



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

Celebrating 35 Years of Service

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TYNGSBOROUGH TOWN CLERK NEWS

2019 DOG LICENSES are available at the Town Clerk's office or by mail. 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. **Remember that there is a \$25.00 late fee for any registration after March 1!**

2019 CENSUS forms were mailed early in January. Please check the information on the form for accuracy, make necessary corrections, and return promptly to the Town Clerk's office. If you do not receive a census form, please call the office and we will send one. Completing and returning the census keeps your voter status current and there will be no need to fill out a proof of residency form at the polls.

OFFICES TO BE FILLED

AT THE ANNUAL ELECTION MAY 14, 2019

Two-Year Term: Sewer Commissioner, Board of Health
Three-Year Term: Selectman, Board of Assessor, Board of Health, Library Trustee (2), Cemetery Commissioner, Finance Committee (2), School Committee (2), Sewer Commissioner
Five-Year Term: Housing Authority, Planning Board
Nomination papers will be available at the Town Clerk's Office
Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions.

NOTICE

TYNGSBOROUGH WATER DISTRICT

The District Election will be held on Tuesday, April 2, 2019 from 5:00 PM-7:00 PM at the District office.

The Annual/Special Meetings of the District will be held on Tuesday, April 9, 2019 at 7:00 PM at the District Office. Warrants and additional information will be available at the District Office.

Signed: Board of Water Commissioners

Tyngsborough Water District, 87 Progress Ave, Unit 2
Tyngsborough, MA 01879 978-649-4577



DATES TO REMEMBER

- Wednesday, March 6th Ash Wednesday
- Sunday, March 10th Daylight Savings Time Begins.
Remember to turn your clock ahead 1 hour on Saturday, March 9th at bedtime.
- Sunday, March 17th St. Patrick's Day
- Wednesday, March 20th First Day of Spring

IN MEMORY OF

Fred Bogacz	George D. Kouloheras
Henry J. Camacho	Debra Ann Driscoll Leavis
Concetta N. Zaffuto Croce	Courtne Lynn McMakin
James F. Crowley	Joseph F. Vizinho
Margaret Mary Mace Gramer	Catherine A. O'Gara O'Donnell
Frances M. Hurley Lanoue	John Everett Trousdale
Ronald L. Maynard	John R. DoVale
George T. Sheeley	Ervin N. Delisle
J. Heidi Swan	Robert F. Stacy Jr.
Claire E. Arseneaux Hreha	Madeleine M. Tremblay Sword
Stephen C. Kalhauser	Neil E. King



TYNGSBORO GARDEN CLUB



The Tyngsborough Garden Club would like to wish everyone a very safe and happy end to winter as the weather hopefully will transition to spring when we get our yards and gardens ready for planting.

Our first meeting of the new year was held on **Feb 5th**. Unfortunately our Mushroom presentation was cancelled, however this gave us additional time to discuss garden club plans and catch up with friends.

On March 5th a presentation on flower arranging by Darlene from Blossoms in preparation for our Birds in Bloom exhibit in conjunction with the Tyngsborough Library.

On **April 2nd** our meeting will be a presentation on "Air Plants" by Mahoney's.

The April library/garden club event is Birds in Bloom exhibit will feature floral arrangements by club members that interpret various artwork depicting birds. The exhibit will be at the **Tyngsborough Library** from **April 8-11**. We hope you will be able to stop by the library and enjoy all the creative exhibits.

Please mark your calendars. The Garden Club meets the first Tuesday of the month September-November and February-April at the Evangelical Congregational Church at 6:45. New members are always welcome. Please come join us for one of our meetings, enjoy the presentation, and meet some new friends.

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

Making Tyngsboro beautiful with flowers

HEALTH AND SAFETY FAIR

Please mark your calendar for Saturday, April 6th from 9 AM - 1 PM

Tyngsborough Elementary School

There will be FREE health screenings, FREE kids activities, Health and Safety Demonstrations, many giveaways by local vendors, and free resources. Come join us on April 6th!

Neighbor to Neighbor

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

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FRIENDS OF TYNGSBOROUGH THEATER (FOTT)

Mark your calendars!! **Les Miserables** has been chosen as this year's main stage production at Tyngsborough High School. The cast and crew are very excited to perform this enthralling story of broken dreams, unrequited love, passion, sacrifice and redemption. Friday, May 4th, 7pm; Saturday, May 5th, 2pm; Friday, May 10th, 7pm and Saturday, May 11th, 7pm Tickets go on sale to the public on Monday, March 11th through brownpapertickets.com. Order yours before they sell out!



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Your returns are due by April 16, 2019

**A reminder that there are only a few weeks left to
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ESTATE PLANNING AND GIVING TO CHARITY

By Edward H. Adamsky

There are several reasons to give to charity. The most important is because you want to benefit the cause. You also get income-tax and estate-tax deductions for giving to charity which some people think is important too. You might prefer your assets going to a charity rather than someone in your family. Whatever, your reasons, some ways of giving are better than others.

The first tip is not to name a charity in your Will. The Probate system has been modernized making it faster and cheaper. There are several steps you can skip when all of the heirs agree. However, you cannot skip those steps when a charity is named in a Will. That slows things down and costs more money. There are better ways to give than through your Will.

Charitable Annuities are a way to give and get something in return. Your chosen charity will help you set this up through their systems. You give them a lump sum of money (usually a fairly large amount such as \$20,000 to \$100,000) and they set up the annuity. It gives you an income for the rest of your life, and when you die, the balance goes to the charity. You get an immediate income-tax deduction in the year you set it up (assuming you itemize your deductions) and you continue to benefit from your assets (income) while the charity benefits in the end by getting the proceeds of the annuity.

Another tax-advantaged method of giving is through a Charitable Trust. If you have sufficient assets to make this complex tool worthwhile it can be very beneficial. It works best when you have highly appreciated assets that would trigger a large capital-gains tax if you sold them. Instead, you donate the appreciated assets to the Trust and when it sells them there isn't any income-tax due as the trust will qualify as a non-taxable charity. You can set up the charitable trust like an annuity. You get income for life and the remaining trust assets go to the charity when you die. This method is really for those with quite a lot of money that they want to give to charity.

A fairly simple method for those with retirement funds in tax deferred plans (IRAs, 401k's and the like) is to have your RMD sent to the charity. You have to coordinate this with your fund custodian, but if you have your yearly required minimum distribution sent directly to the charity you don't have to recognize the income. You don't get a tax deduction, but it's often even better to not have to recognize the income at all, the charity will get more in the end and you will pay less tax. If you don't itemize this will be better for you.

Speak with your Estate Planning Attorney to get advice on giving to charity as part of your planning.

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 entrance 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

**EDUCATION FOUNDATION
TYNGSBOROUGH
WWW.EFTyng.org**



**EFT grants are impacting the education
of most students across TPS**

For ten years, EFT has granted over \$200,000 to fund innovative new programs and learning tools, across all grade levels, in art, health and fitness, literature, reading, writing, science, math, computers and technology, history, spanish, guidance and music. Some of those funds helped teachers revitalize our school libraries, buy new seating and flexible furniture to make classrooms for our younger students more conducive to learning, and equip maker-spaces for integrated STEAM (Science, Technology, Art and Music) learning. If you have a child or grandchild in our public schools, her/his education has been impacted by EFT grants and will continue to be.

As EFT awaits the 11th round of grant applications from teachers and administrators, we are seeking more members to carry this important work forward. *If you join EFT, you will have the ability to review the grant applications (due by March 15) and then weigh in on which ones will have the greatest impact on the education of Tyngsborough's kids.* You will also join in on our two main fundraisers: The Tyngsborough Trot in the fall and our Dinner Theater in the winter. Maybe you have the passion to create and manage a new fundraiser for EFT? We welcome ideas, passion and leadership. We also welcome those who just want to help. If you are interested, please contact Theresa Manning, EFT President, at eftyng@gmail.com.

