the ten commandments commanded, they gave their financial resources to God, considering them "Corban," (devoted to God). By doing this, they were repeating the same mistakes as their ancestors in the time of the prophet Isaiah, "teaching as doctrines the commandments of men." Therefore, not only were the Pharisees adding to the law by treating their own oral traditions as Scripture, they were also taking away from the law by refusing to keep it.

Since multiple generations of God's people fell to the same problem, we must be vigilant to not repeat their mistake. The only traditions we are obliged to keep are the ones handed down directly by Jesus' apostles (2 Thessalonians 2.15, 3.6). Before leaving earth, Jesus bestowed His authority on this special group of messengers, granting them authority to teach and reveal Him to the world (Matthew 28.18-20). In the first century, those gospel traditions were orally presented as well as written down, many in letter form. Although some churches claim to be keepers of the oral traditions of the apostles, the New Testament documents are the only trustworthy source we have to understand Jesus and His will for our lives. Oral traditions can change very guickly based on the mistaken memories of the transmitters. Written documents, however, are frozen in time. Therefore, let us shun the example of the Pharisees. We must obediently bind our minds and hearts to what we've been given in Scripture and not regard extra-biblical traditions as deserving of our full allegiance.



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DOWNLOAD YOUR FREE BOOK "LIVING WITH OUR WILD NEIGHBORS"

I wanted to pass on this information to you. The Humane Society of the United States (HSUS) is offering a copy of the book "Living with our Wild Neighbors" as a free download. It is very informative and covers all wildlife from A-Z. Since we have so many animals that we share our yards with, I thought it might be helpful to you. https://www.animalsheltering.org/page/wild-neighbors-book

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Worship & Sunday School each Sunday at 9:30AM
Coffee/Fellowship 10:30

ANNUAL HOLIDAY FAIR AND CRAFT SHOW Saturday, December 1st from 9am to 3pm

There is something for everyone! Our kitchen will be open throughout the fair, serving breakfast and lunch. Take a break from shopping in our "bistro" and have a delicious homemade pastry, gourmet coffee or hot lunch.

Shop for holiday gifts at our craft, jewelry and gift tables. Select a homemade treat for your holiday table! Gift Baskets, Homemade cookies, pies, cakes. Candles, Mary Kay, LipSense, Stampin'Up, Purses, tote bags, hand knitted gifts, Tastefully Simple, Original artwork and Jewelry. Visit our Kids Room! Holiday crafts, Staffed by Christian Ed Team. Child free shopping. White Elephant! Gently used bargains, Holiday Decorations, Jewelry & Gifts.

We're not hard to find. From Route 3 North - Tyngsboro & New Hampshire Take exit 33 (Rt. 40). At end of ramp turn left onto Rt. 40 (Groton Road). Go one mile to Oak Hill Road on left (Rapid Refill and Convenience store on right). Turn left onto Oak Hill Road and proceed 1/2 mile to left fork at Nabnasset Golf Course. Take left fork and proceed 1/4 mile to stop sign. Go straight after stop for 1/4 mile. Church is on the right after sharp curve in the road.

ESTATE PLANNING TERMS

By Edward H. Adamsky

There are many odd terms used in Estate Planning; names taken from a court case or a law section number. Some people will use a formal term while others use a nickname. This can cause confusion.

Your banker may suggest a *Totten Trust*. It is an easy way to transfer assets at death without going through probate (but only for that account). The account remains yours while you are alive, and it isn't really a trust. What it means is that your bank will transfer the funds in your account to your named beneficiary upon your death. *Totten* comes from a 1904 New York case where the Court said it was acceptable for the bank to use such an arrangement. The main problem with Totten Trusts is that there is no clear rule for what happens if your named beneficiary doesn't survive you. Some other terms used to describe this are *Pay on Death* (POD) or *Transfer on Death* (TOD).

Another odd term is a *d4a* Trust. This is a type of trust created by a disabled person with that person's own money. The is allowed under Social Security and Medicaid rules and the assets in the trust are non-countable for benefits eligibility purposes. The trust is named after the section in the Federal Law that allows this. They are sometimes called *First-Party Supplemental Needs Trusts*. When parents create a trust for a child with a disability we call that a "third-party" trust and sometimes use the term *Special Needs Trust*.

I get push-back sometimes when talking about using a **Power of Attorney**. People don't want to give any powers to their lawyer and object to the idea. But this isn't what this means. A Power of Attorney is a document whereby you grant authority to someone else to act for you, either right away, or only in case of your incapacity. An older word for someone who works for you is an **Attorney**. I prefer to use the term **Agent**. Your Agent under your Power of Attorney is officially called your **Attorney-in-Fact**. An Agent who can represent you before a Court of Law is called an **Attorney-at-Law**, or a **Lawyer**.

You should have a *Health Care Directive*, so someone can help make your medical decisions if you cannot do so yourself. Directives are known by various names around the country. Massachusetts calls it a *Health Care Proxy*. New Hampshire uses the term *Power of Attorney for Health Care*. Many people call them *Living Wills*, but that is not really an accurate term as that means a document that only states your wishes. A Proxy or Health Care Power names a person and grants them the power (under state law) to make medical decisions for an incapacitated person.

It helps to know these legal terms. If you are confused, you should see your local Elder Law Attorney.

NEW HAMPSHIRE JUNIOR ROLLER DERBY PRACTICES IN TYNGSBORO

New Hampshire Junior Roller Derby is pleased to announce that it began holding league practices in Tyngsboro this fall. Weekly practices have started at the Tyngsboro Sports Center (500 Potash Hill Rd, Tyngsboro, MA) from 10-11 am.

New Hampshire Junior Roller Derby is open to skaters from ages 7 to 17. The league is based out of the JFK Coliseum in Manchester, NH, but uses other venues for off-season practice space. The team is part of the Junior Roller Derby Association, and is finishing up an exciting season that included games with teams from around New England, New York, and Canada.

For more information, visit www.nhjuniorrollerderby.com.

Neighbor to Neighbor

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

E-mail: anne@neighbortoneighbornewsletter.com

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TYNGSBOROUGH RECREATION Call 978-649-2300 Ext. 150

The Recreation Committee meets at the Recreation Center 120 Westford Road the first Wednesday of the month at 7pm. Join us.

TYNGSBOROUGH YOUTH BASKETBALL Little All Stars (Pre-K and K); Instructional BBall (Gr 1-2); and Recreational League (Gr 3-8) registration is OPEN for boys and girls. Deadlines to avoid late fees is November 1st. Details at TyngsboroughRec.com

VOLUNTEERS NEEDED DURING THE FESTIVAL OF TREES! Every good event has many enthusiastic people who chip in to help make everything happen. We need you to help make this 10th Anniversary Festival of Trees the best ever! Please consider helping with set-up, general running during the Festival hours, outside activities and breakdown. Sign up at TyngsboroughRec.com Join us and get into the holiday spirit!

TIME TO START THINKING ABOUT THAT TREE ENTRY! Yes, time to start brainstorming! What kind of tree will you bring to the Festival this year? Judges award ribbons for the winning entries. People's choice award ribbons awarded each day. Register your Tree Donation Online TyngsboroughRec.com Questions? Call 978-978-828-6589.

10th Annual Tyngsborough Festival of Trees Thurs, Nov 29 - Sun, Dec 2 Celebrate the season by visiting a country town whose energy and spirit captures the holidays with true New England charm. The Tyngsborough Festival of Trees is a community celebration featuring a spectacular display of uniquely decorated holiday trees and seasonable displays set in Tyngsborough's historic "Old Town Hall" built in 1834! Open free to the public, Thurs-Sun, Nov 29-Dec 2, 2018, you will delight in the live holiday entertainment, workshops and events. Raffle tickets will be available to purchase your chance to win any one of these beautiful trees plus over 100 other raffle items generously donated by local businesses and families. OUR NEW "ICE HOUSE" will feature a Friday Night (21+) beer and wine tasting with live music and appetizers. Saturday's Street Fair, a family-friendly outdoor festival, will include children's winter

