



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 36 Years of Service!

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TOWN CLERK NEWS

Notice of Increase in Fees for Vital Records. Mandates from the Department of Health, Registry of Vital Records, have resulted in increased costs to issue birth, death and marriage certificates. These costs include the purchase of special security paper and the current fee of \$5.00 is no longer sustainable. In accordance with MGL Chapter 40, Section 22F, effective July 1, 2019 the cost will increase to \$10.00 per copy which is comparable to many other towns. Fees are deposited to the General Fund. The cost to file your notice of marriage intentions will remain at \$25.00 and include one certified copy. Additional copies will now increase to \$10.00 per copy. Please contact me at CSkerrett@dunstable-ma.gov if you have any questions.

You can find the new Town Clerk fee schedule here: https://www.dunstable-ma.gov/sites/dunstablema/files/uploads/town_clerk_fees_2019.pdf

Please note the kennel fees are subject to the approval of the Attorney General via submission of the bylaws.

Reminder that all dogs, 6 months and older, are required to be licensed by state law. You can download an application from the town website or here at town hall. Please remember to enclose a SASE if you want it mailed back to you.

Carol A. Skerrett, Town Clerk CMMC

978-649-4514 x222 CSkerrett@dunstable-ma.gov

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

CURBSIDE TRASH AND RECYCLING PICKUP SUBSCRIPTIONS

New subscribers can sign up now online at www.dunstable-ma.gov and clicking on online payments, then to UniPay Gold Link and to Board of Health. You may also pay at the Town Hall Monday-Friday from 9AM to 4PM with cash or check made payable to the Town of Dunstable.

Existing subscribers can sign up any time during the month of July. Your service will not be interrupted during that time. If you plan "not to renew" your subscription please notify us at jferrari@dunstable-ma.gov or leave message at 1-978-649-4514 Ext 229, so we can make arrangements to pick up the containers.

New subscribers can pick-up their trash and recycling containers at the Town hall on Tuesdays from 12-4PM, and Wednesdays and Thursdays 9AM-2PM or by appointment by emailing us at health@dunstable-ma.gov, or calling and leaving a message at 978-649-4514 Ext. 229. Pick up is on Thursdays each week.

The fee for 12 months is \$300.00. New subscribers during the year will have their fee pro-rated \$25 each month.

Hope you have a wonderful summer!

IN MEMORY OF

James B. Crocker Ruth G. VanNorden Shannon
Thomas J. Doyle Nancy J. Conley Graham
Rita Estelle Melancon James G. Downes Jr.
John Koukias



CELEBRATING 150 YEARS

DUNSTABLE GRANGE MEETINGS are held on the **2nd Friday** of every month at Dunstable Town Hall at 8 p.m. Call for more information 978-649-3934. Come join Grange! *All are welcome!!! Refreshments will be served.*

SAVE THE DATE!

Grange Fair will be held on Saturday, August 17th, 2019 on the Dunstable Town Common, across from Dunstable Town Hall.

Please keep the **Premium List** which is attached at the end of this issue. This will give you all the details of the event. So many categories in which you may enter. Not up to that this year. Come and see the incredible projects that people have created and the beautiful plants and flowers they take pride in. Needless to say you will be amazed at the vegetables that people grow in our New England weather! This just might encourage you to try growing a few things yourself.



2019 DUNSTABLE CONCERTS ON THE COMMON
Every Wednesday, 6:30 - 8:30 Rain date Thursday

July 10 The Hollis Town Band	True Americana
July 17 Back -2- Back	Classic Rock
July 24 Delta Generators	American Roots & Blues
July 31 The Never Easy Band	A Mix of Country & Classic Rock
August 7 Band From Uncle	Rock & Roll, MO Town, Soul

July 17 Touch a Truck Night

Food will be available

For more information:

www.facebook.com/DunstableSummerConcerts

We are always looking for volunteers to help set up, parking and serving ice cream. See you on the common. sjt0213@verizon.net



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DUNSTABLE SENIORS

Program Coordinator Susan Tully 978-649-6750
or Email at sjt0213@verizon.net

We are a peer group for those over 60. Seniors meet in the community room of the Dunstable library every Wednesday Bone Builders, 10:30 - 11:30, dominos 10:30 - noon, lunch at noon. First Wednesday, BINGO FOR CASH. Last Wednesday of the month, POKENO, bring your pennies. SCRABBLE & CRIBBAGE group every Wednesdays at 12:30.

Thank You Jean Haight for delicious desserts, New England Well and Pump CO, and Maclean Electric for sponsoring our July and August Birthday Parties, The Dunstable Police Association's for a delicious meal at the Princeton Station. Brian O'Donnell and Mary Moeller are retiring from the Council on Aging Board, we would like to thank them for their years of service to the seniors.

WISH LIST Wrapped candies, paper plates, small or large size, cups, paper towels **VOLUNTEERS NEEDED** Lead an activity, teach a craft, visit a shut-in

LUNCHES IN JULY

July 10 Pot Luck Lunch. Bring a small serving of an appetizer, salad, sandwich, main course or dessert.

July 17 Cold salads, assorted sandwiches and watermelon, provided by Dinner Made Simple. RSVP by July 10

July 24 Chicken Cordon Blue, rice pilaf, peas and strawberry short-cake for dessert provided by the Traveling Chef. RSVP by July 17

July 31 Will be pizza, salad and a birthday cake for all our July birthday celebrants. The party this month is sponsored by Dunstable's New England Well & Pump Co.

LUNCHES IN AUGUST

August 7 Sweet and sour chicken served with mixed vegetables, provided by Charlotte's Cozy Kitchen. RSVP by July 31

August 14 American chop suey, garden salad garlic bread and dessert, provided by Dinner Made Simple. RSVP by August 7

August 21 Grilled Panini, your choice of either chicken parm or Italian, salad and desserts provided by the Traveling chef. RSVP by August 14

August 29 Will be pizza, salad and a birthday cake for all our August birthday celebrants. The party this month is sponsored by Dunstable's Maclean Electric

Book Club Like to read? Then we have the group for you. No meeting in July and August. Group will resume on **Sept. 21 at 10:30** at the library. Check out the library for a great selection of new book. New members are always welcome.

Rivercourt Residence Lunches in West Groton will be held on **Tuesday July 16 and August 20** at noon. Dunstable seniors are invited for a FREE delicious lunch. **Space is limited to 12**, RSVP by July 12 and August 16.

Veterans/ Senior Breakfast Will be held on the third Thursday of the month at the Tyngsboro Senior Center. All Dunstable seniors and veterans are invited to this FREE breakfast. Next breakfasts **July 18 and August 15** at 8:30a.m.

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

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

E-mail: anne@neighbortoneighbornewsletter.com

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Total Circulation is now 6,306 which includes Dunstable and Tyngsborough.

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DIG

DIG Members will enjoy one of our member's garden instead of formally meeting this month. The DIG Party is July 13th at 3:00pm. Please RSVP by July 10th on the Dunstable Independent Gardeners Facebook page under Events. Once you RSVP you will be given Party details privately via messenger.