Attention Tyngsborough Business Owners and Residents:

Interested in funding a grant of your choice? Fully or jointly funded grants can be named in honor of your business or family name.

Please contact our Director of Grants, Diane Seltz at eftyng@gmail.com for more information. Your generous donation will be announced at the June Awards Ceremonies.

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They would like to know. Thank you, Anne

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THE PROMISED LAND

By Nathan Combs

As I can now attest from personal experience, Israel is a truly beautiful country. Despite its diminutive size (it's roughly the area of New Jersey), it contains diverse landscapes and microclimates. Its plains and mountains, its lush greenery and rugged wilderness all prove the truth of God's promise in Exodus 3:8 to bring the Israelites to "a good and broad land, a land flowing with milk and honey..." The importance of the promised land, however, mainly lay in what it signified to the Israelites, not just in its topography.

God repeatedly promised Abraham that his family would occupy the land of Canaan (Genesis 12:7, 13:15, 17:8). To ancient peoples like the Israelites, owning land meant far more than simply possessing a particular clump of dirt. Instead of the transient nature of nomadic life, land provided a sense of established permanence, a location where generations could come and go in peace and security. It meant regular access to water and a place to cultivate crops to sustain your family and animals with consistent food. By God's design, Israelite law supported this security - families were forbidden from permanently selling their land to others (Leviticus 25:23, 1 Kings 21:3) and boundary markers were protected (Proverbs 22:28, 23:10). Possessing land meant having a safe place in this world.

When Jesus preached about His new kingdom, I believe He alluded to Abraham's land promise when He famously said in Matthew 5:5: "Blessed are the meek, for they shall inherit the earth" ("earth" can also be translated "land"). The practical implications of this are manifold. We live in a fiercely competitive culture where security is granted based on your unique merits. There's unspoken pressure to be the smartest in the room, or the funniest, or the most musical, to distinguish yourself in a special way. You're expected to fight for the position you want in your employment and your social circles. You have to carve out a place for yourself in this world and make others respect you. And once you've climbed your mountain, you still have to look over your shoulder to ensure that no one else surpasses what you have achieved. There is no true security in such a wilderness of misery and stress.

Jesus is the only escape from this kind of life. In God's land, our value is determined by the already accomplished work of His Son, not by our own paltry abilities or accomplishments. Although Christians are not promised a particular plot of physical land like the Israelites of old, we have our own brand of promised security which far eclipses the benefits of the old covenant. We possess a heavenly land, in which we are perfectly and completely loved by a gracious Father who has seated us at His side (Ephesians 2:1-7). Through the death and resurrection of Jesus, we are promised the power of indestructible life (Romans 8:11). Thanks be to God for the promised land we have!



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WHERE DO I FIT IN -- HEALING CIRCLES

By Jan Price, LICSW

Greenbridge Counseling and Wellness, LLC

I have been reading lately about native cultures and indigenous tribes which remarkably have had many similar customs or traditions even though the communities have spanned across the globe. One common tradition has been the medicine wheel which was used for many celebrations as well as initiations and healings.

The medicine wheel is a circle that is most often made up of various natural items such as stones, pine cones and or sticks. The stones and sticks are placed on the ground in a circle with about an 8-10 foot diameter. The medicine wheel is also used in vision quests where the seeker will sit, sleep, stand or dance inside the medicine wheel during the quest. This offers a point of focus and is also thought to offer protection as well.

I loved this idea. So often I hear clients talk about feeling like an outsider. We all have experienced feeling "outside" a circle. That circle could be your own family, friends, the PTO, the work place, the gym -- anywhere. And think of when we were kids and the painful feelings of not being good enough to be "picked", liked or "chosen." So how wonderful is the idea of placing ourselves inside our own circle?

A few years ago, I read a very touching article where the author was at the airport and witnessed a mom who was alone with her toddler and her baby. The toddler was very ancy and active and not listening to the mom. It was getting close to time to board the plane when the toddler had a complete meltdown. The mother, exasperated and exhausted, sat down on the ground and cried while she had her other baby in her arms as the toddler screamed. At this point, women who were strangers circled the mother and the children. One woman started playing with toddler, another rubbed the mom's back, another got a snack for the toddler, and another picked up the toys that had been strewn about. Within just a few moments, this mother had a village around her. She was inside the circle.

I was so moved reading this. I imagined how this mom might have initially felt embarrassed by the support but then I hoped she relaxed and embraced the love and care. She was no longer alone. These women "got it" and they "got" her.

Our psyches are not built to be alone or to feel alone. This is actually detrimental to our psychological health and makeup. Yes, solitude can be healthy and longed for or warranted. This is not the same as feeling alone. Feeling alone is when we feel like people don't understand us, see us, or even want to try and hear us. We may be around lots people but still feel alone. We have become the "odd man out" and we feel abandoned and deserted. It may feel as if we don't matter or don't even exist. This is an unbearably painful place to sit.

Some of us may find this to be a temporarily transient place because we have our tribe even when we don't fit in at the PTO or the gym. So we can rest assured that this is where our village is. For those who don't feel like they fit in anywhere, or for all of us at those times when we need extra care, I invite you to consider some solace in the medicine wheel. Make your own sacred wheel among nature or in the corner of your bedroom or sitting room. Lay out important items and trace your own circle. Step inside the wheel with reverence and know you have sacred ground before you. As you sit inside, perhaps imagine your ancestors (as the native tribes did) or some wise, caring people (like the women at the airport) surrounding your circle. See if some comfort might come to you as you see yourself wrapped, cocooned and nestled by something bigger than you that understands you, cares for you and loves you.

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TYNGSBOROUGH HIGH SCHOOL

Tyngsborough High School is proud to announce David Fitzpatrick, Emily Holzman, Garrett Maille, and Evan Robson as the February Students of the Month.

David, son of Maureen and William Fitzpatrick, is a recipient of the Award for Musical Excellence and is a member of DECA. David has played golf (2018 captain) and tennis for THS, and he earned the Coaches' Award in golf for 2018. He volunteers his time at Lowell General Hospital and at the Goldfish Swim School as a swim instructor. He enjoys playing golf, traveling, skiing, and binge-watching any quality TV series. David's favorite subjects are economics, history, and English. He looks forward to attending university, travelling around the globe, working for a Fortune 500 company, and to leading a happy life. "THS has helped mold me into becoming a person I am proud to be today. THS has taught me to think on my feet and always work for something that has a greater purpose."

Emily, daughter of David and Cheryl Holzman, is a member of the National Honor Society and is a recipient of the Marilyn Ross Memorial Book Prize in Women & Gender History. She is a member of the International Thespian Society and is president of Troupe 8098. She has been involved in the theater program since 2015, is the current stage manager for the program, and is the assistant director of the upcoming *Les Misérables* production. Emily volunteers at the Nashua Soup Kitchen and with Project 351. She enjoys singing, playing the piano and guitar, taking photographs, and writing calligraphy. Her favorite subjects are history, theater, and English. Emily looks forward to majoring in Arts and Entertainment Management or Theater Education in New York City. In thinking about her time at THS, Emily said her favorite memories are "memories spent watching a show come together to become a masterpiece and having my hand in creating that magic."