carnival games and crafts, hot food selections, entertainment, and local vendors for holiday shopping. At dusk, Tyngsborough Common will light up the night as we welcome the arrival of the man in the red suit. * (Note: This is a cash-only event, no cc processing.) Tyngsborough's Festival of Trees is a benefit event which provides funding for the many youth programs supported by the Tyngsborough Recreation Committee. Updates to the Schedule and registration for activities may be found at Tyngsboroughrec. com Thurs Nov 29, 5:30-7PM Private Opening Night Preview & Reception (open to all who donated to the Festival of Trees) 7PM-Paint Nite Paint while enjoying some cheer. Sign up with a friend or two for this popular event! (open to public must register on-line) Fri Dec1, 1-8PM 1pm Senior Citizen's Tea (must register in advance on-line); Children's free craft activities; 3:30-4:30pm Cookie Decorating for Children- (must register in advance online); 5:30pm IASC Musicians; Children's craft activities; and 5-9:30pm Ice House Beer & Wine Tasting. Live entertainment, appetizers. (21+). Sat: Dec 1, 10-8PM 1pm-5:30pm Ice House Street Fair-children's carnival games, food, crafts; 4:30pm Common lighting with Santa's arrival, Carols by IACS and THS Holiday Ensemble. Children's free craft activities. Sun: Dec 2, 12Noon- 4:30PM Children's free craft activities; 1PM Holiday Boxwood tree workshop (must register in advance on-line.) Holiday Boutique at the Festival of Trees If you are a crafter or artists wishing to showcase and sell your work locally in the Merrimack Valley and help a great cause, please contact us. Community Service Hours Available for Students Need

community service hours? Contact us, we have many opportunities. Great Pumpkin Walk, Festival of Trees, Shamrock Ball and more POUND SWEAT. SCULPT. ROCK. High-intensity, full-body, 45 minute workout that combines interval training, squats, lunges, plyometrics, and pilates with lots of drumming with sticks that are heavier than average drumsticks. Join the class! Yoga mat required. Session began Tues, Oct 16, 6:30 pm. 8 week session is \$65, 4 week \$35. NO CLASS Nov 27. Choose 4 of the 8 weeks that work for you. Session 2 starts on January 8.

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TYNGSBOROUGH SEPAC



All meetings are held at Tyngsborough Middle School, 50 Norris Road, Tyngsborough, MA. Please contact the SEPAC Chair, Rachel Leo, with any questions: rachel.leo@comcast.net. Please join our Tyngsborough SEPAC Facebook Page "18-19 Tyngsborough SEPAC" and/or our Yahoo Group: "TyngsboroughSpEdPAC."

• November 14, 2018, 6:00-7:30pm, Tyngsborough Middle School, 2nd Floor Library Co-Teaching Presentation Speakers: Brian Reilly, TES Special Education Facilitator (brian.reilly@tyngsboroughps.org)

Josh Evans, TMS/THS Special Education Facilitator (Joshua evans@tyngsboroughps.org)

Over the past few years, Tyngsborough Public Schools has increased learning opportunities for students within a co-taught classroom. The co-taught classroom affords learners the opportunity to participate in various instructional models that allow students access to a diverse learning experience to meet their instructional needs. In the co-taught classroom, students with and without disabilities access rigorous instruction that is differentiated to specific learner need and benefit from the constant collaboration and expertise that both general education and special education teachers bring to the learning environment. This workshop seeks to help answer questions about our co-teaching practices and answer any questions families may have about the increase in this practice. Please RSVP to Rachel Leo, SEPAC Chair: rachel.leo@comcast.net.

Wednesday, December 19, 2018 7:00-9:00pm
 MCAS: Access and Achievement for Students with
 Disabilities Speaker: Federation for Children with
 Special Needs (www.fcsn.org) This workshop introduces the
 Massachusetts Comprehensive Assessment System (MCAS) and how children with disabilities can participate in meaningful ways in
 MCAS. This is a very important workshop because every student needs to pass the MCAS to graduate high school. MCAS begins in the Third Grade through High School. Please RSVP to Rachel Leo, Tyngsborough SEPAC Chair, if you plan to attend: rachel. leo@comcast.net.



Neighbor to Neighbor

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PLEASE SEND IN YOUR NEWS FOR DECEMBER ISSUE

E-mail: anne@neighbortoneighbornewsletter.com Check out the website for current and past issues. More articles are posted there as well.

www.neighbortoneighbornewsletter.com

If you belong to a group and have upcoming events, such as a fundraiser or an organization that you love to take part in, have a business that is looking for employees, or offers a service that you want everyone to know about, let me know. Share your info. There is no fee for news but free space is limited, so it is best to get it in as soon as possible. Remember that the printed issue is usally out around the 5th or 6th of the month. So you do have to plan ahead. For paid ads, please contact me by email. I will then forward a rate sheet to you.

For the past 35 years *Neighbor to Neighbor* has been circulating on a monthly basis. Now there are 6,306 FREE issues delivered between the towns of Tyngsborough and Dunstable. Issues are also left at the Town Hall and Library in each town.

Go to <u>www.neighbortoneighbornewsletter.com</u>. *HERE YOU CAN READ THE ISSUE ONLINE*. Read through the Tyngsborough and Dunstable issues. You will also find other articles posted there. *I look forward to hearing from you!* (soon) *Sincerely, Anne Paquin*

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WINTER 2018-19 TYNGSBORO HIGH SCHOOL & MIDDLE SCHOOL SPORTS INFORMATION

Fall Sports Award Night for all athletes that play at the high school level only, will take place on: Thursday, November 29th at 7:00pm in the Ciampa Performing Arts Center-HS Auditorium Winter Sports Parent Meeting will take place on Wednesday, November 14th at 7:00pm in the High School Gymnasium First Day of practice for HS & MS athletes Monday – November 26th

<u>Sign-ups</u> for Winter Sports for <u>High School Athletes</u> took place the week of: October 29th thru November 2nd <u>during lunch periods</u> <u>Sign-ups</u> for Winter Sports for <u>Middle School Athletes</u> **will take place the week of: November 5th thru November 9th** <u>during lunch periods</u>. All athletes must register on-line through the Parent Portal. No student/athlete is eligible to participate unless they have an <u>updated physical</u>.

Fax All Physicals to: High School Nurse: Debbie Donohoe Fax: 978-649-1877 email: Debbie.Donohoe@tyngsboroughps.org
Middle School Nurse: Michelle Riley Fax: 978-649-8673 Michelle.
Riley@tyngsboroughps.org

Winter Sports Schedules Schedules can be found on: www.mwlma.org Learn how to sign-up for text alerts. You can find other athletic office information through our website at http://www.tyngsbor-oughps.org/pages/Tyngsborough/Departments/Athletics Sports Offered at the High School Level Girls Basketball, Boys Basketball, Wrestling *Coop w/ N. Middlesex High School, Swimming & Dive *Coop w/Groton/Dunstable HS, Ice Hockey-Coop w/ Dracut HS (all players must register and pay online through Dracut Family ID), Gymnastics Coop w/Chelmsford HS and Alpine Downhill Skiing Coop/Groton/Dunstable HS.

Sports Offered at the Middle School Level Girls Basketball 6th & 7th & *8th, Boys Basketball 6th, 7th & *8th Grade and *8th Grade Boys Wrestling. *Based on HS participants

Application for Free and Reduced lunch is available on Tyngsboro High School Athletic Website

<u>WINTER SPORTS PICTURES</u>: will take place on **Thursday, December 13**th after school in HS Gymnasium, Swim pictures to follow at the Gr. Lowell Tech.Pool. Picture order envelopes will be sent home through the mail.

THE BIG RED WRESTLING Tournament In honor of Detective/Sergeant Gregory Kasabian will take place on: Saturday, December 15th starting at 9:00am in the High School (Kelleher) Gymnasium Cost: \$5.00 for Adults \$3.00 for Students/Sr. Citizens. Children 10 years and under are free w/adult

Winter Sports Award Night for all athletes who play a **High School sport only** will take place on: Tuesday, March 14th at 7:00pm in the **Ciampa Performing Arts Center-HS Auditorium**

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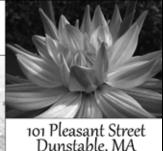
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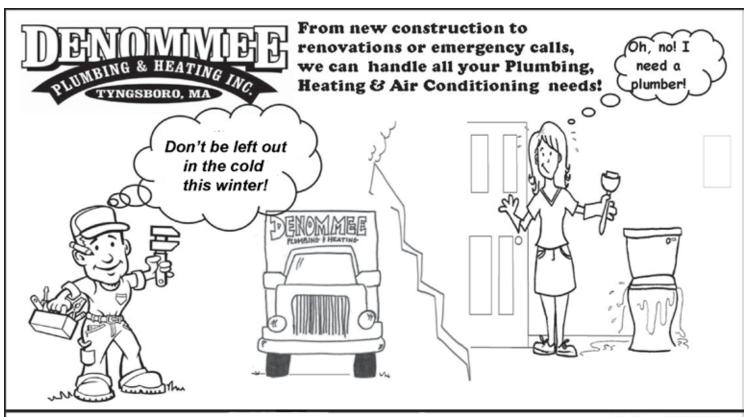
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FRIENDS OF TYNGSBOROUGH COA

LUNCH AND LECTURE sponsored by the Friends of the Senior Center will take place on *the first Thursday of each month* at the Tyngsorough COA, **169 Westford Rd., Tyngsborough, MA 01879 978-649-9211**

On December 6, 2018 the Lunch and Lecture will be about a river cruise from *St. Petersburg to Moscow.* Prof. Lee Poirier, PhD, UML has traveled the world and enjoys sharing his travels with the audience. Please sign up at the Tyngsborough Council on Aging Center for an accurate lunch count.