WELL ADULT CLINICS

These are held on the fourth Wednesday of every month in the Community Room of the Dunstable Library, 588 Main St. These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. All residents, of any age are welcome to attend.

**Clinics will be held on July 24
and August 28 from 11 – noon.**

HOME DELIVERED NUTRITION MEALS

(Meals on Wheels Program)

Dunstable 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.

SAVE THE DATE

It's almost here

newly named **TOUCH A TRUCK 2019** event

formerly known as **VEHICLE NIGHT**

at the Dunstable Summer Concert Series.

Mark your calendars now, **Wed. July 17th rainedate Thurs. July 18th**. Back2Back band NH will be our featured band on the gazebo yet again this year rocking out their classic rock and roll tunes.

Silent auction baskets have been created so make sure you arrive to the common early that night around 6:00pm to get a chance to walk around and check out the silent auction table and all of the exciting vehicles that will surround the town common on **TOUCH A TRUCK** night at the Dunstable Summer Concert series. Food, beverages and ice cream will also be available to purchase.

Jen West & Karen Debreceni

West Auto Repair, Inc. & Dunstable Library co-sponsors

TOUCH A TRUCK night at the Dunstable Summer Concerts

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www.dunstable-ma.gov click on library

Mary Beth Pallis – Director – mpallis@mvlc.org

Karen Debrececi – Children's Librarian – kdebrececi@mvlc.org

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Museum in Charlestown, and a pass to 50 Massachusetts State
parks. New Discount Pass – Salem Witch Museum and Merrimack
Repertory Theatre.

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

DUNSTABLE LIBRARY SUMMER READING PROGRAM 2019 A "UNIVERSE OF STORIES"

June 18th Summer Reading Kicked Off

July 11th Library book roundup 6:00 PM Decorate a tote bag with
fabric paints and markers with Mrs. Wall. (Limited to 17)

July 16th Spa Day 4:00 PM Make your own bath bombs, lip gloss
and soap! Must be over 5 years old.

July 17th Touch a Truck Night on the town common - Co-sponsor
with West Auto Repair 6:30 PM Enjoy a great summer night of
music and lots of cool Trucks!

July 18th Sheryl Faye presents "Sally Ride" 10:30 AM Funded by
Dunstable Cultural Council

July 23rd Yum Yum Bar activity math program 4:00 PM
Learning to use money wisely in a fun program by Kathy Stoughton.

July 25th Meet Mrs. D at the Gazebo on the town common for story
hour 10:30 AM If it is raining, come to the library for story hour.

July 25th Toad Houses 6:00 PM Create an inviting habitat for
garden friends with Mrs. Wall.

July 26th Creature Teachers live Animal Show!

10:30 AM Sponsored by the McKenna Fund

Aug. 1st American Girl Tea Party 1:00 PM Bring your favorite doll or
stuffed animal and enjoy a tea and games!

Aug 6th Canvas Art Program with Raquel Kaplan! 4:00 PM
For ages 10 and up – limited to 12 people! - Sponsored by the Lucy
Kennedy Fund

Aug 8th & 22nd Come and Read to our Library Friend, Mr. Wilson
the dog. 11:30 AM

Aug 13th Last day to turn in raffle tickets

Aug 15th 1:30 PM Painting Wooden Art – Birdhouses or Treasure
Box

Aug 20th 3:00 PM Summer Finale - Raffle winners will be
announced and we will enjoy an ice cream social.

Aug 29-30th Meet Mrs. D at the Gazebo on the town common for
story hour 10:30 AM If it is raining, come to the library for story
hour.

YOU MUST SIGN UP FOR ALL PROGRAMS!

*If you are sick and are unable to attend a program you signed up
for, please call at least an hour in advance so I can call someone
from the wait list. If you do not show up for a program, you will not
be allowed to come to the next program. We had a serious problem
with no shows last summer.*

Like us on Facebook
and see Library Program information!



FARM TOUR SUNDAY JULY 21ST

Please join Dunstable Grange for a bus tour beginning with:

Coffee at Tully Farm, 291 Fletcher St, beginning at 9AM.

We will leave Dunstable around 9:30AM heading to Lexington
Lunch at Wilson Farms followed by a visit to Hornstra Dairy Farm.

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**YOU DO NOT NEED TO BE A MEMBER
OF THE GRANGE TO ENJOY THIS TOUR.....**

SHOULD YOU DOWNSIZE OR AGE IN PLACE?

By Edward H. Adamsky

You must consider what you are going to do in the future when you need help with your everyday activities or if you have trouble living at home. Are you going to stay in the home where you are now, or are you going to move somewhere else? You should think about this issue before a crisis occurs and make the choice on your own terms rather than being forced into a quick decision.

Most people would prefer to stay at home and "Age in Place." Home is where everything is familiar, and it is where you are most comfortable. But many homes were not built for elders and those with disabilities. Will your house be suitable for you if you cannot climb stairs or cannot step into a bathtub?

City living has advantages over suburban housing. In the city there are more services, transportation options, and people nearby to help. Suburban and rural seniors (especially those who lose the ability to drive) can get isolated, lonely, and even die because they get cut off from needed services. But, if you have lived in a smaller town for years, a move to a city may not be for you.

The housing statistics are showing that fewer elders are selling their homes than ever before. This is affecting the prices of homes and the stock available for younger people to buy. Younger people are preferring cities and urban living, which may leave more elders unable to sell their homes. But it may get harder for those older folks to retain their single-family homes. It may be too costly for a couple or single elder to live in a multi-bedroom home. Taxes and other expenses could make it impossible for a senior to continue affording a home that they love.

There are several considerations on whether or not to move. Is your home age-friendly? Will it work for you if you cannot climb stairs or have mobility issues? Are there services, friends, and family nearby to help you? Are there transportation options if you cannot drive?

If you are looking at moving, should you move to an apartment, condominium, or some sort of retirement community? Is the new facility designed with the needs of aging people in mind? Can you afford the new location and are there extra costs to live there? What services can you get in the new location? Is family near to the new location?

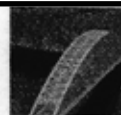
It is more difficult to move when you reach your 70s or 80s. If you think downsizing is right for you, then you should consider doing it in your 60s or early 70s rather than waiting. If you plan to stay where you are, then you should plan to coordinate the care and services you may need at home.

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DO YOU WORK FOR GOD'S PRAISE OR MAN'S?

By Nathan Combs

Affirmation is important to us. Regardless of our personality, gender, or culture, we appreciate hearing others tell us that we're doing a good job. We value positive performance reviews in business, we cherish thoughtfully written notes, and our hearts are warmed by a well-placed comment. Social media companies like Facebook well understand the power of praise and tempt us to over-check their websites, searching for the "likes" and "loves" of our friends. Praise is certainly encouraging, but like many other beneficial things, it can become idolatrous and destructive if it is the driving force of our behavior.