Garrett, son of Korin and Mark Maille, is a member of the National Honor Society and is a recipient of the Principal's Award, the Outstanding Achievement in Instrumental Music Award, and the Academic Excellence Award. He has also made multiple honor rolls and high honor rolls. Garrett is a member of both the THS band and the UMass Lowell Senior Wind Ensemble, as well as a past member of the THS Track & Field team. He volunteers his time with Toys For Tots and at Four Oaks Charity Tournaments. He enjoys playing games and playing the trombone; his favorite subjects are English, band, and Spanish. Garrett looks forward to going to college, attending law school, and getting a job. In reflecting on his time at THS, Garrett said: "I have great memories of my friends."

Evan, son of Sue and Dave Robson, is a member of the PALS program and is also a prolific athlete for THS. He has played football, basketball, and lacrosse, and in football has earned Mid-Wach All-Star awards and team Offensive MVP awards multiple times. Evan enjoys fishing with his friends and riding dirtbikes. His favorite subject is math, and he looks forward to going to college and studying criminal justice. When we asked Evan what he would remember most about THS, he said: "Coming to school every day and enjoying it with my friends."

Congratulations to these four students.



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- **Art Circles Workshop, Sat., Mar. 9, 10:30 a.m.-12:30 p.m. Grades 6-12.** Registration required. Work with circular papers to design a unique art piece, using paint, printed paper and a canvas.
- **Feasting with your Instapot! Thurs., March 14, 10-11:30 a.m.** Cooking demonstration and tasting. Join Chef Liz Barbour for a cooking class that will help take the mystery out of this amazing, time saving kitchen tool. Liz will demonstrate two recipes that can be easily used at home. Registration required.
- **Henna Tattoos, Sat., Mar. 16, 12-1:30 p.m. Ages 4+, Teens & Adults.** Drop by for your own all natural henna tattoo during this workshop. Choose a small design or one that covers your whole hand!
- **Felted Owl Workshop, Wed., March 20, 6-7:30 p.m.** Learn the basics of needle felting and create an adorable owl! Instructor: Rachel Benson. **Ages 16+**. Registration required.
- **How to Make Great Photographs, Wednesdays March 27, April 10 & 24, May 8,** Create great photographs through effective composition and visual design. For beginner to intermediate photographers. All types of digital cameras are permitted. Know how to use your camera as this will not be reviewed in class. Registration required.
- **Sail Away on the Craft of Pastel Painting! Sat., March 30, 10 a.m.-12 p.m.** Instructor Greg Maichack will help you create a pastel version of Monet's Impressionist painting, "Sailboat at Le Petit-Gennevilliers" to take home. For beginners and advanced artists. **Ages 18+**. Registration required. *This program is supported in part by a grant from the Tyngsborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

- **Tech Advice by Appointment** PCs, android tablets & phones, Excel, MS Word, e-books, etc. **Tuesdays, 11:30 a.m.-1:30 p.m., Wednesdays, 7-8 p.m.** Registration required.
- **Adult Coloring Club, 1st Wed. each month, 6:30-8 p.m.** Drop in.
- **SoundPlay Family Music program, Sat. Mar. 2, 1-1:40 p.m.** Infants-5 yrs. Drop in..
- **Tiny Tots Storytime, Wed., Mar. 6 & 20, 11-11:30 a.m.** Infants-3 yrs. Drop in.
- **Family Music Time, Thurs. Mar. 7, 10-11 a.m.** Infants-5 yrs. Drop in.
- **Dads & Donuts Playgroup, Sat., Mar. 9, 10-11 a.m.** Infants-3 yrs. Drop in.
- **Lego Club, Sat., Mar. 16, 10 -11:30 a.m.** Grades K-6. Drop in.
- **Pokemon Club, Wed., Mar. 20, 4-5:00 p.m.** Ages 8-15. Drop in. Bring your cards or handheld device
- **Open Minds Literacy Yoga: Tuesdays, through Mar. 19, 10-10:45 a.m.** Ages 3-5. Registration required.
- **Storytimes for 3-5 year olds. Thursdays at 1 p.m.** Drop in. *Special Dentist Storytime on Thursday, March 21. Special giveaway! Guest reader will be Susan Barros from Lowell Dentistry.
- **Music Together Demo Class, Thurs. Mar. 21, 11-11:45 a.m.** Infants-5 yrs. Registration required.
- **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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Please send info in now for the April 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.
Please leave a message at **978-419-1914**.
Tyngsborough printed issues circulation is 5067 and Dunstable printed issues circulation is 1239.
Copies available at town hall and library

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.

• **COA Meetings** are the third Tuesday of each month. Meeting is on March, 19th at 3:30. Public welcome.

• **DONATIONS NEEDED: COFFEE, Cups 8oz Styrofoam, and Napkins, Paper Plates, Bowls, Small and Large Meals on Wheels Volunteer Drivers Needed** You will receive a stipend for gas. Call 978-649-9211

• **Wii BOWLING** Instructor Beverly Rudeen Every Friday 10:00-11:30 We have a ball, come join the fun! Prizes for the top players.

• **BOOK CLUB (Monthly) Thursday, March 21st, 12:00** The 3rd Thursday of each month. Next book that you will be reading and discussing. Snow Flower and the Secret Fan" by Lisa See.

• **TEXAS HOLD' EM** Thursdays 12:00 -3:00 If you like poker, come join us every Thursday. It's lots of fun! We have a table for beginners.

• **KNITTING/CROCHETING/QUILTING** Every Monday 1:00PM-3:00PM Learn to knit and crochet as you socialize with others at the COA. 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 holiday season. We have plenty of supplies available to choose from. **PROJECT LINUS TYNGSBOROUGH**, Children who have experienced recent trauma. (See Barbara or Tracy) **THE HOMELESS SHELTERS LOWELL**, Parents and children that have fallen into hard times.. (See Stitches Coordinator) Mondays @ the Senior Center 1:00-3:00

• **CARD MAKING with Colleen Garry** Thursday, March 7th, 1pm Come join the fun making crazy cards for friends, love ones, or family. Not hard at all, just lots of fun.

• **ST. PATRICK'S DAY CELEBRATION** Wednesday, March 13th at 11:00 Tickets \$5.00pp for a traditional corned beef and cabbage dinner. Ticket on sale. Entertainment by Tyngs. Middle School kids *Sponsored by Friends of the Elderly.*

• **PANCAKES, PANCAKES! FREE BREAKFAST** Thursday, March 21st, 8:30 The Center will be having a FREE, all you can eat pancake breakfast. Bring a friend! Please call 978-649-9211 if you would like to be put on the list.

• **SHINE March, 26th, 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.**

• **HIGHWAY DEPARTMENT "THANK YOU LUNCHEON"** Wednesday, March 27th, 11:30 Come and join us for lunch to thank the Tyngsborough Highway Department. **Tickets \$3.00** Please join us for Friday lunches, sign up by Wednesday before. If you are interested in preparing lunch, please see Barbara.

• **WINTER SCAM AWARENESS** Friday, March 29th at 11:45 Middlesex District Attorney Marian Ryan will be holding a forum to educate us about common winter scams that target senior citizens during the winter months. (\$3.00 lunch at 11:30 is available—sign up in dining room for lunch!) **FOOTCARE FOCUS Professional Nursing Footcare Clinics and Home Visit by Appointments** Assessment/ Nail Clipping & Filing Reduction / Gentle massage, Call 978-649-9211 **Tuesday, March 19th "Clinic" 9:00-12:00**

\$35.00 House Calls \$60.00

• **SNOW CANCELLATION POLICY** IF SCHOOL is CANCELLED, the Center will still be open "just no elder bus". If Town Hall office is closed Tyngsborough COA will be closed. **When in doubt call the COA at 978-649-9211**

• **COUNCIL ON AGING BOARD MEMBER / ASSOCIATE MEMBERS WANTED:** If you are interested in getting involved in a town advisory board and you are a registered voter and reside in Tyngsborough, MA; please consider joining the Council on Aging Board as a member or associate. (there is no age restriction – just quantity of non-senior members) The COA Board is an 'ADVISORY' board not supervisory. The board exists to advocate for the interests of the elders in Tyngsborough. If you are interested, please submit a 'letter of interest' to: **Barbara Roche, COA Director; Town of Tyngsborough; 25 Bryants Lane; Tyngsborough MA 01879**

• **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)**, Application available at the Senior Center.