MEETS AT THE TYNGSBOROUGH COA 169 Westford Rd., Tyngsborough, MA

STITCHERS meet on Mondays from 1 - 2:30 in the Arts and Crafts room. Our purpose is to supply knitwear to those in need. They service the Battered Women's Shelter, Alternative House, My Father's House, Pregnancy Care Center, Circle Health Hospice Care, and Able to Serve. This season we are working with the Dracut Senior Center Knitters Group to meet the need. Materials are available on Mondays for anyone interested. For further information, please contact Jean Jacoppi, Coordinator. 978-649-9076

EDUCATION FOUNDATION TYNGSBOROUGH WWW.EFTyng.org



EFT is excited to be welcoming some new members. Even some of our favorite teachers have joined! What a great way to get involved in your town. You can start small or go all in with us. There are little jobs and big jobs to be done. You can start attending our board meetings to see if EFT is the right group for you. Please contact our President, Theresa Manning, at eftyng@gmail.com.

An easy way to support our efforts is to start your Amazon shopping at smile.amazon.com and designate the Education Foundation for Tyngsborough as your cause. *Together we are bridging the gap.* Like us on **Facebook!**

TYNGSBORO GARDEN CLUB



We had a couple of beautiful days participating at the Friends of the Tyngsborough Library book fair. It was great to see so many people come out to support these events. Thank you to everyone who volunteered and supported the fairs.

Our October meeting date was changed to enjoy a presentation, in conjunction with the Tyngsborough Library, by Dr. Benfield titled, "Charlatans, Thieves, and James Bond- the Murky History of our top 10 plants". As always Dr. Benfield provided attendees with a very enjoyable and informative evening.

Our November meeting will be on Nov. 5 with one of our members guiding us through crafting a fall/Thanksgiving arrangement. Anyone wishing to make an arrangement please note that it will cost extra money for supplies.

We will also gather on Nov. 27 to assemble the holiday greens to be placed around town. Please look for these seasonal arrangements as you drive around.

In Dec. we will have a potluck meeting/Yankee Swap at a member's house.

There is no meeting in January. Stay warm and safe!

Our next regular scheduled meeting of the new year will be
on Feb 5, 2019 with a presentation on Wild Mushrooms!

As always, new member are always welcome. If you love gardening, want to learn about gardening, get a head start on spring planting ideas, or just want to join a great group of people please stop in at one of our meetings.

For more information visit our website at: tyngsborogardenclub. tripod.com or find us on Facebook at Tyngsborough Garden Club or call Debbie at 978-649-6362.

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BEHAVIORS ARE SYMPTOMS UNDERSTANDING BORDERLINE PERSONALITY

By David Harrison, LICSW

According to the National Institutes of Health (NIH), Border-line Personality Disorder (BPD) is "marked by an ongoing pattern of varying moods, self-image, and behavior" that can result in problematic conduct and relationships. Individuals with BPD can experience intense mood swings and significant impulsivity – often engaging in self harm and other risk-taking behaviors as they oscillate between rage and adoration...

Personally, I am wary of describing any group of symptoms as a "disorder". Rather, I view the pattern behaviors associated with BPD as expressions of pain and as evidence of extraordinary efforts to self-soothe in the face of fear and hopelessness.

The authority, Dr. Marsha Linehan, has likened BPD to third degree burns of the "emotional skin". In my own work, I'm struck time and again by three themes that emerge from suffering clients:

- Existential Emptiness
- · Impaired Sense of Self
- Feeling Unlovable

I believe that all three can lead to shame and the fear of abandonment, further eroding self-esteem and triggering behaviors that threaten to undermine relationships. It can feel hopeless; studies have shown that 70% of the millions of people with BPD (an estimated 1.5% of all adults) make at least one suicide attempt. Fortunately, as with other mental health disorders (including Post-Traumatic Stress which often co-occurs with BPD), there is help. Psychotherapy is associated with symptom relief and improved outcomes, both as stand-alone treatment and in conjunction with prescription medicine. Talk Therapy helps individuals heal and grow through the development of insight and trust.

In my <u>psychotherapy practice</u>, I collaborate with clients – with and without BPD, and their loved ones – as we all come to understand that people are always more than just their symptoms and behaviors. With compassion for self and others, we identify and navigate the emptiness and shame, empowering clients' self-worth and self-love in ways that can lead to permanent change.

If you or someone you love struggles with mental health please consider contacting Greenbridge Counselling and Wellness, LLC at 978-649-2055. If you or a loved one suffers with symptoms of BPD, please contact David Harrison, LICSW directly at dharrison@greenbridgecw.com.

SAVE THE DATE Winslow School Reunion, May 4, 2019 in the Old Town Hall

The Tyngsborough Historical commission has secured a date for the Winslow School Reunion.

As the date approaches we will be updating the public on the schedule of events. For now, we ask that you please reach out to family and friends and any old classmates who may not see these notices in Neighbor to Neighbor or on social media, and please keep them informed. We hope to see you there!

Issues and other information posted online at www.neighbortoneighbornewsletter.com

Please send info in now for the December issue.
Have events coming up? Need details about

advertising your business? Send an email to me anne@NeighborToNeighborNewsletter.com or by mail to Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.

You may also reach me at 978-419-1914.

Tyngsborough printed issues circulation is 5067 and Dunstable printed issues circulation is 1239.

Copies available at town hall and library



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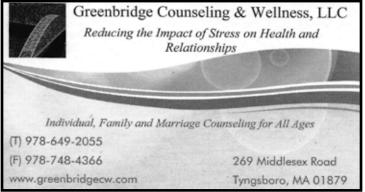
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TYNGSBOROUGH SCHOLARSHIP TRUST

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www.TyngsboroughScholarshipTrust.org 1963 * Celebrating 55 Years * 2018

The 34th TST <u>Community Calendar</u> is available by contacting Daniela diMari at 978-649-2527. The community calendar features dates of Town and School meetings, early release days, MCAS dates and school vacation dates.

The popular **TST** <u>Gift Card Fundraiser</u> began in October. Order forms will be available on the TST website. *Gift cards ordered by November 20th will be delivered by mid-December.* Gift cards look like those purchased in stores and will have the same terms and conditions. You receive dollar for dollar value on the cards you buy and TST receives a percentage of every dollar you spend.

Another community favorite, <u>Trivia Night</u>, will take place in **February** at the Tyngsborough Sportsmen's Club. Teams of four compete to correctly answer the sometimes obscure, often hilarious, and frequently curious trivia questions. Cash bar and free snacks provided. Donations are \$25 per player. Student teams are encouraged and welcomed at \$10 per player. Unique and amusing team names are encouraged! Reserve your space today by calling Sue Bowden at 978-649-3207 or visiting www.Tyngsboroughscholarshiptrust.org. *Download a registration form beginning in early December.*

The TST is looking for a volunteer to **update our website** as well as keeping it updated with current information. If interested please contact Karen O'Donnell at <u>Odonnelltyng@gmail.com</u>.

A reminder to the 2018 <u>scholarship recipients</u>, please be sure to submit proof of School enrollment to the TST at P.O. Box 547, Tyngsborough MA 01879 so you can receive your first or second payment. Please contact Ellen O 'Neill, Treasurer, at 978-649-9195 with any questions regarding payment.

The TST meets on the second Wednesday of the month at the Tyngsborough Town Hall at 7pm. For 55 years volunteers from the community have been coordinating fundraising and awarding scholarships to high school students from Tyngsborough. We welcome and need your help to continue this town tradition. Please join us!



46 Coburn Road Tyngsboro

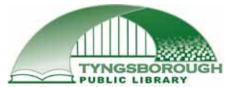
Sherburne Nature Center trails are open daily, dawn to dusk, for the residents of Tyngsboro and neighboring towns. Traverse several woodland streams, go bird-watching, try to catch a glimpse of a beaver, and observe meadow wildflowers and butterflies. It's a great place for outdoor exercise and to enjoy 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.

BUDGET BUDDIES

Budget Buddies helps low-income women become more economically self-sufficient and transform their lives by teaching them core money-management skills and pairing them with personal financial coaches. We partner with local social service agencies and community volunteers to provide individualized training in basic money management. Please come along to a no obligation Volunteer Information Night in Chelmsford MA. Please call (978)-703-0820 for details – our website is www.budgetbuddies.org



Monday & Wednesday 10:30 a.m. – 8 p.m. Tuesday & Thursday 9 a.m. – 5 p.m.