In Jesus' Sermon on the Mount (Matthew 5-7), he takes direct aim at the Pharisees for this very problem. Members of this conservative religious sect sounded trumpets when they gave to the poor in the streets and synagogues, they habitually prayed in public places, and they did not maintain personal hygiene when fasting, so "that they may be praised by others" (Matt. 6.2ff). Instead, Jesus encouraged his followers to serve the Lord without fanfare, so that "your Father who sees in secret will reward you" (Matt. 6.4, 6, 18). Rather than forbidding us to look for any praise whatsoever, Jesus redirects our God-given need for praise back to our Maker. This is an infinitely more satisfying place to look for it!

No matter how much we might try to flaunt our deeds, there is no guarantee of human awareness or appreciation. Even if we do receive praise from others, it might be inadequately given or based on unrighteous evaluations. After all, the prophet Ezekiel was praised for his sermons, but only because he was considered a masterful performer, not because his audience was pierced by God's words (Ezekiel 33.31-33). With God, however, we have an attentive Father who not only notices every good work we do, but also will not fail to praise us for them.

Later in Matthew's gospel, Jesus tells a parable of three servants who were entrusted by their master with his property. Each was given an amount of money proportional to his ability to manage it. One of the servants squandered his opportunities to multiply his "talent." The other two, however, both doubled the value of their allotments and were warmly praised by their master. Each man was told, "Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master" (Matthew 25.21, 23). Since this parable is in the context of the final judgment day scene pictured by Jesus (Matthew 25.31-46), Jesus' faithful people can expect God to give them a similar welcome when they meet him on the eternal day!

With the persecution we can expect to receive as Jesus' disciples (2 Timothy 3.12), we can also expect human disapproval. Soul-satisfying praise, however, awaits us in God's eternal presence. Do you work for God's praise or man's?

Buy local!
Invest in your community!

DIRECTOR OF THE COUNCIL ON AGING

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

DUNSTABLE COUNCIL ON AGING Brian O'Donnell and Mary Moeller are retiring from the Council on Aging Board, we would like to thank them for their years of service to the seniors.

Mary Moeller chairman; Brian O'Donnell, Secretary; Donald Pottle, Mary Dow, Barbara Martin, Vincent Hollins and James McMannus.

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

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

Medication Take Back Program Do you have out of dated or unused medication in your cabinet? An officer from the Dunstable Police Dept. will be at our meetings on the last Wed. of each month at noon to collect them and dispose of them properly. Drop off will be **July 31 and August 28**.

Well Adult Clinic Are held on the fourth Wednesday of every month in the community room of the Dunstable Library. These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. All residents, of any age are welcome to attend. Next clinic **July 24 and August 28 from 11 – noon**.

Van Service is available for medical appointments and grocery shopping. Cost is \$5.00 for local trips, Lowell, Chelmsford, Nashua, Tyngsboro, Westford, Ayer, Groton & Pepperell. \$10.00 for any other. Check with Anne Fenochetti as soon as you know when your appointment is to make sure a ride is available.

Meals on Wheels Do you or someone you know need the services of Meals on Wheels? This service is now being merged with Tyngsboro's MOW. For information contact Joyce Dastou at Merrimack Valley Elder Services.

Durable Medical Equipment Try us FREE before you buy. Check out the COA's inventory. We have a variety of good, gently used walkers, wheelchairs, transport chairs, canes, commodes and much more that people have generously donated. These are on loan and need to be returned when not in use. PLEASE call first before you drop off items. Accepted items should be brought to the Town Hall only.

Message from the Fire Chief Fire Chief Rich is available to check your smoke detectors you just need to set up an appointment. If you need the assistance of the fire department for a non-emergency situation and you've called the fire-station and no one was there. **Please call 978-448-6666 (Fire/Police/ems Dispatch)** they will notify the proper person or service to assist you. **Office # 978-649-6661**

Living Alone Safely in Your Own Home The Dunstable COA is working with the Fire Dept and the Police to keep those seniors living alone safe in their home. They can secure a lock box with a key on to your door at your home so that in an emergency help would be able to get to you quickly. Chief Rich will be available at our Wed. lunches if you have any questions. Call his Office # 978-649-6661 for more information.

Nashoba Nursing Service and Hospice: For information on home health, flu clinics, nursing availability, or hospice - call 1-800-698-3307. Hospice is looking for volunteers to visit patients to give the caregiver a break. Call Wendy Chieffo for more info 1-800-698-3307 ext. 352 or wchieffo@nashoba.org.

Groton Memory Cafe Every 4th Thursday from 10:00 - noon at the Groton COA 163 W Main St, West Groton, Ma. Join us for coffee and conversation for individuals and families living with memory changes. FREE, call 781-863-1166 ex. 104 for more info.

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MORE NEWS FROM THE

DIRECTOR OF THE COUNCIL ON AGING

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

Caregiver's Support Group sponsored by Rivercourt Residence. For families and caretakers of loved ones with Alzheimer's or other forms of dementia. If you are feeling sad, guilty, lonely or helpless. You are not alone! Come join us to talk about these feelings and connect with others whose experiences are similar to yours. For information call: Laurie Morency at 978-448-4122 ext. 250 When: First Wednesday of every month. Time: 10:30 am – 12noon Location: Conference room at 8 West Main Street, Groton MA 01450

Medicare Remember if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare has no connection to your eligibility for social security benefits. If you have questions call Elder Services at 1-800-892-0890.

Files of Life Why everyone should have their own **File of Life**. Medical emergencies happen any time. When they do there is panic, urgency, and confusion. A File of Life puts needed answers in the hands of EMTs. It allows first responders to immediately begin the best possible treatment. Completed File of Life have a magnetic strip on the back and should be placed on your refrigerator. File of Life are available at senior meetings or you can contact Fire Chief Rich for more information.

WE HAVE THE APPLICATION FOR RMV HANDICAP PLACARDS
Charity Navigator There aren't many days go by that we are not contacted to make a donation to different organizations. Want to make sure they're legitimate? Go to www.charitynavigator.org

Brown Bag Program Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have joined forces to offer an Elder Brown Bag Program for income eligible residents 60 years and older in the Merrimack Valley. Eligible elders will receive a FREE bag of groceries on the 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. Pick up at the Tyngsboro Senior Center. Applications are now available being through Anne at the Dunstable COA office.

Elder Hotline Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a state-wide, toll-free telephone hotline to assist individuals on a wide range of elder issues. The number is 1-888-243-5337 (TTY: 617-727-4765) Monday thru Friday 10:00 am– 4:00 pm This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families, and other information about elder related issues and programs throughout the commonwealth.

ESTHER

The story of a girl with two names; one hidden.

The story of two kings; one hidden.

A story of two decrees: one to destroy a people,

The other to save a people.

That which is hidden comes to light in this new musical adaptation of the Biblical story Esther: For Such a Time As This. Written and directed by David K MacAdam Music arranged, orchestrated and conducted by Peter Vantine

New Life Fine Arts Musical Theater is presenting the premiere production of an original musical theater adaptation of "Esther", the Biblical story of a Jewish orphan who becomes Queen to the Persian Emperor, King Ahasuerus (Xerxes) at a time when his reign has become plagued with political intrigue, plots of sabotage and genocide that threaten the unity of the Empire.