• **SNAP** (Supplemental Nutrition Assistance Program) benefits may be available to you. To get help in applying, please contact the senior center and our outreach worker Rose can help you file the application. Call 978-649-9211 for appointment.

MEALS ON WHEELS Tyngsborough residents 60+ can call the **Elder Services of the Merrimack Valley 1-800-892-0890** to see if you qualify. The Tyngsborough Council on Aging distributes meals from our facility on behalf of ESMV. We deliver to homebound and clients who are on homecare short term. If you have any questions call the above number.

MERRIMACK REPERTORY THEATER LOWELL AUDITORIUM Call or come in to sign up 978-649-9211 Group of 6 or more \$16.00 **Matinee Plays "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

UPCOMING in APRIL These dates and times are subject to change. *Some things come up that can't be avoided.*

• **PAMPERED CHICKS' DAY** Wednesday, April 3rd, 9:00 - 2:00 Ladies: Come to the Senior Center for a day of pampering, relaxation and enjoyment. • **VOLUNTEER APPRECIATION DAY** Wednesday, April 17th, 11:00-1:00 • **SENIOR/VETERAN BREAKFAST** Thursday, April 18th, 8:30-9:00

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March is here and we hope that you can visit us soon during the Lenten season! Are you looking for opportunities for meaningful service work in our community? Are you looking for a warm and loving faith community? You are welcome to any Sunday worship service to learn more about us.

Our Celebration of Music is on Saturday, March 9 at 7:00 PM. Music from our handbell and vocal choirs will be featured as well as performances from some of our talented members! This is truly an inspiring and uplifting evening! **Our Scholarship Dinner, that benefits our scholarship fund for graduating seniors, will be held at 5:30 PM right before our Celebration of Music.** Chicken carbonara, roasted broccoli, garden salad, and an ice cream sundae bar are on the menu! Please inquire about tickets by calling the church office. We are fortunate to have a scholarship fund to aid our high school graduates continuing their education. *All are invited to attend this meal and the Celebration of Music*

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



**FRIENDS OF THE
TYNGSBOROUGH
PUBLIC LIBRARY**

**FRIENDS OF THE TYNGSBOROUGH
PUBLIC LIBRARY**

** Why were the golfers kicked out of the library? Their pants were too loud! The library may be quiet, but we want to hear our Friends members at the next meeting. On **Monday, March 4**, 7pm, we plan for the March membership month and elect officers for the new membership year which begins April 1. *The Friends are actively seeking new members who want to volunteer their time to the Library in support of the community.* Please consider joining us.

** The April meeting will be held on **Monday, April 1**, at 7pm at the library. **Planning for the Spring Used Book sale begins, and volunteers are needed to help with the planning and working on the various tasks to make the sale a success.** We are asking Friends members to attend, and others who have not joined the Friends are equally welcome. The book sale will be held on Saturday, May 18, with a preview day on Friday evening for the Friends membership.

** Are you a high school senior who will be graduating this year and would like to apply for a scholarship? The Friends have a **scholarship/service award** for a Tyngsborough senior who has been active with the Friends. See the Library website, Friends tab, for the **application which must be submitted by Friday, March 22, 2019.** <http://www.tynglib.org/> - Click on the "Friends of Library" tab.

Featured Pass: Are you ready for some warm weather after the winter? The Library again has passes for the **Butterfly Place in Westford. This indoor garden full of butterflies is warm and colorful, so plan your trip with the family. Passes are for Tyngsborough residents only, and each pass admits one person free of charge. Use the Library's website or call to reserve a pass. There are many more passes available and funded by the Friends, so ask at the Library or go to the website for more information.

Visit <https://www.facebook.com/FOTPL>

USED CLOTHING DROP-OFF SHED

To benefit: Dunstable Evangelical Congregational Church
Location: Rear Parking lot, 518 Main St., Dunstable, MA 01827
Items accepted: All clothing, shoes sneakers, belts, purses, blankets, sheets, pillowcases, drapes and stuffed toys. (Your donations will not be cut up or shredded.) **(Please... No rags, fabric scraps, pillows, toys or household goods; please understand that the above unwanted items are a hardship and expense to dispose of.)**

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

**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.

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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



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WINSLOW SCHOOL REUNION
Old Town Hall, 10 Kendall Rd., Tyngsborough, MA
May 4, 2019 at 11:00am
All are welcome to attend!

This **FREE** event is made possible through your generous donations, thank you!

Please visit our Go Fund Me page to donate today:
<https://www.gofundme.com/ff/winslow-school-reunion>

FREE ACTIVITIES FOR YOUNG CHILDREN WITH THEIR PARENT OR CAREGIVER

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

Groton and Dunstable

Family & Community Programs

Join us on any 1st **Tuesdays** during the school year -1:30 p.m. at: Dunstable Congregational Church, 518 Main Street, Dunstable

Join us on any all **Mondays** during the school year -9:30 a.m. at: Peter Twomey Center (behind G-D Middle School North), 348 Main Street, Groton

Townsend and Pepperell

Family & Community Programs

Join us on any 1st and 3rd **Tuesdays** during the school year -10:30 a.m. at: Pepperell Library (Lawrence Library), 15 Main Street, Pepperell

Join us on any **Wednesdays** during the school year -10:30 AM at: Townsend Library, 12 Dudley Road, Townsend

Please contact Jana Harrison, at jharrison@awrsd.org, or 978.874.0163 for further information.

TYNGSBOROUGH MIDDLE SCHOOL AND HIGH SCHOOL ATHLETICS

WINTER SPORTS AWARD NIGHT

For all athletes that play a high school sport only, will take place on:

Thursday, March 14th at 7:00pm in the High School Auditorium.

FIRST DAY OF PRACTICE FOR ALL High School

SPORTS: Monday, March 18th after school

FIRST DAY OF PRACTICE FOR ALL Middle School Sports:

Monday, March 25th after school

FROM THE NURSES OFFICE: No athlete will be allowed to participate in practice unless they have an updated physical and have completed their on-line athletic registration. You can fax your son/daughters physical to the following:

High School Nurse: Debbie Donohoe Fax: 978-649-1877

email: Debbie.Donohoe@tyngsboroughps.org

Middle School Nurse: Michelle Riley Fax: 978-649-9194 email: Michelle.Riley@tyngsboroughps.org

ATHLETIC REGISTRATIONS: can be filled out on-line through the Parent Portal, excluding physicals. All physicals must go through the nurse's office. Parents/Guardians that have not signed up on the Parent Portal can access their registration using the following steps.

STEP 1: Log into the Parent Portal at the following address: <https://powerschool.tyngsboroughps.org>

STEP 2: Click on athletic registration link on the left hand side to complete the registration process. Option to pay user-fee online is also available on this page.