Now Open Saturday 9 a.m. - 2 p.m.

TYNGSBOROUGH PUBLIC LIBRARY

25 Bryant Lane, Tyngsborough, MA 978-649-7361 www.tynglib.org

CLOSED on Monday, October 8, in observance of Columbus Day. Painting of the interior of the Library is scheduled for early November. Please watch for details and schedule changes.

 Holiday Open House, Monday, December 3, 4:30-**7:30 p.m.** Celebrate the season with the Staff, Trustees and Friends of the Library. Stop by to enjoy delightful refreshments and spirited conversation. Lauren Chaney will perform holiday and seasonal music on piano, accordion and violin from 5-7 p.m.

- Santa & Mrs. Claus Visit! Sat., Dec. 1, 10-11:30 a.m. Stop by to meet Santa & Mrs. Claus – Bring your kids & vour camera for a great photo. Plus write Santa a letter & holiday coloring! Free & open to the public.
- Holiday Dance Performance Sat., Dec. 8, 10:30-**11:00 a.m.** Enjoy a holiday dance performance by Centerstage Dance Academy in Tyngsborough.

Holiday Schedule

November 12 Monday, Veteran's Day **CLOSED** November 21 Wednesday before Thanksgiving Early closing-4pm November 22 Thursday Thanksgiving Day CLOSED December 25 Tuesday Christmas Dav CLOSED New Year's Eve Early closing - 4pm December 31 Monday January 1 Tuesday New Year's Day CLOSED

The Staff, Trustees and Friends of the Library wish all our patrons a very Happy Thanksgiving!

Many thanks to all who contributed to the success of the Friends of the Library Book & Bake Sale.

- Adopt-a-Family project (Tyngsborough Public Schools) Drop off non-perishable food items through Dec. 20. Food collection for the Council on Aging will resume at the end of this project.
- Tech Advice by Appointment PCs, android tablets & phones, Excel, MS Word, e-books, etc. Tuesday, 11:30 a.m.-1:30 p.m., Wednesday, 7-8 p.m. Registration required.
- Pokemon Club, Wed., Nov. 28, 4-5:00 p.m. Ages 8-15. Drop in. Bring your cards or handheld device.
- Tiny Tots Storytime: Wed., Nov. 7 & 21, 11-11:30 a.m. Infants-3 yrs. Drop in.
- Lego Club: Sat., Nov. 17, 10 -11:30 a.m. Grades K-6. Drop in.
- Dads & Donuts Playgroup, Sat., Nov. 24, 10-11 a.m. Infants-3 yrs. Drop in.
- Family Music Time, Thurs. Nov. 1, 10-11 a.m. Infants-5 yrs. Drop in. *Formally Books & Babies.
- Storytimes for 3-5 year olds. Thursdays at 1 p.m. Drop in.
- Writer's Group, Mondays, 6:30 p.m. Feedback, publishing tips, all genres. Karen Johnson 978-649-7132
- Rep. Colleen Garry (or her representative) Office Hour Sept-May, 3rd Saturday 9-10 a.m.
- Board of Library Trustees Monthly 3rd Thurs. Check TPL website for schedule changes.

Artists & collectors, contact the Library to discuss scheduling an exhibit in the gallery or display case.

Register for TPL programs by calling the Library or using the contact form on the website.

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TYNGSBOROUGH HIGH SCHOOL

... is proud to announce Christian Beck, Melissa Hauman, Tyler Neal, and Lindsay Riley as the October Students of the Month.

Christian, son of Brandon Beck and Christina Pagliuca, is the recipient of the Commitment to Learning Award and the Core Values Award. He is a member of the PALS program and the Mass Elite AAU Club. Christian has played varsity basketball for THS, and he has earned numerous awards: Catholic League All-Star (2015, 2016, & 2017), League MVP (2016 & 2017), and Team MVP (2016 & 2017). Christian is also a 1,000 point scorer and was named to the 3rd Team All-State in 2016. He volunteers his time by running basketball camps for Mass Elite, by walking dogs and raising money for the Lowell Humane Society, and by helping coach the 7th grade travel basketball team. He enjoys fishing, playing basketball, working with PALS, and hanging out with friends and family. Christian's favorite subjects are English and anatomy, and he looks forward to playing basketball for Worcester State University and to becoming a police officer. "I have made forever friends." I have established morals that I will stand by for life. One memory that I will remember is when all my friends came to my 1,000 point game to support me.'

Melissa, daughter of Nancy and Kirk Hauman, is a member of the National Honor Society, and she is a recipient of the Salem State Book Award and Scholarship, the Principal's Award, and the Academic Excellence Award. She is a member of the student council, the PALS program, and she has been a 4 year member of the varsity of the Track & Field team. Melissa volunteers her time with Give Kids the World, as an assistant youth soccer coach, as an assistant youth Track & Field coach, and with the Tyngsborough Special Education Summer School program. She enjoys skiing, kayaking, and working at Shaw Farm, and her favorite subjects are math and biology. Melissa looks forward to going to college for bioengineering or mathematics. "THS has made me realize that hard work does pay off and to always appreciate the little things. Fond memories I'll take are good laughs with great friends."

Tyler, son of Karen and Victor Neal, is a member of the National Honor Society, and he is a recipient of the Academic Excellence Award, and the Outstanding Achievement in World Language Award. He is a member of the Student Council and Senior Sidekicks; he is a student representative on the town financial board, and he is a Boy Scout currently working on his Eagle Scout rank. Tyler has been a member of the THS varsity lacrosse team, ski club, and he is a captain of the cross country team. He volunteers his time at various NHS events and at church and Boy Scout events. He enjoys skiing, hiking, fishing, biking, running, adventuring, and hanging out with his friends. Tyler's favorite subjects are biology, chemistry, and anatomy, and he looks forward to becoming an eagle scout, to going to college, and to landing an enjoyable job. "Throughout my career in THS, I've gained numerous friends and I have become a more social and friendly person. The school has provided an amazing education and the will to grow academically. A memory that will stay with me after I leave THS would be Mr. Conlon bringing us donuts every morning before a big test in AP Chemistry. I think THS could not have provided a better environment for me to grow as a person and academically. It exposed me to some amazing people who I never thought would become my closest friends, but through classes we've taken together, sports, and other people, THS has provided me with some amazing friends.'

Lindsay, daughter of Michelle and Timothy Riley, is a member of the National Honor Society, and she is a recipient of the Smith College Book Award, the Academic Excellence Award, the Outstanding Achievement in Science Award, and the Most Dedicated in Track & Field Award. Lindsay is a member of the Indoor Track Club, the Yearbook Club, the Senior Sidekicks, the PALS program, and she is the NHS vice-president. She is a member and captain of both the THS varsity soccer team and the THS varsity track & field team. Lindsay volunteers her time at the Tyngsborough Health Fair, the Bay State Marathon, the Big Red Wrestling Tournament, the Lowell House of Hope, the St. John the Evangelist Church, and the Tiger Pride Run. She enjoys dancing, skiing, hiking, working as a lifeguard, writing, spending time with her two dogs, and hanging out

with friends. Her favorite subjects are biology, anatomy, psychology, AP English Language and Composition, and Spanish. Lindsay looks forward to going to college, to pursuing a career she loves that helps people, to adopting many dogs, to having children, and to being the happiest person she can be. "I have learned that if I want something I have to work for it. I have gained a stronger sense of perseverance and I have learned that when times are tough not to give up because something good will always come out of it. Upon graduation, I will take memories of Homecoming and sporting events with me." *Congratulations to these four students.*



FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

<u>Thank you</u> to all who participated in the Fall Used Book & Bake Sale in October. This is one of our major fundraisers, and we could not do it without the generous donations of books, jewelry, DVDs/CDs and baked goods from the Tyngsborough community. Just as important are the adult and teen volunteers who help before, during and after the sale. Maria spends many hours sorting donated books prior to the sale, and Bob is always there to help with the details. The Tyngsborough Sportsmen's Club generously loans tables to us, and the Highway Department delivers them. As always, we appreciate the library staff that provides continuous support to the Friends.

The **next regular Friends meeting** at the Library will be held on **Monday, February 4, 2019**, at 7pm. Members and non-members are invited. There will be no meeting in December while we enjoy the **Library's holiday party on Monday, December 3**. Please join us for this party (for which the Friends are a sponsor) and the February meeting. Mark your calendar!

What Library pass are you going to use this month? One of the passes funded by the Friends is for the **Salem Witch Museum**. Yes, Halloween is over, but the fall season is still a great time to visit the museum. Each pass allows the bearer a discounted admission for up to 6 visitors. If you want to stay indoors, there is a pass to Boston's **Museum of Fine Arts**, and each pass admits 2 people with a charge of \$10 per person. Call the Library or reserve online.