A company of more than 70 actors, singers, and dancers with a live orchestra will transport audiences to the magnificent winter palace of King Ahasuerus in the 5th century BC Persian capital city of Susa. Performances will be held at Groton Dunstable Performing Arts Center, 344 Main St, Groton, MA
 September 20, 21, 27, & 28 @ 7:30p.m.
 September 21, 22, 28, & 29 @ 2:30p.m.

Tickets are NOW available for purchase from nlfa. brownPaperTickets.com.

Visit www.newlifefinearts.org for more information.



Happy Summer, Neighbors!

Great news – Swallow Union ended the year at **#2 in the state!!** What an incredible achievement for a school of our stature. During the 2018-2019 school year, the community collected 32,873 Box Tops for Swallow Union Elementary. That's \$3,287 earned to help fund various incredible programs throughout the school! We cannot thank you enough for your efforts.

As previously mentioned, the Box Tops platform is going digital! Traditional Box Tops are being phased out of production but you will continue to find them on many products throughout the store for the next few years. **You can still clip them and send them in - just make sure they're not expired!**

The best way to help going forward is to **download the new Box Top for Education app** on your smart phone. It's as simple as taking a picture of your receipt when you return home from shopping. As long as you scan within 2 weeks of your purchase, you'll continue to help keep up our amazing collection efforts! The app will continue to offer bonuses, sweepstakes, and coupons, so even more reason to download it today.

You can turn in your carefully clipped Box Tops to any of these Dunstable drop-off locations: Swallow Union, Maple Village Preschool, the Library, post office, and West Auto Repair. Thanks again for your support!

Jen West & Cristina Agraz & Chrissy McLane

Box Tops for Education tri-chairs for Swallow Union Elementary School swallowunionapt.org aptsallowunion@gmail.com
facebook.com/SwallowUnionAPT

DUNSTABLE RESIDENTS GRADUATE FROM THE ACADEMY

Tyngsboro, MA – On June 1, the Academy of Notre Dame (NDA) held its 165th Upper School Commencement Ceremony. Among the students who received their diplomas from the private, all-girls Catholic high school in Tyngsboro, were two young women from Dunstable.

Marguerite Paglierani was a member of the Model United Nations Team during her time at the Academy. This fall, she will attend the University of Massachusetts Boston to study business.

Jiayue (Carrie) Sun was an international student from the Shandong Province, China, living with a host family. She was active in Model UN; International Students Club; the student-run art magazine, The Muse; the Marketing Program; and Handcraft Club. Sun also worked in the Extended Day Program at the Academy and participated in the cultural exchange program, "Bridges Across the Ocean." Sun was also a member of the volleyball team and plans on studying mathematics at the University of California, Santa Cruz in the fall.

The Class of 2019, composed of 36 students, earned a cumulative of more than \$8 million in renewable, merit-based scholarships. One hundred percent of the class was accepted to 90 colleges and universities across the U.S., Canada and Ireland. More than fifty percent of the class report that they will major in STEM related fields. The Academy of Notre Dame is a private, Catholic co-educational Pre-K through Grade 8 lower school and college-preparatory upper school for young women sponsored by the Sisters of Notre Dame de Namur. The Academy welcomes students of all faiths. It has a culturally diverse population comprised of students from approximately forty cities and towns throughout Massachusetts and New Hampshire, as well as international students.

For more information about the Academy, visit www.ndatyngsboro.org.



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NASHUA RIVER WATERSHED ASSOCIATION 50TH ANNIVERSARY 1969-2019 FREE COMMUNITY PROGRAMS

• Walk on Nashua River Rail Trail, Dunstable, MA

July 13, 2019 9-10:30AM on the Nashua River Rail Trail. Enjoy a guided nature walk along the Nashua River Rail Trail heading south from Dunstable toward Pepperell, an accessible trail for all ages and abilities.

• History and Current Operations of the Ayer Ice House Dam, Ayer, MA

July 18, 2019 6:30-7:30PM at the Ayer Ice House Dam. Lisa Grady of Ayer Ice House Dam and Alan Manorian, Ayer Director of Community and Economic Development and historian, share the history of this site and its renovation, including a short tour.

• Hike Along the Nissitissit River, Brookline, NH

July 23, 2019, 6-7:30PM at the Nissitissit River Conservation Area. Walk along the Nissitissit River, a major tributary of the Nashua River, enjoy its beauty, and learn about its cold water fishery.

• Hike at the Cook Conservation Area, Lancaster, MA

August 1, 2019, 6-7:30PM at the Cook Conservation area. Learn about local history and the important wildlife habitat in and along the North Nashua River during this guided hike on riverside trails.

• Hike at the Lane Conservation Area, Lunenburg, MA

August 6, 2019, 6-7:30PM at the Lane Conservation Area. Discover the beauty of the property on a guided walk along wooded trails and the banks of the winding Mulpus Brook.

• The History of the Wachusett Dam and Reservoir, Clinton, MA

September 7, 2019, 1-2:30PM On the promenade at the top of the dam, Rangers from the Dept. of Conservation and Recreation will share the story of how the dam was built and how the dam works to protect the water quality of the Nashua River today.

For individual program details including registration information, as well as more about our 50th Anniversary and our work, visit www.NashuaRiverWatershed.org.



SHEPHERD OF THE VALLEY LUTHERAN CHURCH

Now holds services and other activities *at the Federated Church*
21 Washington St., Ayer, MA (978) 540-0768
<http://www.sov-lc.org>

Pastor Rev. Susan Gaeta

Summer worship time changed to 9:30 AM

On Saturday, July 27th there will be a Women's Retreat.
The exact time and place are yet to be determined.

VBS (Vacation Bible School) will take place at the Federated Church from **August 5th through the 9th**. Children ages 4 and 5 will have 1/2 day from 9 to noon and those from ages 6 through 14 will have a full day of Bible School beginning at 9 and ending at 4. There is no charge for this event.

Call Margaret Doyle to sign up at 978-772-7095 or call the church 978-540-0768.

GDEF & GDRSD IMPLEMENT RESPONSIVE CLASSROOM PROFESSIONAL DEVELOPMENT TO TEACH SOCIAL - EMOTIONAL SKILLS

Groton-Dunstable Schools Working to Improve Students' Social/Emotional Skills Thanks to \$50,000 Grant to GDEF from Middlesex Savings Bank

Buoyed by a \$50,000 grant from Middlesex Savings Bank in 2018, the Groton Dunstable Education Foundation (GDEF) is pleased to announce that it has funded the implementation of Responsive Classroom training in the Groton-Dunstable Regional School District. Responsive Classroom is an evidence-based approach to teaching that focuses on engaging academics, positive community, effective management, and developmental awareness. The program has been described by the Collaborative for Academic, Social, and Emotional Learning (CASEL) as among the most "well-designed evidence-based social and emotional learning (SEL) programs." Training began in the Groton-Dunstable Middle School in the 2018-19 school year and will extend into Swallow Union and Florence Roche in the 2019-20 school year.