****DEADLINE FOR REGISTRATIONS**:** Tuesday, March 12th

***Sports Offered at the High School Level**

*Boys Lacrosse *Girls Lacrosse

*Baseball *Softball

Track & Field Boys Tennis Girls Tennis

*Possible 8th grade participation based on numbers

Sports offered at the Middle School Level 6th, 7th & 8th

Graders Boys & Girls Track Softball Baseball

FOR ALL SPORTS SCHEDULE PLEASE GO TO:

WWW.MWMLMA.ORG

PARENTS/GUARDIANS: If you would like to receive scheduling text alerts during your son/daughters sports season, please go to: <http://www.tyngsboroughps.org/pages/tyngsborough/departments/athletics> and CLICK on Schedule Alerts for Parents.

SPRING AWARD NIGHT: For all athletes that play a high school sport ONLY, will take place on **Thursday, June 13th** at 7:00pm in the High School Lawrence R. Kelleher Gymnasium

SPRING SPORTS PICTURES: For all athletes that play a high school sport ONLY, will take place on **Thursday, April 11th** after school on the high school turf. Picture order envelopes will be sent home in the mail.

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>

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

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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. Additional information may be found on our website at TyngsboroughRec.com. Friend us on Facebook. Seeking new members. Currently three open seats. Join us!

New Members Always Welcome! Join us for our next meeting Wednesday March 6th at 7pm.

Tyngsborough Recreation Girls Spring Softball 2019 Registering Now! www.TyngsboroughRec.com

• **SHAMROCK BALL New Location!** For Daughters of all ages and their Dads (or Grandfather, Uncle, etc.) A Father-Daughter Dance with DJ, light refreshments, and a corsage for each girl. A photographer will be on site, offering packages to capture your special evening.

Saturday, March 16, 2019 6-8 pm Tyngsborough Old Town Hall \$40 per couple, \$5 for each additional child ~ Advanced registration required ~

• **Shamrock Princess** The Grad Night Committee in conjunction with the Recreation Committee, will again offer the title of "Shamrock Princess". Included in the title will be a princess tiara and sash, a photo package, special father-daughter dance and special gift. To enter the raffle on the package please visit the ticket website and select it as an option. Drawn Thursday, March 14, 2019. All proceeds benefit The Class of 2019 Grad Night activities. Pay it forward.

• **Men's Pick-up Basketball League** (Ages 18-55+): \$10/night at court or \$80 for the season. Calling all frequent and casual basketball players. Several games are played on the short court of the high school each week and teams vary depending on attendance. Currently scheduled for Tuesday nights starting October 3, 2018 through the end of winter, 2019 at THS from 8-10pm. Contact Joe with questions: joeholden62@yahoo.com. Register on line at Tyngsboroughrec.com.

• **POUND_SWEAT. SCULPT. ROCK.** It's a high-intensity, full-body, 45-minute workout that combines interval training, squats, lunges, plyometrics, and pilates with drumming — lots of drumming — with sticks that are heavier than average drumsticks. Come join the class! Yoga mat required. Session 2 started on January 8. 6:30 p.m. Full 8 week session is \$65 4 week option is \$35 You can choose any 4 of the 8 weeks that work for your schedule.

• **Volunteers Needed for FIELD DAY X5 (formerly Track and Field Family Fun Nights)** Please contact us if you would help on our planning committee for this session of Field Day X5. We meet a few times before the program begins the second week in July in order to plan publicity, assemble teams, plan games and activities and order equipment. The program is for ages 4-10 and runs 6-8pm for 6 consecutive Thursdays. We are always looking for new faces to join us! We also need coaches to supervise the children, no experience is necessary. We welcome older teens that enjoy helping younger children with the games and activities.

• **Coming Soon!! FIELD DAY X5 (formerly Track and Field Family Fun Nights)** Thursdays, July 11 - Aug 8; Starting 6pm at THS Pierce Field; \$40pp (\$50 non-resident) Activity stations, races, relays, obstacle courses, hula hoops, sports challenges, and so much more are organized for boys and girls 4-10 years of age. Participants receive a team t-shirt as they exercise, socialize, and have loads of fun! Advance registration required by June 22 at www.TyngsboroughRec.com.

• **SAVE THE DATE! 2nd Annual Tyngsborough Block Party, August 25th, 2019.** You asked for it and we are getting ready to do it again. Look for upcoming details at partybythebridge.com

VOLUNTEERS ARE WELCOME & NEEDED.

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NEW NAME FOR FCOA

(FRIENDS OF THE TYNGSBORO COUNCIL ON AGING)

The "Friends" has a new legal name!!*

To be inclusive of all the elderly in the Greater Tyngsborough area, we have changed our foundation's name to:

The Friends of Tyngsborough Elderly, Inc.

Same mailing address: P.O. Box 415, Tyngsborough, MA 01879

*The change was approved by the Attorney General of Massachusetts in November.

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RISE SPRING COURSES

SECOND TERM BEGINS MARCH 18

Seniors can choose from more than 58 five-week courses. **Second term courses begin March 18 and end April 26.** There are no learning prerequisites, no tests and no credits earned. Membership for the ten-weeks of courses is \$130.00 and includes the use of the Muldoon Health and Fitness Center, Regina Library, and Dion Dining Center.

Members may participate in up to five courses each term. Course topics include literature, history, music, art, computer science, psychology, religion, philosophy and spiritual enrichment, writing, world cultures, current events, film, moderate exercise, and water exercise. Twenty of the courses are new for spring.

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

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 Dra-cut 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

TYNGSBOROUGH SEPAC

(Special Education Parent Advisory Council)



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."

March 2019

There is no SEPAC meeting in March.

April 2019

• **Wednesday, April 10, 2019 6:00-7:30pm**

Topic: Autism Awareness Month

Tyngsborough Middle School (TMS) Main Office Conference Room or TMS Library, 50 Norris Road, Tyngsborough

Please RSVP: Rachel Leo, SEPAC Chair, rachel.leo@comcast.net
Speakers: Tyngsborough Residents Beverly and Sam Richardson

Tyngsborough residents, Bev Richardson, and her son, Sam, an 11th grader at Tyngsborough High School, will share their experiences navigating the world of Autism. Bev will share strategies that have been helpful. Sam will share his perspective on being a teen experiencing Autism and what has worked for him.

Hope you can join us!

**All Tyngsborough SEPAC meetings
are free and open to the public.**

RSVP to: Rachel Leo, Tyngsborough SEPAC Chair - rachel.leo@comcast.net Hope you can join us!

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Pastor Denis Frediani 1-603-579-0904
www.tyngsborocongregational.org
E-mail ecctsect@yahoo.com

JOIN US FOR SUNDAY MORNING WORSHIP

OUR MISSION: Glorify God by encouraging all people to know Jesus together in Faith, Love and Service. Worship Service at 10:00 a.m. Nursery available. Followed by Fellowship and Refreshments. Cancellation information will be listed on our website:
www.tyngsborocongregational.org

PLEASE CONSIDER JOINING US FOR THE FOLLOWING EASTER SERVICES

- **Sunday, April 14** at 10:00 a.m. - *Palm Sunday*
- **Thursday, April 18** at 7:00 p.m. - *Maundy Thursday Service*
- **Friday, April 19** - *Good Friday (no service)*
- **Sunday, April 21** *Easter Sunday*
 - 6:00 a.m. *Sunrise Service (on the hill between Thrift Store & Church)*
 - 6:30 a.m. *Breakfast served*
 - 9:15 a.m. *Easter Egg Hunt*
 - 10:00 a.m. *Easter Sunday Service (no Sunday School)*

• **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** -Has begun on Tuesday morning, from 9:30 am to 11:30 am Bible Study will begin on the Book of James. There is still room if you would like to join this amazing study group.
- **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: **1.** Log onto the church website <http://www.tyngsborocongregational.org> **2.** On home page you will see a photo of the church. Hover the cursor over the word "SERVING" **3.** Click once on the word "SERMONS" **4.** Scroll down to see "Listen to our sermons for free on SoundCloud.com" **5.** Click once on the link/word "SoundCloud.com" **6.** Below the Church logo sermons listed by date, passage, sermon title **7.** Click orange circle to listen to the sermon you desire.