Are you thinking of buying gifts for Christmas, Hanukkah, birthdays or other celebrations? You can benefit the Friends while you are shopping on Amazon. Do your shopping at smile.amazon.com/ch/22-2986749 and Amazon will donate a percentage of eligible Amazon Smile purchases to Friends of the Tyngsborough Public Library. Every dollar helps us support the Library.

Visit https://www.facebook.com/FOTPL or https://www.tynglib.org/ - Click on the "Friends of Library"



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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

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

<u>OUR MISSION:</u> 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. Cancellation information will be listed on our website:

www.tyngsborocongregational.org

- WOW!!! What a fantastic day we had on October 7th with the world-renown gospel music and inspiration the Needham's brought to us! The church service message and music along with the soup and sandwich luncheon and then the amazing concert at Old Town Hall which also featured our very own Alan Frink and A New Beginning (Barry & Debbie Shirk) was definitely a day of praise and worship. What talented musicians we witnessed!!! What Blessings they brought to us! Thank you to ALL our church members and the 150th Celebration Committee members who made this event happen!!!!
- NOVEMBER 25th Please join our church service for our Children's Christmas Program and "Hanging of the Greens".
 We welcome all. This begins our Christmas season activities.
- Sunday School program for all ages. Children will begin the Sunday Services with their parents and will be dismissed to their age-appropriate classes at 10:15am. It is important to note that all adults working with children have passed their CORY applications to ensure a safe environment for our children
- All Executive Boards and Committee Meetings have begun
- LADIES BIBLE STUDY Tuesday morning, from 9:30 am to 11:30 am. Study will be based on "That the World May Know" video series. Please consider joining this amazing and uplifting study group.
- ADULT BIBLE STUDY The Sunday evening Adult Bible Study "Just Walk Across the Room" has been postponed at this time. More information and start date will be made available soon in an upcoming Neighbor to Neighbor issue or you may inquire by calling our office. You may contact our Office at 978-649-2262 for further information.
- 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 sermonsfor free on 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.
- THE THRIFT SHOP: Please make note that the Thrift Store will be CLOSED: Nov 22nd and Nov 24 and Dec 27th and 29th.

Located next to the church is open to the public on <u>Thursdays</u> <u>and Saturdays from 10:00 a.m. - 3:00 p.m.</u> We offer an assortment of clothing, shoes, handbags, baby items, books, small appliances, dishes, glassware, jewelry, etc. *Please do not drop off* large items as we do not have the means to dispose of these.

- <u>DECEMBER 1st CHRISTMAS FAIR</u> As always, our Thrift Shop is open for some amazing shopping, our Cookie Walk is always a great success and we serve hot foods during the day. *Please note we are extending our hours <u>until 5:00 p.m.</u> to continue to serve hot food, snacks and hot/cold drinks.* We invite you to come inside to stay warm as you wait for Santa to arrive and the Town Center to be illuminated for the Festival of Lights event. This has been a longstanding tradition so please come enjoy all that is offered! You'll be glad you did! All activities are within a short walk to each location. Hope to see you there!
- A very special birthday is approaching for a "very special person!" Please send birthday cards to Barbara Magoon for December 13th, she will be celebrating her 102nd birthday! Cards may be sent to P.O. Box 153, Tyngsboro, MA 01879.

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RIVIER INSTITUTE FOR SENIOR EDUCATION

RISE AUTHORS TO READ AT NASHUA PUBLIC LIBRARY

Members of the creative writing classes at the Rivier Institute for Senior Education (RISE) will read from *DAWN*, *The Literary Journal of RISE*, at the Nashua Public Library **Sunday, November 18 from 2:00 – 4:00 p.m**. in the Theater. Copies of *DAWN* will be available for \$6, and authors will be pleased to add autographs and inscriptions.

Many RISE members have a passion for writing and began putting their creative thoughts to paper writing memoirs for their families. Poetry has grown in popularity over the years since Dawn's inception.

DAWN was first published in the spring of 2000, featuring the works of nine RISE authors. This year's publication tops out at an impressive 134 pages and features the prose and poetry of 34 authors, the majority of whom submitted three pieces each. The journal is divided into three sections: fiction, nonfiction, and poetry. The non-fiction section remains almost 100 percent memoir writing. A short biographical sketch of each author appears in the back of the journal and tells of the varied backgrounds and careers of each author.

DAWN is a thoughtful and inexpensive gift to give to friends and family. It is available for purchase at Annie's Book Stop, Greystone Plaza, 650 Amherst St. (101A) in Nashua; the Toadstool Bookshop, Lorden Plaza, 614 Nashua Street, Milford; and at the RISE office, Rivier University, Room 126 in Memorial Hall, Clement Street, Nashua. Proceeds from sales of the *DAWN* Journals will go to a RISE Memorial Scholarship that supports Rivier undergraduate day students who have demonstrated a commitment to the greater Nashua community through volunteer work or public service.

The Dawn Editorial Staff is hoping that audience members who aren't familiar with RISE will want to learn more about the program at the reading event. RISE brings people 55 and older together who love to learn and meet new people. For more information about the RISE program, tailored for learning in retirement, visit www.rivier.edu/rise or call (603) 897-8623.

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."

Join us for Sunday Worship Service at 10:00 am each Sunday. Child care is available during the service for infants through kindergarten age. Pastor Bobby Ross leads our worship services which feature a 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 regularly held at 10:00 am.

Children will sit with their family for the first part of the service, then move on to class for the remainder of the service. Classes are for children age 6 and up. Children 5 and under are welcomed in the Nursery at the beginning of our service. For more information and to sing up to help, please contact Shellyannross@gmail.com. **MEMBERSHIP CLASSES:** If you are interested in pursuing or learning about membership in our faith community, we're looking to begin a new class on Sundays for an hour after service. The last class took 6 weeks, give or take for make-up weeks. Committing to the 6 weeks doesn't obligate anyone to join, and it doesn't obligate the church to recognize attendees as new members. It's the beginning of a process for those pursuing an interest, to know more about us as a church, and for us to get to know you as a follower of Christ and potential member. We'll have some great conversation, coffee, snacks, and time together. If you're interested, please let Pastor Bobby or a deacon know ASAP.

DECC YOUTH: On Oct 28th, we once again joined about 2 dozen other churches and participated in the Church World Service Walk for Hunger in Nashua. This year's walk was on a new path. It was 3.3 miles long; this length matches what the average person without water (much of the third world) has to walk to get drinking water. Our fund raising for this event has continued to grow each of the four years we have participated. Thank you!

We welcome any area youth in grades 6-12 to our meetings and events. 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.

Parent Connection (formerly POPs) continues to have play dates and gatherings. 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. YOU are our mission. On November 18th, our focus will be Village 2 Village.

OPERATIONS BOARD is happy to announce that the handicapped entrance and lift have been installed and are operational. This now makes our facilities accessible for everyone. Entrance to the lift area is on the Town Common side of the building. The lift will carry a wheelchair and one individual to the Fellowship Hall with the path to the sanctuary not far away. The handicapped accessible restroom is one of two In Fellowship Hall now available; the other includes a baby changing station. A project in the works for a long time, we are excited to make our church accessible to all and know that all users will respect the property.

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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CHELMSFORD CATHOLIC COLLABORATIVE

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

ST. MARY BUSINESS (978) 256-2374; www. saint-mary.org **ST. MARY** CHURCH: 25 North Rd, Chelmsford.

ST. JOHN BUSINESS (978) 251-8571; www.saintjohnchelmsford. org **ST. JOHN THE EVANGELIST CHURCH**: 115 Middlesex St., North Chelmsford.

2018 Advent Retreat

Recognizing. Unwrapping. Embracing. The Many Gifts you have been Given. <u>December 2-5 at St. Mary Church.</u>

Gain a new insight of your God-given gifts; Recognize your importance as a member of the Kingdom of God; Learn how to see your abilities in a new way; Embrace the uniqueness that makes you YOU! Fr. Frederick Fraini, III, Pastor and Headmaster of St. Anna Parish and Elementary School in Leominster, MA, will use his God-given gifts of speech and humor to engage, energize and inspire us to grow more passionately into who we were created to be. Call us our visit our websites (both listed above) for further information.

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

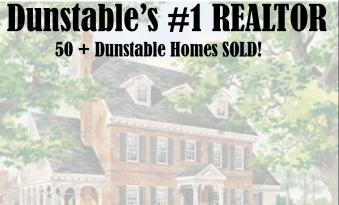


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MIDDLESEX SHERIFF'S OFFICE

GATHERS COMMUNITY PROFESSIONALS TO DISCUSS EMPLOYMENT OPPORTUNITIES FOR FORMER INMATES

LOWELL, Mass. – Professionals from five community organizations convened in Lowell for three days last month to discuss ways to better support former inmates seek and retain employment.