GDEF's funding of this project began in 2018 with an initial grant of \$25,000 that allowed teachers at our Groton-Dunstable Middle School to participate in Responsive Classroom Training, led by Michelle Bensen. At this training, teachers learned how to implement strategies to create a classroom community that fosters collaboration, community, and social emotional learning. According to Caitlyn Morris, a sixth grade science teacher, "Many of us would like the opportunity to meet again either in the summer or during the school year. It would be great to form a professional learning community," demonstrating the success of the program in the GD Middle School.

Building on the success of this initial grant, GDEF has now awarded the GDRSD a second grant of \$25,000—making full use of Middlesex Savings Bank grant—to extend this program into the Florence Roche and Swallow Union Elementary Schools. As noted by Katie Novak, GDRSD Assistant Superintendent, "When students receive social emotional supports that are aligned with academic and behavioral efforts, they fare better on...academic achievement metrics, positive social behaviors and attitudes. We need to ensure that our teachers have a framework to support students with the key social emotional (SEL) competencies." During the 2019-20 academic year, all district's K-4 educators will have extensive training in social/emotional learning and ongoing support from experts in the fields of social/emotional learning.

GDEF's support of this initiative was made possible by the generosity of Middlesex Savings Bank and, as noted by Emily Davis, GDEF Board President, "Middlesex Savings Bank has been a wonderful partner in helping our organization to work with the district administration to build this new program." For more on GDEF, see www.gdefinc.org.



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prayer meeting - Wed. 7pm. Home Bible study - 7pm, 1st and 3rd
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Town Hall (978) 649-4514. The departmental extensions are as follows:

221 Accountant 222 Town Clerk 223 Council on Aging
224 Board of Selectmen (handles many depts.) Also for Animal Control
Officer. After hours call Police at 978-649-8891. If emergency call 911
225 Assistant Assessor 226 Building Inspector 227 Highway
228 Collector/Treasurer 229 Board of Health
230 Conservation/Planning Board 249 Assessors, Water Dept
Please dial 0 if you need assistance.

Veteran's Officer 978-649-3919

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Alarm System* 978-448-6666* can be used to call in a fire from cell phone
You will find more information on the town website www.dunstable-ma.gov

PEPPERELL FOOD PANTRY

NOW OPEN TO DUNSTABLE RESIDENTS

PACH, Pepperell's food pantry, is now open to Dunstable residents in need. ***The pantry, located at 66 Hollis Street in Pepperell, is open on Tuesdays from 5 to 7 p.m. and Thursdays from 2 to 4 p.m. and 5 to 7 p.m.***

PACH provides food and personal care items to residents of Pepperell and Dunstable in need of assistance. The pantry provides canned and boxed foods, frozen meats, and depending on availability, fresh fruits, vegetables, breads and dairy products. PACH clients may receive assistance from the pantry twice per month.

If you are interested in becoming a PACH client, please contact the office at 978-925-9770 or visit PACH's website, www.pachoutreach.org to learn how to receive assistance, and the required documentation for proof of residence in Pepperell or Dunstable.

Food Assistance Programs PACH also distributes food monthly on behalf of the USDA (U.S. Department of Agriculture) Food and Nutrition Programs, MEFAP (Massachusetts Emergency Food Assistance Program), and the Greater Boston Food Bank. Some of these programs have eligibility requirements, which can vary from year to year. PACH volunteers can help you determine whether you are eligible.

Resource Referrals PACH connects residents with public and private resources that can provide additional assistance – including SNAP (Supplementary Nutritional Assistance Program – aka Food Stamps), WIC (Women, Infants, and Children), the Salvation Army, local churches, and town departments. Our volunteers can help navigate applications and other paperwork. PACH is currently a designated TBD site for the SNAP program. Our trained volunteers will help you initiate the application process with the designated state agency. Referrals are available on an as-needed basis – please contact the office for more information.

Fuel Assistance The Low Income Home Energy Assistance Program (LIHEAP) provides income-based assistance for heating costs. Assistance is available for all fuel sources, including electric, oil, gas, and firewood. Trained PACH volunteers help clients with the application and documentation process. Applications are then submitted to the designated agency for approval.

About PACH PACH, formed in 1974 as Pepperell Aid Church to Home and whose acronym now stands for Pepperell Aid Community to Home was first housed in the Knights of Columbus and local churches. As the demand for the food pantry has grown, PACH has had to move from location to location, relying on other organizations, such as Friends of the Seniors, to provide space and support. In 2017, PACH purchased the building at 66 Hollis Street in Pepperell and began the lengthy process of complete renovations. The new space allows clients to “shop” for their groceries in a clean, bright building with ample storage and parking. PACH's new home officially opened in November of 2018 and is now available to Dunstable residents. It is an entirely volunteer-led 501 (c) 3 non-profit organization. PACH serves over 300 individuals and families each month. Its clients include senior citizens, veterans, and children. High unemployment, the rising cost of food and fuel and reductions in state and federal aid have had a major impact on families.

For more information, please visit the pantry's website, pachoutreach.org or call 978-925-9770.

GRACE LUTHERAN CHURCH

130 Spit Brook Rd, Nashua, NH 603-888-7579 www.glcmshn.org
Pastors: George Ruwisch and Mick Meyer Ministry Coordinator:
Sharlene Peterson Youth Director: Alison Efstathiou

VETERANS' SERVICE OFFICE

July is the month we celebrate our freedoms, but many of us forget that those freedoms did not come free. Many of our original signers of the Declaration of Independence were either hunted down and killed or had their homes burned to the ground. Since then our country has given so many lives for our freedoms and we are still doing it today. So as we go forward with our celebrations of our independence please let us not forget they came at a very high price.

As always if you know of any veteran, widow or family member in need of assistance of any kind, even if it is just information, please leave me a message at 978-649-3919 or send me an email at VSO@Dunstable-ma.gov. I am here to help you.

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

Dunstable Veteran Services Officer

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LOCAL WOMEN'S EVENT RAISES \$1000 FOR LOCAL BATTERED WOMEN'S SHELTER

Acton, MA, June 18, 2019 – Women who take care of themselves and stay connected to one another are incredibly resourceful. Last Thursday night, June 13th, Drs. Pamela Jarboe and Lauren Yeager of Community Chiropractic along with Lisa Medora, Licensed Massage Therapist and Debbie Ward, Certified Health & Life Coach invited local women from Acton and surrounding towns to a memorable night at Great Spaces, Acton 245 Arlington, Acton, MA. The event was co-sponsored by Community Chiropractic, Acton Pharmacy, RealShades.com, Scheier Katin & Epstein, Nashoba Valley Chamber, Eat-In-Good Health, Big Hill Movers, Silver Unicorn Bookstore and Illuminate Music.