• **SUNDAY SERVICE CANCELLATIONS** - If Sunday Worship Service needs to be cancelled due to inclement weather, we will post the cancellation on the following TV stations: WBZ Channel 4; WCVB Channel 5; WHDH Channel 7 and WMUR Channel 9

• THE THRIFT SHOP •

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

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MEMORIAL SCHOLARSHIP FOUNDATION

Dear Friends and Family,

This is the 17th anniversary of the passing of our beloved James. With the help from all of you, our raffle awarded over \$8,400 in scholarships to aid in the continuing education of graduating high school students last year. **We have awarded over \$125,000 over the years.** We feel blessed to have the ability to remember Jim in such an extraordinary way. We are extremely grateful for your continued support.

This year will be our **7th Annual Raffle** (Commonwealth of MA #36). The raffle drawing will be held on April 5th. The drawing results will be on our website www.jamesjacoppischolarshipfund.com and winners will be contacted by phone.

Tickets are \$5 each or 7 tickets for \$25. If you wish to purchase additional booklets, or did not receive any by mail, please call Jean Jacoppi at (603) 714-2523. All tickets must be received by Monday, April 1st. We appreciate and thank you for any donation you can provide to the foundation.

Prizes: 1st Prize: \$1,500; 2nd Prize: \$500; 3rd Prize: \$250; 4th Prize \$150; and 5th Prize: \$100 *Congratulations to the lucky winners from 2018.* The winners were: 1st Linda Cornellier; 2nd Ed Napekoski; 3rd Mary Cooney; 4th Marilyn Campbell and 5th Emmit Clifford. For any other information you may need including access to scholarship applications please visit our website www.jamesjacoppischolarshipfund.com or our Facebook page.

Thank you all for your continued support.

Sincerely, The Jacoppi Family

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TYNGSBORO YOUTH FOOTBALL AND CHEERLEADING OPENS REGISTRATION FOR SPRING SKILLS CLINIC

**SUNDAY, MARCH 24, 2019, 6:00-8:00 p.m., TYNGSBORO
SPORTS CENTER (18 Progress Ave)**

Participants from Tyngsboro, Dunstable, Groton, Lowell and surrounding communities are welcome!

**FLAG FOOTBALL (Grades K-3 as of Sept 2019) AND TACKLE
FOOTBALL (Grades 4-7 as of Sept 2019)**

Whether you are a returning player or a new prospective player, join us for two hours of combine-style conditioning and football fun! This is a great opportunity for alumni to get back into the game! For new prospective players, this is the perfect opportunity to experience what it would be like to be a part of our football programs. Parents – this is a great opportunity for you to meet our coaches to get all of your questions answered.

**CHEERLEADING – INTRODUCTORY CLINIC FOR NEW PAR-
TICIPANTS (Ages 5 - 14 as of Sept 2019)**

We welcome all **NEW** cheerleaders to our introductory clinic. Whether you've cheered before for another program, or, are new to cheerleading, this is the perfect opportunity to meet our amazing coaches, learn about our award-winning programs, and determine if it's a good fit for you and your child.

READY TO REGISTER? The cost for either clinic is only \$20 and includes a free t-shirt if you register by March 8. **BONUS-** as a participant in either the football or cheer clinic, if you decide that our programs are right for your child, and you register for the Fall season by May 1, we will give you a \$20 discount on your Fall registration. Register TODAY at our website: www.TyngsboroYouthFootball.com or www.TyngsboroYouthCheer.com

GOT QUESTIONS? Email us at: TyngsboroYouthFootballCheer@gmail.com; Follow us on Facebook under "Tyngsboro Youth Football and Cheerleading", or go to our website and click on "About Us" and select "Frequently Asked Questions".



On January 22, 2019, Altrusa hosted a dinner meeting at the Princeton Station Restaurant, with guest speaker Kimberly Gryglik of Brigid's Crossing, a group home that serves pregnant and parenting teens from the ages of 12-22. The program currently has a rich, robust, culturally diverse group of girls, with children ranging in age from newborn to 5 years old. Brigid's Crossing is much more than a place to live or just merely shelter, it is a safe, nurturing and teaching environment where young girls learn, develop and grow to become women and strong mothers for their children. Kimberly Gryglik thanked Altrusa for all its efforts to assist these young mothers. "Brigid's Crossing has served over 250 families and counting and we are proud of that, however it cannot be done without shared community partnerships just like with Altrusa. Thank you for being dedicated, kind hearted people who care and want to make a difference in these young teen lives."

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

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

The Altrusa 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.

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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.tdrotoary.org.
Thank you for your continued support.

PET HEALTH DUNSTABLE ANIMAL CLINIC

TICKS, TICKS, TICKS
Tara M. Sacramone, DVM



Will we ever be done talking about ticks? No. Never. Every journal I read seems to have something about ticks and tickborne diseases. Here's some information from the veterinary perspective.

At the Dunstable Animal Clinic we have been running a heart-worm test on dogs that also looks for exposure for 3 tickborne disease for many years now. In 2017 we had 2% exposure to a disease called Ehrlichia, 15% exposure to Lyme and 32% exposure to Anaplasmosis. In 2018 all exposure rates went down, 1% Ehrlichia, 8% Lyme, and 21% Anaplasmosis. Ehrlichia is carried on the dog tick and most of the dogs that are positive at our clinic originally came from somewhere else in the United States. Both Lyme and Ana are carried on the deer tick. Lyme is the most problematic for dogs and the one most likely to cause clinical signs and therefore is the only one we have a vaccine for. It is also true that dogs that have a positive exposure to more than one disease are more likely to develop clinical signs. I'm hoping the exposure rates in dogs in this area will continue to decrease, especially if we continue to use tick control and continue to vaccinate dogs against Lyme disease.

We now have more options than ever for tick control. We have had good luck with the Seresto collar, which lasts 8 months and can also be used for cats. There are multiple once a month topical medications but we like Advantix and Vectra the best. There are even oral medications that work on ticks, Nexgard is once a month and Bravecto which lasts 3 months. It is also important to realize that the deer tick dose NOT hibernate over the winter. They can, however, be covered with snow. So if there is no snow on the ground you need to continue treating your pets.

There also seems to be new ticks coming to America. The most recent one to be found is called the Asian longhorned tick. It hasn't been found in Massachusetts yet, but all signs seem to say it will eventually be here. It seems to carry diseases that bother humans and cattle more than dogs or cats. If you find an unusual looking tick on your pet we have a place we can send it to have it identified. This tick is a rusty brown color with no white or black on it. However when ticks become engorged it is harder to identify them.

Humans continue to be the most susceptible to tickborne diseases and the CDC recently announced that more and more people are becoming sick. In 2017 there were 27,000 cases of tickborne disease reported and in 2018 that number increased to 59,000, 70% of those cases were Lyme disease. The CDC can't say for sure why the numbers are rising but list possible factors such as changes in temperatures, rainfall, humidity, host populations, tick population densities, and health care provider awareness.

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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. For more information, please contact Shellyannross@gmail.com.

DECC YOUTH: Regular meetings are held on Sundays from 4:00-6:00 PM but special events may be held at other times. Please contact Jon Hughes at 978-393-7708 if interested and to confirm location and time of meeting.

SCOUT SUNDAY, Sunday, February 24th. Boy Scouts and Girl Scouts were recognized, and some participated in the Sunday morning service.