Twenty employees from the Middlesex Sheriff's Office, MassHire Greater Lowell Workforce Board, the MassHire Lowell Career Center, the Massachusetts Probation Service, and Phoenix Multisport participated in the September 11-13 training. The program was sponsored by, and facilitated through, the Offender Employment Retention Initiative offered by the U.S. Department of Justice's National Institute of Corrections (NIC).

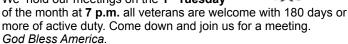
"We know employment is a core component of successful reentry," said Middlesex Sheriff Peter J. Koutoujian. "With the assistance of this NIC program, we hope to enhance the efforts we and our partners undertake everyday seeking to assist individuals gain meaningful and steady employment, reduce recidivism and enhance public safety."

The program involved classroom instruction in the principles of motivational interviewing and cognitive behavioral therapy, as well as group discussions focused on how these agencies can work collaboratively to build long-term employment opportunities for individuals returning to the community.

At the Middlesex Jail & House of Correction, the MSO offers several educational, vocational and treatment initiatives designed to help individuals prepare for a successful re-entry including culinary arts, custodial training, OSHA certification and ServSafe certification, as well as the Medication Assisted Treatment and Directed Opioid Recovery (MATADOR) program. Individuals nearing the end of their sentences who have completed individualized treatment plans may also be eligible to participate in community work and work release programs.

AMVETS POST #247 ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA We hold our meetings on the 1st Tuesday



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

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AMVETS National Website: http://www.amvets.org/

BARN DANCES

Held at **The Parish Center for the Arts**, Corner of **Boston Road and Lincoln Street on Westford Common**, PO Box 411, Westford, MA 01886 978-692-6333; PCA@Westford.org • **Sunday, Nov 11**, at 3-5pm, A family dance with Dudley Laufman calling. • **Sunday, Dec 2** at 3-5pm. A family dance with Beth Parkes calling. Sunday dance fee is Adults \$5 and Kids \$3. There is a maximum fee of \$15 per family.

Also our *regular fourth Saturday monthly Barn Dance* at the Parish Center for the Arts • **Saturday, Nov 24**, at 7:30-10:00pm with Jacqueline Laufman calling. Another will be held on • **Saturday, Dec 29**, at 7:30-10:00pm with Don Heinold calling.

No experience required. First-time dancers: come at 7:00 for free instruction. Saturday fee \$6 adults; Students 21 & under free.

CAREER CENTER OF LOWELL 107 Merrimack St., Lowell, MA 01852 978-458-2503

Informational Session for the Senior Community Service Employment Program (SCSEP) This information session will detail services offered by the SCSEP. The program is for those individuals 55 years or older who are unemployed.

Program includes: ...Paid-on-the-job training opportunities at minimum wage in your communityAn opportunity to update your skills and learn new onesCurrent job experience for your résuméJob search assistance and job referrals.

Eligibility Criteria: ...Resident of Essex, Middlesex, Suffolk, Norfolk and Worcester countiesBe current unemployedAge 55 or older. ... Meet federal low-income guidelinesCommitted to finding a permanent job.

Make the First Step in Career Development

Services at the Career Center of Lowell are free and open to all. It's easy to become a member, simply call (978) 458-2503 and a staff member will schedule you for an upcoming Career Center Seminar. Scheduling a seminar can also be done through Mass JobQuest if you are a registered user.

Career Center Seminars are offered: Monday and Wednesday at 9:00 am Tuesday* at 1:30 pm (*Some Tuesday Career Center Seminars may be held at 5:30 pm) These days and times are subject to change based on the season. This 2 hour orientation will provide you with a complete overview of all the services and resources available to conduct an effective job search.

Important Information to Know ...Bring your résumé and job search logs to the seminar. ...Parking is available at the Joseph Downes Parking Garage at 75 John Street. Cost is approximately \$4.00 for 2 hours of parking ...We suggest arriving 10 – 15 minutes earlier due to traffic and road construction that may be going on within the city. Late arrivals may not be allowed entry to the seminar. ...Children and visitors are not allowed in the Career Center ...To reschedule, call (978) 458-2503

COMMING UP AT POST #247

- On Veterans Day, November 11th, the Post will be having a Ceremony and Collation (Spaghetti Dinner) at noon in celebration of our Veterans.
- Wednesday, November 14th Trivia 7PM
- Sunday, November 18th "Meat Shoot" 4PM Legion
- Auxiliary Christmas dinner details to be announced.



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

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

Auxiliary Unit 247 Current Elected Officers:

President: Bernadette Harper; Sr. Vice: Josephine Beauregard; Secretary: Patricia Modrich; Treasurer: Diane Dileo; Chaplain: Rebecca Modrich; Executive Committee: Mary Dupras, Annette Coles and Kathleen Oiljey. Debra St Peters was Installed as Unit Sgt-At-Arms at the October meeting.

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.

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.

Elected Post 247 Officers serving for 2018-2019

Commander: Ray Hamelin; Sr. Vice Commander: Pete St. Peters; Jr. Vice Commander: Michael Milisci; Finance Officer: John Burke; Adjutant: Don Pierce; Judge Advocate: Rolland Millard; Executive Board: Marty Bloomgern, Joe Conlin and Robin Dion

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.

Wednesday. Nov. 14th NIGHT-TRIVIA NIGHT! Are you a know-it-all? Do you think you're smarter than Alex Trebek? You can prove it at 7PM when the American Legion hosts its trivia night! There is no fee to enter, first and second place of every week get scratch tickets, and whoever has the most points at the end of the month wins a \$25 Visa Gift Card. Come out and prove that you actually are smarter than a 5th grader!

NASHUA HISTORICAL SOCIETY PROGRAM

Rebecca Rule will be presenting <u>That Reminds Me of a Story</u> at The Nashua Historical Society on <u>Saturday</u>, <u>November 10</u>, <u>2018</u> at 2:00 p.m. Stories speak to us of community. They hold our history and reflect our identity. Rebecca Rule has made it her mission over the last 20 years to collect stories of New Hampshire, especially those that reflect what's special about this rocky old place. She'll tell some of those stories - her favorites are the funny ones - and invite audience members to contribute a few stories of their own. This program is free and open to the public through a grant from the NH Humanities. *The Nashua Historical Society is located at 5 Abbott Street, Nashua. For more information, please check our website http://nashuahistoricalsociety.org/*

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GROTON COMMUNITY SCHOOL

Tickets now on sale for the 14th Annual Groton Community Home Tour November 17, 2018 -- Groton, MA - Groton Community School (GCS) will host its 14th Annual Community Home Tour on Saturday, November 17, 2018, from 10 a.m. until 4 p.m. Doors at the school will open at 9 a.m. In case of inclement weather, the Home Tour will be held on Sunday, November 18, 2018.

The Groton Community Home Tour is a self-guided, adults-only tour of distinctive and historic private homes in Groton. The 2018 Home Tour will showcase a variety of architectural styles, including including an antique 1700s Colonial, a custom-built Colonial farmhouse, and a renovated lakeside cabin with views that you must see in person.

The Tour begins at Groton Community School with complimentary coffee and donuts from Dunkin Donuts and The Catalano Companies. Various local artisans and merchants will be at GCS and in the homes providing a unique opportunity for holiday gift shopping. While at the school, enter to win Chance items and baskets generously donated by local businesses, artists, friends, and Groton Community School families. The Chance items will be on display and Chance tickets will be on sale at the school the week prior to the Home Tour. Winners need not be present at the time of the drawing to win. To order tickets for the Groton Community Home Tour visit: www.grotoncommunityschool.org/home-tour/tickets

Tickets are also available by cash or check at the following locations: Groton Community School: 110 Boston Road, Groton, MA FacetsETC: 30A Hollis Street, Groton, MA Kimball Farm: 400 Littleton Road, Westford, MA

Lavender: 137 Main Street, Groton, MA The Groton Inn: 128 Main Street, Groton MA

Advance tickets for the Home Tour are \$25 per person or \$35 per person with a boxed lunch from Salt & Light Bistro Cafe. Tickets purchased on the day of the tour are \$30 and are for admittance

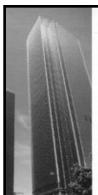
Thank you to our 2018 Groton Community Home Tour Soaring Sponsor 360 Gymnastics, and our Community Sponsors: Babin Landscaping, The Catalano Companies, Lima's Painting, and Platt Builders. Full event details are available at www.grotoncommunityschool.org/home-tour.