The women learned about health challenges unique to women and the five W's of self-care to up-level wellness, positivity and happiness in your life. “It is amazing to watch what happens when great women come together. The local business women helped one another, the guests took care of themselves better which created resources for women who need their help at the shelter. It was spectacular.”, said Dr Pam Jarboe, one of the hostesses of the night. Participants enjoyed all the incredible food prepared by Eat In Good Health, a healthy meal service for busy women and families. There were hor d'oeuvres, music, wine, and free raffles and giveaways donated by local businesses. The event was thrilled to announce that it raised \$1000 for House of Hope, a women's shelter in Lowell. For more information about the event and Community Chiropractic, visit: <https://communitychiropracticacton.com>

Have events coming up? ***During the summer I will post articles and events on the website.***

www.neighbortoneighbornewsletter.com

Need details about advertising your business?

Contact anne@NeighborToNeighborNewsletter.com or Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.

You may leave a message for me at **978-419-1914**.

Tyngsborough printed issues circulation is 5067 and

Dunstable printed issues circulation is 1239.

Copies available online, at town hall and library

August 10th is the deadline for the September issue.



93rd GRANGE FAIR DUNSTABLE GRANGE #31

Massachusetts Department of Food and Agriculture Cooperating Fair has been funded in part by the
Massachusetts Cultural
Council and the Massachusetts State Grange

**SATURDAY, AUGUST 17th, 2019
TOWN COMMON, DUNSTABLE, MA**

**-No Dogs allowed on premises-
-No Marijuana in any type of entry-**

Premium List

**READ ALL REQUIREMENTS AS GIVEN ON THE PREMIUM
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SCORE CARD FOR COLLECTIONS OF FRUIT AND VEGETABLES

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All exhibits are to be brought to the town common and entered on Saturday,
August 17, 2019.

Registration will OPEN at 9:00 a.m. and CLOSE at 11:00 a.m. Late entries
may be refused. Articles previously exhibited in this fair are not eligible for
prizes.

All Exhibitors must be MASSACHUSETTS RESIDENTS Exhibits MUST
REMAIN ON DISPLAY for the general public 2:30 p.m. to 7:30 p.m. The
Grange will gratefully accept any donations made toward the auction.

Any Exhibitor may make only one (1) entry in a given category.

A first prize will not be awarded unless quality warrants.

Days Events

3:00 p.m.	Sales Tables, Home Baked Goodies Soda/ Popcorn/ Ice cream (from Goss Farm) Gifts Sales Table—Ruth Tully
3:00 p.m. - 7:30 p.m.	Hamburger, hotdogs, sausage -Prescott Grange
3:30 p.m. - 4:15 p.m.	Interactive Bubble Show
4:30 p.m. - 5:30 p.m.	Police Dog
6:00 p.m. - 8:00 p.m.	Band Concert by Dave Sammarco Band
7:00 p.m.	Community Citizen Award
8:00 p.m.	Auction of Donated Exhibits
9:00 p.m.	Drawing of raffle baskets

ROSETTE RULES

1. No Rosette shall be awarded to any member of the Fair Committee or any exhibit department chairperson.
2. A Green Rosette will be awarded for the most Blue Ribbons awarded overall.
3. Two (2) Green Rosettes will be awarded in the Youth Department. (6-13) age group and (14-20) unmarried) age group.
4. One Green Rosette will be awarded for an outstanding exhibit.

Recommendations of the Judges will be considered.

ALL DECISIONS ARE FINAL.

Class I—Fruits

All fruits must be grown, selected and arranged by exhibitor.

Calvin Chase, Chairperson

A. DISPLAY CLASS	1st	2nd	3rd
1. Display of at least five kinds of fruits in an appropriate container	\$7.50	\$5.00	\$3.00
B. BAGS	1st	2nd	3rd
1. Three 3-lb bags of McIntosh Apples	\$3.00	\$1.50	\$1.00
2. Three 3-lb bags of any other variety	\$3.00	\$1.50	\$1.00
C. PLATE CLASS	1st	2nd	3rd
1. 5 McIntosh Apples	\$2.50	\$1.50	\$1.00
2. 5 Cortland Apples	\$2.50	\$1.50	\$1.00
3. 5 Gravenstein Apples	\$2.50	\$1.50	\$1.00
4. 5 Early McIntosh Apples	\$2.50	\$1.50	\$1.00
5. 5 Any Other Variety Apples	\$2.50	\$1.50	\$1.00
6. 5 Peaches	\$2.50	\$1.50	\$1.00
7. 5 Bartlett Pears	\$2.50	\$1.50	\$1.00
8. 5 Any Other Variety Pears	\$2.50	\$1.50	\$1.00
9. Pint Blueberries	\$2.50	\$1.50	\$1.00
10. Quart Strawberry	\$2.50	\$1.50	\$1.00
11. 5 Any Other Fruit	\$2.50	\$1.50	\$1.00

Class II—Vegetables

All vegetables must be grown, selected and arranged by exhibitor.

Virginia Holt, Chairperson / Jerry Simmons, Assistant

A. DISPLAY CLASS	1st	2nd	3rd
1. Display of at least five kinds of vegetables in an appropriate container	\$10.00	\$7.50	\$5.00
B. BEST MARKET PACKAGE	1st	2nd	3rd
Any container bushel or greater (except bags)			
1. Potatoes	\$7.00	\$5.00	\$3.00
2. Corn	\$7.00	\$5.00	\$3.00
3. Any Other Vegetable	\$7.00	\$5.00	\$3.00
C. PLATE CLASS	1st	2nd	3rd
1. 15 Pods Pole Beans	\$3.00	\$2.00	\$1.00
2. 15 Pods Green Beans	\$3.00	\$2.00	\$1.00
3. 15 Pods Shell Beans	\$3.00	\$2.00	\$1.00
4. 15 Pods Yellow Beans	\$3.00	\$2.00	\$1.00
5. 15 Lima Beans	\$3.00	\$2.00	\$1.00
6. 15 Purple Beans	\$3.00	\$2.00	\$1.00
7. 5 Beets—1" Stems	\$3.00	\$2.00	\$1.00
8. 5 Carrots—1" Stems	\$3.00	\$2.00	\$1.00
9. 2 Cabbage	\$3.00	\$2.00	\$1.00
10. 5 Ears Sweet Corn	\$3.00	\$2.00	\$1.00
11. 3 Cucumbers (2 in Youth Class)	\$3.00	\$2.00	\$1.00
12. 5 Pickling Cukes	\$3.00	\$2.00	\$1.00
13. 2 Eggplant	\$3.00	\$2.00	\$1.00
14. 2 Muskmelons (ripe)	\$3.00	\$2.00	\$1.00
15. 5 Onions—White	\$3.00	\$2.00	\$1.00
16. 5 Onions—Yellow	\$3.00	\$2.00	\$1.00
17. 5 Peppers	\$3.00	\$2.00	\$1.00
18. 5 Hot Peppers	\$3.00	\$2.00	\$1.00
19. 5 Potatoes—Green Mountain	\$3.00	\$2.00	\$1.00
20. 5 Potatoes—Any Other	\$3.00	\$2.00	\$1.00
21. 2 Pumpkins—Sugar	\$3.00	\$2.00	\$1.00
22. 2 Field Pumpkins	\$3.00	\$2.00	\$1.00
23. 2 Squash—Acorn	\$3.00	\$2.00	\$1.00
24. 2 Squash—Butternut	\$3.00	\$2.00	\$1.00
25. 2 Squash—Hubbard	\$3.00	\$2.00	\$1.00
26. 2 Squash—Spaghetti	\$3.00	\$2.00	\$1.00
27. 2 Squash—Summer	\$3.00	\$2.00	\$1.00
28. 2 Squash—Zucchini	\$3.00	\$2.00	\$1.00
29. 2 Squash—Patty Pan	\$3.00	\$2.00	\$1.00
30. 2 Squash—Any Other	\$3.00	\$2.00	\$1.00
31. 5 Tomatoes—Red	\$3.00	\$2.00	\$1.00
32. 5 Tomatoes—Green	\$3.00	\$2.00	\$1.00
33. 10 Tomatoes—Plum	\$3.00	\$2.00	\$1.00
34. 10 Tomatoes—Cherry	\$3.00	\$2.00	\$1.00
35. 10 Tomatoes—Grape	\$3.00	\$2.00	\$1.00
36. 2 Watermelons	\$3.00	\$2.00	\$1.00
37. Herbs	\$3.00	\$2.00	\$1.00
38. Any Other Vegetable	\$3.00	\$2.00	\$1.00