On March 6th, we will begin the Easter season as we commemorate Ash Wednesday with an evening service at 7:00pm. The Palm Sunday service on April 14 is at 10:00am. On Thursday evening, April 18th, we will hold a Maundy Thursday service at 7:00pm. Our Easter celebration service is at 10:00am on Sunday, April 21st.

COMMUNITY PIE BAKE-OFF! Saturday, March 16th in Fellowship Hall at the Dunstable Evangelical Congregational Church. Open to anyone who loves to bake yummy pies! Think about your favorite. Categories for all ages and abilities. Drop-off your pie between 10:00am and Noon; PLEASE include your recipe! Judging will take place between 12:30 and 2:00pm. The public is invited to the tasting at 6:30pm. If you have questions, please contact Sue Tully (sjt0213@verizon.net).

Check out our website, www.dunstablechurch.org or visit any Sunday morning at 10:00 am. We will be happy to greet you. **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.**

RAIN BARREL PROGRAM


Tyngsboro, MA. *"It is that time of year again to start thinking about water conservation and saving rain water"* says Danielle Mucciarone, Conservation Director and Town Planner, Town of Tyngsboro. "Rain fall is hard to gauge. Harvesting rain water with a rain barrel can mitigate the irregular patterns of rainfall. To help homeowners and the town manage their water supplies Tyngsboro and Pepperell are offering residents the opportunity to buy discounted rain barrels.

Each year homeowners face higher prices for water and sewer. The wholesale rate of water from the MWRA has increased 49% over the 10-year period from 2008-2018. Saving rain water helps homeowners hedge against the rising cost of water. Rain water is a free healthy alternative; it is organic, has no chlorine, no fluoride and no chemicals. It is an excellent water source for plants, gardens, lawns and any non-potable use. Regular use of a rain barrel can pay for itself in one season. One tenth of an inch of rain on a 1000 square foot roof --about 25 minutes of moderate rainfall-- will fill a 60-gallon Rain Barrel. New England typically receives 17" of rain during the growing season from May through September. This provides enough water to fill 170 Rain Barrels. At 2 cents a gallon homeowners can expect to save \$204 worth of water.

Droughts stress residential landscaping and town water facilities. In 2016, 168 communities in Massachusetts faced restrictions on non-essential outdoor water use - 47% of the Cities and Towns in the state. There is no restriction on rainwater use.

Tyngsboro and Pepperell chose to work with the Great American Rain Barrel Co., a local food importing company that has been repurposing shipping drums into Rain Barrels since 1988. Last year 30% of Massachusetts Cities and Towns partnered with The Great American Rain Barrel Co, selling over 3000 barrels. Great American Rain Barrel Co has been approved vendors by the MASSDEP for the state since 2010. **Barrels are being offered for \$69. Barrels will be available for pick up on date on Saturday, April 6th from 10:00am-12 noon during the Tyngsboro Health Fair at The Elementary School at 205 Westford Road Tyngsboro, MA. 01879**

Deadline for purchase is: March 31st at Midnight. To participate in the Rain Barrel Program and find out more about the barrels, please visit: www.tgarb.com/community/ and select your town.



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 Reconciliation: Saturdays... 11 am – 12 noon, or by appointment
 • **ST. JOHN THE EVANGELIST CHURCH:** 115 Middlesex Street, North Chelmsford
 • Daily Mass Schedule: Monday – Friday... 9 am; 1st and 3rd Saturday... 9:00 AM • Weekend Mass Schedule: Saturday... 4 pm; Sunday... 8:30 am, 10:30 am; 5 pm
 Reconciliation: Saturdays... 3:00 – 3:45 pm, or by appointment
LENTEN SEASON OFFERINGS MARCH 6 – APRIL 17
 • **ASH WEDNESDAY:** Wednesday, March 6th
 St. Mary Mass Schedule: 7 am, 4 pm, 7 am
 St. John Mass Scheduled: 9 am, 5 pm; 12 noon Liturgy of the Word with distribution of Ashes
RECONCILIATION SCHEDULE: In addition to regular confession schedule (above) Wednesday evenings 6:30-8:00 pm both parishes Alternate Monday evenings... 6:30 – 8 pm; First night, March 11th at St. John
STATIONS OF THE CROSS: Fridays of Lent, beginning March 8th Soup at 6:30 pm followed by Stations at 7:00 pm... both parishes.
LENTEN PRESENTATIONS
 "Preparing for Lent through the Three Pillars" presented by Fr. Brian Mahoney Monday, March 4th... 7 pm at St. Mary
 • **GODSPELL** performed by the youth of Chelmsford Catholic Collaborative! 1 weekend, 3 performances only. Saturday, March 9th at 1:30 pm and 7:00 pm. Sunday, March 10th at 2:00 pm. Free admission, but freewill offerings gladly accepted.
 "Wake up and Smell the Roses" presented by Fr. Frederick Fraini, III Sunday, March 10th following 6:pm Mass at St. Mary
LENTEN TAIZÉ PRAYER SERVICES
 Wednesday evenings, March 13, 20; April 3... 7pm at St. John
 "The Eternal Journey: Living out our Baptism" presented by Michael Lavigne
 Monday, March 25 – Wednesday, March 27... 7:00 – 8:30 pm at St. John "What Did Jesus Say on the Road to Emmaus" presented by Fr. Brian Mahoney
 Monday evenings, April 1, 8... 7 - 8:30 pm at St. Mary "A Love Story in 14 Chapters" presented by Deacon Matthew Walker
 Sunday, April 14th following 6:pm Mass at St. Mary
 Tenebrae Prayer Service Wednesday, April 17... 7pm at St. Mary
TRIDUUM/ EASTER SUNDAY SCHEDULE
HOLY THURSDAY, April 18th 9 am: Morning Prayer at St. John
 7 pm: Mass of the Lord's Supper at St. Mary
GOOD FRIDAY, April 19th 9 am: Morning Prayer at St. John
 3 pm: Teen-led Stations of the Cross at St. John
 7 pm: Passion of Our Lord Jesus Christ at St. Mary
HOLY SATURDAY, April 20th 9 am: Morning Prayer at St. Mary
 8:30 pm: The Great Easter Vigil Mass at St. John
EASTER SUNDAY, April 16th 8:30 and 10:30 am Masses at St. John
 7, 9 and 11 am Masses at St. Mary




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The Loading Dock Gallery is approaching the month of March with an adventurous spirit! Fiber and Textile artists, hailing from New England, explore materials and concepts that are so inspired, unique, and attractive to the senses, the exhibition had to be entitled *Fiberlicious!*

Experience the joy of fiber-play that visually and tactilely push artistic boundaries. Ponder artistic pieces that challenge the senses utilizing fiber/textile inspired 2D, 3D, video or digitally-generated pieces and wearables, often offering commentary and are brilliantly unexpected.

The Loading Dock Gallery, located at 122 Western Ave., 2nd Floor, Lowell, MA. The Western Avenue Studios is a unique collaborative art community. Our artists utilize a diverse variety of mediums such as glass, pottery, fine visual arts, jewelry, fiber, paper, sculpture, photography, graphic arts, literature, and more.

For questions, comments or additional information, please contact the Gallery at 978.985.0695 or Email us at loadingdockgallery122@gmail.com.

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

Our **regular fourth Saturday monthly Barn Dance** at the Parish Center for the Arts. • **SATURDAY, MARCH 30, 7:30pm, Dan Veino calling** No experience required. First-time dancers: **come at 7:00pm for free instruction**. Saturday fee \$6 adults; Students 21 & under free.

Sunday Afternoon Dances:

• **SUNDAY, MARCH 10, 3pm**, Jacqueline Laufman calling Oh, Contraire provides the live music.