About Groton Community School: For more information about Groton Community School, visit http://www.grotoncommunityschool. org/ or call 978-448-6179. GCS is a NAEYC nationally-accredited. nonprofit early childhood center for young children, and has served the needs of children and families in our community since 1945.

"NEW HORIZONS"

Dracut Community Band Is Welcoming New Members Instrumentalists wanted to play in the Dracut Community Band. Open to all musicians 18 years and older who live in Dracut and surrounding communities. No audition is required but members should have some playing and music reading experience. Come and join in the fun! We rehearse on Thursday evenings at Christ Church United in Dracut Center from 6PM to 7:15PM.

Pease call Maureen Johnson at 978-454-0055 or email johnsonmusic340@gmail.com for more information or if you'd like to join. NHDCB is a non-profit and is partially supported by a grant from Massachusetts Cultural Council



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COMING UP AT INDIAN HILL

INDIAN HILL MUSIC YOUTH ORCHESTRAS - AUDITIONS: Auditions for the three Indian Hill Music Youth Orchestras: Thursday, November 8, 5:00-7:00pm at Indian Hill Music School, 36 King Street, Littleton, MA. SINFONIA CONCERT ORCHESTRA (advanced level strings, woodwinds, brass, and percussion); CAM-ERATA STRINGS (intermediate- advanced string players); CHAM-BER STRINGS (developing string players). Learn more and arrange audition time at (978) 486-9524 or visit www.indianhillmusic.org. INDIAN HILL MUSIC YOUTH ORCHESTRAS CONCERT: Indian Hill Music School presents its three youth orchestras in concert: Tuesday, November 13 at 7pm, Littleton High School, 56 King Street, Littleton, MA. TICKETS: Adults/\$10 (free for age 18 and under). Learn more: (978) 486-9524 or www.indianhillmusic. org. Sponsored by Middlesex Savings Bank.

PIANO PERFORMANCE WORKSHOPS: On-stage practice in a casual masterclass format with expert coaching from the Indian Hill Music School faculty: Wednesday, November 14 & 28 at 6:30pm, 36 King Street, Littleton, MA. PARTICIPATION FEE: \$20 per session. (Free for Indian Hill Music students) Pre-registration required. Learn more: (978) 486-9524 or www.indianhillmusic.org. 'BACH'S LUNCH' CONCERT: Indian Hill Music presents a classical program with the Atlas Piano Trio featuring Gary Capozziello, violin; Ignacy Gaydamovich, cello; and Cihan Yucel, piano. TWO SHOWS - Thursday, November 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. Learn more at www.indianhillmusic.org. INDIAN HILL BIG BAND: Band leader Jerry Sabatini and the group play the best of American Big Band jazz with tunes by Benny Carter, Duke Ellington, Count Basie, Woody Herman, and more: Friday, November 16 at 7:30pm, 36 King Street, Littleton, MA. TICKETS: \$15 (Free for Indian Hill Music students) Learn more: (978) 486-9524 or www.indianhillmusic.org. Sponsored by Nashoba Real Estate.

GRAMMY-WINNING CELLIST MIKE BLOCK: Indian Hill Music presents a concert and workshop with the renowned Silkroad Ensemble member, educator, singer, and composer. Mike Block in Concert: Saturday, November 17 at 7:30pm. Experience a multigenre program of pop, classical, traditional, world, and jazz selections delivered in his unique "standing cello" style. TICKETS: \$15 (Free for Indian Hill Music students) Pop Strings Summit: Saturday, November 17, 4:00-6:00pm. String student workshop for ages 8 -18. TICKETS: \$25 (includes admission to concert; pre-registration required.) Learn more: (978) 486-9524 or www.indianhillmusic.org. JAZZ AT INDIAN HILL: Jazz violinist Tomoko Omura with the Pamela Hines Trio – an evening of jazz standards and originals in a "post-bop gypsy" style: Friday, November 30 at 7:30pm, 36 King Street, Littleton, MA. TICKETS: \$15 (Free for Indian Hill Music students) Learn more: (978) 486-9524 or www.indianhillmusic. org. Sponsored by Nashoba Real Estate.



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ALTRUSA NEWS

The Altrusa Club of Merrimack Valley kicked off another year of service in the Greater Lowell/Greater Nashua area with a visit from the Altrusa International District One Governor-Elect, Linda Ring, from Middletown, CT.

At a dinner meeting on September 26th, the Governor-Elect brought wishes for a successful year from the District Governor and congratulated the club on all its worthwhile projects, in particular, its continued efforts to help homeless veterans in the Merrimack Valley. This year, the club will maintain its focus on literacy and partnerships with local shelters.

The club welcomed Jackie Maciejewski of Chelmsford to Altrusa International membership. Linda Ring, Governor-Elect, conducted Jackie's initiation, noting that membership in Altrusa is an investment in herself and the community.

Altrusa is a service organization whose mission is to promote literacy and to make a difference in the lives of those in need in our communities. The Club meets on the 2nd and 4th Tuesdays of the month. To learn more about Altrusa, e-mail us at altrusamv@gmail.com or visit us at www.altrusa.org.

PET HEALTH DUNSTABLE ANIMAL CLINIC

CAT VS KITTEN

Tara M. Sacramone, DVM



So you have decided on getting a new feline friend, but can't decide cat vs kitten. First of all congratulations, felines make great pets. Second of all make sure everyone in the family is ready emotionally and financially for a potentially long commitment. It is not unusual for a cat to live into its late teens or even early twenties now a days. Now, let's decide cat vs kitten. Both have positives and negatives so think carefully and be honest about which would fit into your lifestyle better.

Kittens: Pros

They are cute. Can be easier to train to use a scratching post or have their nails trimmed or even have their teeth brushed. They are super entertaining. You really don't need a television for a few months after getting a kitten, or even better - get two. Generally an adult cat is more likely to accept a kitten rather than another adult cat

Cons They can be quite destructive, they love to climb and therefore scratch curtains and furniture, not to mention your pant leg. They need to play and if they are left alone all day they tend to sleep all day and are up all night. Their inquisitive nature can lead to trouble, like eating things they shouldn't or getting stuck in the couch. It's hard to predict their adult personality, so if you need a super friendly or super lazy or super tolerant cat you won't really know if that's what you've got until they grow up.

Cats: Pros

Their temperament is set, you can tell what you're getting. They are less energetic and therefore demand less of your time and don't mind being alone for longer periods of time. They are cute too, and what you see is what you get, not all cute kittens end up being cute cats.

Cons

If they have an undesirable behavior trait, it can be hard to change it. If you already have a cat it can be harder for him/her to accept another adult cat.

So consider what will be best for your family at this moment in time (and up to 20 years from now). We, of course, would recommend you get your new pet from a shelter. With a little time and looking around you can generally get whatever you are looking for. Plus the shelters generally really know their cats' personalities and can help match you up with the perfect feline friend.

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DUNSTABLE TYNGSBOUGH LIONS CLUB



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

Officers for the 2018-2019 Lions Year

President: Mark Alexander, 2nd Vice President: J.J. Ward, Secretary/Treasurer: Bob Reich, Director: Richard Lowe

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.

Events

• The Club hosted a Senior Breakfast on October 18th at the Tyngsborough Senior Center (Tyngsborough Council on Aging) Westford Rd., Tyngsborough, MA. About twenty-five Senior's and several Greater Lowell Technical High School students attended the event. After breakfast, the students did a thorough check on the Senior's vehicles.

YOU CAN HELP BY DONATING THE FOLLOWING:

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

<u>CAN TABS</u> (in sealed bags) are also collected for kidney dialysis time through the Shriners Hospital.

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

IACS (Innovation Academy Charter School) Exhibition Night

72 Tyng Rd., Tyngsborough, MA
Tuesday, December 11th from 6-8:30pm
FREE & Open to the Community

At IACS Exhibition Nights, the hallways and classrooms of IACS are transformed into a museum of student work, with ALL students contributing at least one piece of academic work of their choosing in the subjects of English, Math, History, Science, Spanish, Art and Music. The atmosphere is relaxed as students, families and community members peruse the exhibits at their own pace. Expect to see students on hand to answer questions about their projects or conducting a short presentation. Join us as we end the evening with a preview of the music that our Choral, Chorale and Instrumental Ensemble classes will be performing on Tuesday, January 8th.

This is a great way to see the project-based work that our students create during the school year. Community members are needed to observe, comment & inspire our students. We are located at 72 Tyng Road, Tyngsboro MA. www.innovationcharter.org Questions? Crystal McKiel, cmckiel@innovationcharter.org, 978-649-0432

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BUILDERS BLUEPRINT BBQ

Please note: The date has been changed to Dec. 10th
Habitat for Humanity of Greater Lowell will host our 2nd Annual Builders Blueprint Signature Event on (new date) Monday,
December 10th, 2018 from 3:30 to 5:30pm at the Tewksbury
Country Club, 1880 Main Street, Tewksbury 01876.