Class III—Canned Goods

The products shown must be the current year's production and made by the exhibitor.

All canned and preserved goods, except Jams and Jelly, sealed by processing. Jars in any category must be the same size and type, clean and labeled clearly. Due to State ruling, **GARDEN SPECIAL**, cannot be accepted for judging.

Susan Rotellini, Chairperson

A. COLLECTIONS	1st	2nd	3rd
1. 6 Jars, 3 kinds of Vegetables and 3 kinds of fruit	\$4.00	\$3.00	\$2.00
2. 3 Jars of Pickles and/or Relishes, 1 jar each of 3 kinds	\$4.00	\$3.00	\$2.00
3. 3 Jars of Vegetables, 1 jar each of 3 kinds	\$4.00	\$3.00	\$2.00
4. 3 Jars of Fruits, 1 jar each of 3 kinds	\$4.00	\$3.00	\$2.00
B. VEGETABLES—2 JARS	1st	2nd	3rd
1. Green Beans	\$3.00	\$2.00	\$1.50
2. Yellow Beans	\$3.00	\$2.00	\$1.50
3. Beets	\$3.00	\$2.00	\$1.50
4. Carrots	\$3.00	\$2.00	\$1.50
5. Corn	\$3.00	\$2.00	\$1.50
6. Pickles	\$3.00	\$2.00	\$1.50
7. Summer Squash	\$3.00	\$2.00	\$1.50
8. Tomatoes	\$3.00	\$2.00	\$1.50
9. Any Others	\$3.00	\$2.00	\$1.50
C. FRUITS—2 JARS	1st	2nd	3rd
1. Blueberries	\$3.00	\$2.00	\$1.50
2. Peaches	\$3.00	\$2.00	\$1.50
3. Pears	\$3.00	\$2.00	\$1.50
4. Any Other	\$3.00	\$2.00	\$1.50
D. JELLY AND JAM- 2 Jar (not less than 4 ounces)	1st	2nd	3rd
(Same variety competing for 1 set of Prizes)			
1. Jelly—Berry	\$3.00	\$2.00	\$1.50
2. Jelly—Fruit	\$3.00	\$2.00	\$1.50
3. Jam—Berry	\$3.00	\$2.00	\$1.50
4. Jam—Fruit	\$3.00	\$2.00	\$1.50
E. HONEY—2 JARS	1st	2nd	3rd
	\$3.00	\$2.00	\$1.50

FAIR COMMITTEE: Secretary - Linda Chase, Kristina Tully, Erin Tully; Committee - Charles & Jennifer Tully, Cal & Linda Chase, Robert Holt, Virginia Holt; Raffle Chairperson - Jan Ingram; Auctioneer - Charles Tully, Jr.

Class IV—Food**All Food must be made by the exhibitor. No Cheesecakes, No Package Mixes***Diane Allen, Chairperson / Jen Tully, Assistant*

		1st	2nd	3rd
1.	Packaged Lunch—Menus Must Accompany	\$2.50	\$1.50	\$1.00
2.	White Bread (Yeast)	\$2.50	\$1.50	\$1.00
3.	Dark Bread (Yeast)	\$2.50	\$1.50	\$1.00
4.	Banana Bread	\$2.50	\$1.50	\$1.00
5.	Quick Bread	\$2.50	\$1.50	\$1.00
6.	Zucchini Bread	\$2.50	\$1.50	\$1.00
7.	Brown Bread—Any Other Bread	\$2.50	\$1.50	\$1.00
8.	Angel Food Cake—Unfrosted	\$2.50	\$1.50	\$1.00
9.	Decorated Cake(All Decorations must be edible)	\$2.50	\$1.50	\$1.00
10.	Chocolate Layer Cake	\$2.50	\$1.50	\$1.00
11.	Coffee Cake	\$2.50	\$1.50	\$1.00
12.	Sponge Cake	\$2.50	\$1.50	\$1.00
13.	Cup Cakes (6)	\$2.50	\$1.50	\$1.00
14.	Any Other Cake	\$2.50	\$1.50	\$1.00
15.	Blueberry Pie	\$2.50	\$1.50	\$1.00
16.	One Crust Pie	\$2.50	\$1.50	\$1.00
17.	Apple Pie	\$2.50	\$1.50	\$1.00
18.	Fruit Pie	\$2.50	\$1.50	\$1.00
19.	Any Other Pie	\$2.50	\$1.50	\$1.00
20.	Muffins (6)	\$2.50	\$1.50	\$1.00
21.	Biscuits (6)	\$2.50	\$1.50	\$1.00
22.	Brownies (6)	\$2.50	\$1.50	\$1.00
23.	Squares (6)	\$2.50	\$1.50	\$1.00
24.	Drop Cookies (6)	\$2.50	\$1.50	\$1.00
25.	Rolled Cookies (6)	\$2.50	\$1.50	\$1.00
26.	Chocolate Chip Cookies (6)	\$2.50	\$1.50	\$1.00
27.	Snickerdoodles (6)	\$2.50	\$1.50	\$1.00
28.	Chiffon Cake—Unfrosted	\$2.50	\$1.50	\$1.00
29.	Molded Candy (6)	\$2.50	\$1.50	\$1.00

Class V—Flowers*Caryl Adamowitch, Chairperson*

A. FLOWER ARRANGEMENTS - Flowers must be selected and arranged in containers furnished by the exhibitor. Entries must be judged for quality of arrangements, as well as for quality of the blooms.