Sunday dance fee is Adults \$5 and Kids \$3.

There is a maximum fee of \$15 per family.

Oh, Contraire provides the live music.



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WHAT IS REFLEXOLOGY?

by Lisa Davis, Reflexologist

Lic. # BO1723

Reflexology is the practice of applying alternating pressure to specific reflex areas of the feet and hands which correspond to specific areas on the rest of the body. Reflexology can open up the pathways of the central nervous system by releasing toxins and promoting greater circulation throughout the body.

Reflexology can help regulate body functions, induce calmness, and provide relaxation. Reflexology can stimulate circulation and provide relief to those suffering. Reflexology has proven to give relief and positive results to persons with rheumatoid arthritis, foot neuropathies, multiple sclerosis, cancer, digestive issues, stress, anxieties, sleep disorders and so much more.

My job as a reflexologist is to reduce life stressors and anxieties and promote calmness and healing throughout the body. The power of touch is a natural healing force that releases pain relieving chemicals that help the body heal and also releases endorphins that create a feeling of well-being.

To feel healthy and help another feel healthy and strong is very comforting and has long positive results.

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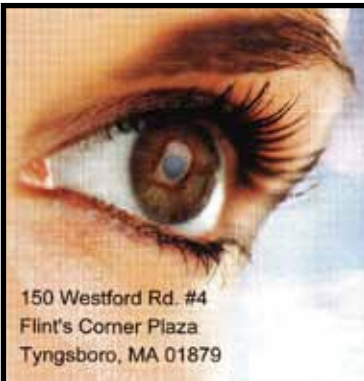
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THE WISH PROJECT

LOCATED at:

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

•• Our new smaller Thrift Shop is 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: Kitchen Tables, Love Seats,
Full & Queen Mattress Sets (no rips or stains), Metal Adjustable
Bed Frames, Infant Car Seats with Attachable Stroller (less than 3
years old), Bassinets and Sheets, Infant Towels, Size 6 Diapers and
Wipes
Shampoo/Conditioner, Body Wash, Body Lotion, Sanitary Pads,
Women's Deodorant
Toaster Ovens, Toasters, bake ware, mugs, Coffee Makers, Metal
Spatulas, Steak Knives
New Shower Curtain Liners New Rubber ducks, Bubbles, Beach
balls, Chalk, Crayons & Coloring Books

BITS Bags prevent developmental delay in poor children

Did you know that poor children are at higher risk for developmental
delay because they lack toys for stimulation. Our BITS Bag project
(Basic Items for Toddler Success) tries to help those at risk families.
You can help by donating filled bags, collect items or sponsor a bag
by making a financial contribution and we will supply a bag in your
name, to honor a family member or in the name of your company. If
you prefer to shop online you can purchase items from our [Amazon
BITS bag wish list](#) and ship your donation directly to us. **The
deadline for project goods is April 6th.**

42ND STREET We are excited to be partnering with ACTORS inc
in the Spring when they bring their newest musical 42ND STREET
to the Carl Rondina Performing Arts Center in Chelmsford. Showing
4/12 - 4/14 the performances will be supporting The Wish Project.
For more information and ticket purchases go to their website www.actorsincorporated.com or call (978) 984-3151.

Imagine that on Mother's Day 500+ women receive a gift bag
from The Wish Project containing new toiletries, soap, shampoo,
conditioner, toothpaste, feminine care products, a hair brush, a pair
of socks and deodorant. Just imagine how grateful these women
would be that they don't have to wait a month to be able to afford
these items, or choose between buying diapers and feminine
hygiene products. That is why for Mother's Day we try to provide as
many moms living in shelters with a few very basic toiletry items,
because we don't believe soap and toothpaste are a luxury!

This year we are starting the collection for Mother's Day early
because we depleted our toiletry stockpile to assist the people
involved in the Lawrence and Andover gas explosion.

Deadline for complete bags or project goods is April 27th. If
you would like to participate in this project go to the [Mother's Day
project page](#) on our website and see how you can help or email
Lori at lori@thewishproject.org and tell her how you can help. You
can also donate by ordering from our Amazon Mother's Day bags
link and ship directly to the warehouse. Last year we gave out 600+
bags to families in Merrimack Valley.

About Us The Mission of The Wish Project is to help families in
need in Merrimack Valley. www.TheWishProject.org or call us
at (866) 947-4360. **Mailing address is:** The Wish Project, PO Box
8693, Lowell, MA 01853

If you would like more information please contact Lori at
Lori@thewishproject.org and let her know how you would like to
help. You may also make a donation on our website.

EDITORS NOTE: *If you are reading this in the printed version, and do
not have access to a computer, please call the Wish Project at
(866) 947-4360 for more information.*

EVENTS AT LEGION POST #247

The Post will be offering home made Subs on
Monday & Friday from 12-3 at \$5.00 ea.

- Saturday, March 9th, 2019 Psychic Fair
10am. - 4:pm Readings \$25.00
- Sunday March 17th, St' Pat's Corned Beef & Cabbage Dinner
\$10, from 12:00 noon until gone
- Sunday March 24th, Sons of the Legion Meat Shoot 4:pm.
Events held at Post #247, 90 Pawtucket Blvd., Tyngsborough
Public invited to come and enjoy!
For more info call 978-649-7540



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 Oilje. 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.

AMVETS POST #247

ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA

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

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

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



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.



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or organization,
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MIDDLESEX CONSERVATION DISTRICT SPRING PLANT SALE

The Middlesex Conservation District will be holding its annual **Spring Plant Sale on Friday, April 26 from 3-6 pm and Saturday, April 27 from 8am – 12 noon.**

The Sale will be held at **Kimball Farm, 400 Littleton Rd, Westford, MA.** All items can be pre-ordered through **March 31** and picked up on the sale days – we encourage early ordering as all items are sold on a first come, first served basis. Items will include tree and shrub seedlings, perennials, fruits, groundcovers, and garden supplies (rain barrels, Tick Tubes, cow manure, fertilizers).

Please visit our website at www.middlesexconservation.org to place an order online, or download an order form to mail with payment. We will also be selling excess first quality stock on the days listed above.

The Middlesex Conservation District is a not-for-profit environmental agency whose purpose is conservation of natural resources in Middlesex County. Proceeds from our biannual plant sales provide programs to improve water quality and quantity, for preservation of open space and erosion control and provide environmental education. **For more information about our sale or programs please visit www.middlesexconservation.org.**

DUNSTABLE TYNGSBOUGH LIONS CLUB



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

Officers for the 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.

YOU CAN HELP BY DONATING THE FOLLOWING

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

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

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

ST. PATRICK'S DINNER AND SHAMROCK RAFFLE. THE PUBLIC IS INVITED

St. John the Evangelist Church 115 Middlesex St. in North Chelmsford will host a **Traditional Corned Beef & Cabbage Dinner** on **SATURDAY, MARCH 16, 2019** in the Church Hall. **Doors open at 5:00pm** for appetizers with the dinner starting at 5:30pm. Alpine Butchers in Chelmsford is providing the corned beef for the dinner. Also included in the price of a ticket is, appetizers, hot and cold beverages and dessert. **BYO (Beer & Wine)**

Take a chance on winning one of our beautiful gift baskets from our Shamrock Raffle table. We'll have live musical entertainment and our Raffle MC will delight you with his Irish humor and solicit Irish jokes from the crowd. All this for a ticket donation price of **\$18 per person.**

Each paid dinner ticket will be entered into the Door Prize drawing. (**TICKET SALE DEADLINE is Sunday March 11.**) Call Jane at 978-649-3404 for more information.

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