Join influential building industry professionals, community leaders and other key industry support businesses from the local area who believe in building and strengthening communities through affordable home ownership. Keynote speakers will highlight new & innovative products relating to the building industry. The event will also feature plenty of time for networking and a delicious BBQ buffet. All sponsors & exhibitors will receive a complete attendee/ contact listing after the event.

For more information about the *Builders Blueprint BBQ* tickets and sponsorship opportunities, please visit http://bit.ly/blueprintb-bq18 or contact Heidi Tierney, Events Coordinator, at 978-692-0927 / htterney@lowellhabitat.org Deadline for dinner reservations and completed sponsor forms and payment to our office is Dec 3rd.

Habitat Lowell's sponsorship opportunities are designed to help you meet your marketing objectives. When you partner with us, you not only connect with new customers, you also help ensure local families have access to safe, affordable and decent housing through Habitat for Humanity of Greater Lowell.

All sponsors (Legacy Builder \$1500 - Silver Saw \$500) receive **1-2 tickets** to the BBQ, depending on level. * All vendor table exhibitors receive **one** reserved seat at the BBQ.

All funds raised during the event will go towards building more homes for local hardworking families in need and directly support home builds in Lowell and Billerica. This promises to be an educational, networking event celebrating Habitat for Humanity of Greater Lowell's legacy of building impact and hope in the communities we support! We hope you'll join us as a sponsor or exhibitor at this event.



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 NOW meet at the Dream Diner, on Middlesex Rd.. Tyngsboro, on the 1st & 4th Thursday of the Month at 7:15am, as well as the 2nd & 3rd Thursday of the month at 12:15pm.

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.





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BEAVER BROOK NATURE CENTER

Ridge Road, Hollis, NH www.beaverbrook.org

• HERBS & FOODS FOR HEALTHY DIGESTION Nov 15 6:30 pm

-8:15 pm Beaver Brook Nature Center, Spear Room 117, Ridge
Road, Hollis \$20 | \$18 members. Diet and digestion are at the
center of our health. The foods we choose and how well we absorb
them are the foundational building blocks of our body and at the
center for how well our bodies function. When things go wrong it
can be inconvenient and make us feel uncomfortable. We'll look at
some main categories of digestive herbs including bitters, herbs to
sooth and settle the gut, herbs for detox and herbs for healing the
gut lining. Taste herbal preparations and take home recipes and an

• GREENSGATHERING & WREATHMAKING Nov 28 9-11 am or 1-3 pm BBA Brown Lane Barn \$28 | \$25 members. Take a hike at Beaver Brook to gather evergreens: Eastern hemlock, white pine and mountain laurel plus pine cones and winter berries (season permitting). Return to Brown Lane barn and enjoy tea and cookies while you learn to fashion a lovely, long lasting holiday wreath. Everyone leaves with a beauty!! Makes a wonderful gift for someone else too! Bring your own clippers if you have them. We'll supply the wreath rings and wire. Register at www.beaverbrook.org

• WREATHMAKING IN THE WINE CELLAR at LaBelle Winery Dec 2 10 am -noon or 1-3 pm 345 NH-101, Amherst, NH Create a luscious evergreen wreath while enjoying refreshments in the wine cellar at LaBelle Winery. We will provide you with a wreath ring, wire, hand loppers, hemlock, white pine, and mountain laurel boughs plus some accent pieces (conditions permitting) like cones and berries. A complimentary coffee and tea station will be available to you during the workshop in the wine cellar. For those who would like LaBelle Winery Bistro a la carte wine or food service, you can place an order with a server during the workshop. Choose Session 1: 10 am -noon or Session 2: 1-3 pm. \$35 Register at www.beaverbrook.org

• MAKE A NATURAL BAYTH & BODY KIT Dec 2 10 am-noon or 1-3 pm LaBelle Winery 345 NH-101, Amherst, NH Make a natural Bath & Body kit of sugar scrub, a bath bomb, bath salts, melt & pour soap and lip balm. Use holiday essential oils like pine, balsam, or other appealing essential oils. Learn how simple it is to make wholesome body products for you, your family and friends. Take home recipes and make more for holiday gift giving. The workshop package will include a LaBelle Winery wine tasting. Upon arrival, each guest can try one red and white wine. Any wine bottle purchases in The Gift Shop (for workshop attendees only) will receive a 10% discount. Also, participants will receive one complimentary glass of wine when dining in The Bistro at LaBelle Winery after the workshop (reservation required). Choose Session 1: 10 am -noon or Session 2: 1-3 pm. \$30 .Register at www.beaverbrook.org

• FITNESS HIKING through April 2019 Monday and Fridays
9-11 am Regular walking in nature reduces stress, anxiety, and improves the immune system, and nervous system. Join BBA guides and many other fun people for regular aerobic trail walking. Learn your way around Beaver Brook trails and discover many other great trails in the region including Horse Hill Nature Preserve, Monson, Andres Institute of Art, the Potanipo Rail Trail, Purgatory Falls and more. We hike rain, snow or shine. Join us 1 or 2x per week (M&F). The goal is to gain aerobic exercise and boost our endorphins. We have different groups for different paces. We will provide snowshoes or ice treads if you need them. Call 603-465-7787 to register.

When you contact a business, or organization, please tell them you've seen their ad or news in Neighbor to Neighbor.

They would like to know. Thank you, Anne

THE WISH PROJECT

LOCATED at:

166 Middlesex St., North Chelmsford, MA 01863 Warehouse hours Tuesday - Saturday 9-3pm

•• Our new smaller Thrift Shop is now open at 166 Middlesex St. North Chelmsford behind Hertz car rental. Tuesday-Saturday 9-2:30pm. Stop in and see our new shop and pick up some bargains and support our mission.

Wish List

Mattress **sets** only no separate pieces, Twin/Full/Queen (no rips or stains)

Adjustable Metal Bed Frames, Toddler Beds

Dressers, Sofas or Love Seats,

Heaters and Fans, coffee makers, cookie sheets

Infant & Toddler Car seats (less than 3 years old)

Infant Boy clothes 9-12 months

Kids Sneakers and Boots, Coats

Women and Men's hats and gloves

New shower curtain liners,

Steak knives.

Girls clothes 2T - 15/16, Boys clothes 4T - 18,

Juniors Tops & Bottoms

Men's Size Small & Medium clothes

Save the Date 13th Annual Winter Wishes Gala Thursday, December 6 from 6-9pm

Radisson Hotels & Suites Chelmsford Lowell Go to our website www.thewishproject.org Register online at 13th Annual 2018 Winter Wishes Gala

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.

Our New mailing address is:

The Wish Project, PO Box 8693, Lowell, MA 01853

To change your email or address: If you have changed your mailing address or your email address for our weekly newsletter, and would like to have us update it in our system, please email June Folger, at june@thewishproject.org Include your name, your old address/email, and your new one. Our donors are important to us!

LOADING DOCK GALLERY

122 Western Avenue Lowell, MA 01851 Show: LDGX10

Show Dates: Through November 25, 2018

This November, LDGX10 celebrates the Loading Dock Gallery's ten-year anniversary. Over the last decade, the gallery has featured over 100 shows and thousands of pieces of artwork and is proud to commemorate the gallery's evolution. Master weaver Tarja Cockell captures nature's textures and patterns in her beautiful hand woven linen and copper works. She has skillfully designed her warp and weft to evoke extraordinary abstract textures and images. Tree lovers will delight in the works of Linda Branch Dunn and Tracy Levesque whose majestic trees branches for the sky and awaiting the changing seasons...and those are just a few of the treasures that await at LDGX10. Here you will enjoy a diverse selection of paintings, functional art, jewelry, pottery, glasswork, fiber art, clothing and so much more. The Loading Dock Gallery, representing over 30 artists, is the most eclectic art gallery and high-end gift shop in the Merrimack Valley.

The Loading Dock Gallery, a part of Loading Dock Arts, Inc., a 501c3, is open Wednesday through Saturday from Noon to 5:30 PM, and Sunday from Noon to 4 PM. For more information, call 978-596-1576 or visit www.theloadingdockgallery.com.



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Lowell General Hospital's Breast Center of Excellence is led, from left, by Dr. Lerna Ozcan, Medical Director and breast surgical oncologist; Susan Skinner, breast health navigator and nurse practitioner; Dr. Anasuya Gunturi, Associate Medical Director, Cancer Care Associates; and Dr. Jill Steinkeler, Director of Breast Imaging.