		1st	2nd	3rd
1.	Shallow Dish—floating arrangement	\$3.00	\$2.00	\$1.00
2.	Flower Combined with Fruit	\$3.00	\$2.00	\$1.00
3.	In Container not originally intended for flowers	\$3.00	\$2.00	\$1.00
4.	Garden Flowers, 3 or more varieties	\$3.00	\$2.00	\$1.00
5.	Center of Table	\$3.00	\$2.00	\$1.00
6.	Small Arrangement	\$3.00	\$2.00	\$1.00

—less than 5" in any dimension, including container

8.	Annuals, 4 or more kinds	\$3.00	\$2.00	\$1.00
9.	Wildflower Arrangement	\$3.00	\$2.00	\$1.00
10.	Dried Flower Arrangement	\$3.00	\$2.00	\$1.00

B. HOUSE PLANTS

		1st	2nd	3rd
1.	African Violets—Single	\$3.00	\$2.00	\$1.00
2.	African Violets—Double	\$3.00	\$2.00	\$1.00
3.	Begonia	\$3.00	\$2.00	\$1.00
4.	Miniature Garden/Terrarium	\$3.00	\$2.00	\$1.00
5.	Any Other—All Competing Together	\$3.00	\$2.00	\$1.00
6.	Any Other Hanging Plant	\$3.00	\$2.00	\$1.00

C. CUT FLOWERS

		1st	2nd	3rd
1.	Asters—5 Blooms	\$3.00	\$2.00	\$1.00
2.	Cosmos—5 Stems	\$3.00	\$2.00	\$1.00
3.	Dahlias—5 Singles	\$3.00	\$2.00	\$1.00
4.	Gladiolus—5 Spikes, Any Variety	\$3.00	\$2.00	\$1.00
5.	Gladiolus—3 Spikes, Any Variety	\$3.00	\$2.00	\$1.00
6.	Gourds—At Least 5 Kinds	\$3.00	\$2.00	\$1.00
7.	Marigolds—Regular (5)	\$3.00	\$2.00	\$1.00
8.	Marigolds—Giant (5)	\$3.00	\$2.00	\$1.00
9.	Nasturtiums (5)	\$3.00	\$2.00	\$1.00
10.	Petunias—5 Stems, Single Flowered	\$3.00	\$2.00	\$1.00
11.	Single Rose	\$3.00	\$2.00	\$1.00
12.	Zinnias—Dwarf (5)	\$3.00	\$2.00	\$1.00
13.	Zinnias—Giant (5)	\$3.00	\$2.00	\$1.00
14.	Any Other Cut Flowers	\$3.00	\$2.00	\$1.00
15.	Any Other—5 Blossoms or Stems	\$3.00	\$2.00	\$1.00

Class VI—Photography (NO FRAMES, NOTHING LARGER THAN 8X10)*Louise Murphy, Chairperson / Kristina Tully, Assistant*

A. PRINTS—Mounted on Stiff 8.5" x 11" Backing		1st	2nd	3rd
1.	People	\$2.50	\$1.50	\$1.00
2.	Picturesque Scene	\$2.50	\$1.50	\$1.00
3.	Animals or Pets	\$2.50	\$1.50	\$1.00
4.	Sunsets	\$2.50	\$1.50	\$1.00

B. ENLARGEMENTS—5" x 7" to 8"x 10"

		1st	2nd	3rd
1.	People	\$2.50	\$1.50	\$1.00
2.	Picturesque Scene	\$2.50	\$1.50	\$1.00
3.	Animals or Pets	\$2.50	\$1.50	\$1.00
4.	Sunsets	\$2.50	\$1.50	\$1.00

C. BLACK AND WHITE PRINTS

		1st	2nd	3rd
1.	People	\$2.50	\$1.50	\$1.00
2.	Picturesque Scene	\$2.50	\$1.50	\$1.00
3.	Animals or Pets	\$2.50	\$1.50	\$1.00

D. BLACK AND WHITE PRINTS- Enlargements

		1st	2nd	3rd
1.	People	\$2.50	\$1.50	\$1.00
2.	Picturesque Scene	\$2.50	\$1.50	\$1.00
3.	Animals or Pets	\$2.50	\$1.50	\$1.00

E. CLOSE-UPS

		1st	2nd	3rd
1.	People	\$2.50	\$1.50	\$1.00
2.	Flowers	\$2.50	\$1.50	\$1.00
3.	Animals	\$2.50	\$1.50	\$1.00

F. SERIES OF 3 PICTURES

		1st	2nd	3rd
G.	Architecture	\$2.50	\$1.50	\$1.00

Class VII—Domestic Arts**All items must be completed, only items listed below will be accepted for judging.***Rebecca Ingram, Chairperson**(For youth entries please see below)*

		1st	2nd	3rd
1.	Quilts—Machine Made	\$7.00	\$5.00	\$3.00
2.	Quilts—Hand Sewn	\$7.00	\$5.00	\$3.00
3.	Afghans—Knitted	\$5.00	\$3.00	\$2.00
4.	Afghans—Crocheted	\$5.00	\$3.00	\$2.00
5.	Wall hangings	\$5.00	\$3.00	\$2.00
	—hooked, machine made, quilted, hand sewn			
6.	Table Runner	\$5.00	\$3.00	\$2.00
7.	Christmas Stocking	\$3.00	\$2.00	\$1.00
8.	Any Clothing—Knitted	\$3.00	\$2.00	\$1.00
9.	Any Clothing—Crocheted	\$3.00	\$2.00	\$1.00
10.	Pillows—Hooked, Crocheted, Patchwork, Quilted	\$3.00	\$2.00	\$1.00
11.	Baby Articles—Knitted	\$3.00	\$2.00	\$1.00
12.	Baby Articles—Crocheted	\$3.00	\$2.00	\$1.00
13.	Needle Articles	\$3.00	\$2.00	\$1.00
	—Crewel, Candle Wicking, Counted Cross Stitch, & Needlepoint			
14.	Tole Painting	\$3.00	\$2.00	\$1.00
15.	Oil/Acrylic Painting	\$3.00	\$2.00	\$1.00
16.	Watercolor Painting	\$3.00	\$2.00	\$1.00
17.	Any other picture—pen, ink, pencil, etc.	\$3.00	\$2.00	\$1.00
18.	Woodworking	\$3.00	\$2.00	\$1.00
19.	Woodcarving	\$3.00	\$2.00	\$1.00
20.	Jewelry/ Bead work	\$3.00	\$2.00	\$1.00
21.	Scrapbook—1 or 2 Page Layout	\$3.00	\$2.00	\$1.00
22.	Fabric Arts—Child's Article	\$3.00	\$2.00	\$1.00
23.	Fabric Arts—Adult Article	\$3.00	\$2.00	\$1.00
24.	Rug	\$3.00	\$2.00	\$1.00
25.	Hooked Christmas Items	\$3.00	\$2.00	\$1.00
26.	Plastic Canvas	\$3.00	\$2.00	\$1.00
27.	Any Other	\$3.00	\$2.00	\$1.00

Youth Categories**Category 1—Youth Ages 6 to 13****Category 2— Youth Ages 14-20****All Ages Are As Of January 1, 2019***Tim Chase Chairperson / Susan Conant, Assistant***Class VIII—Vegetables****See Class II For Information****Class IX—Canned Goods****See Class III For Information****Class X—Food****See Class IV For Information****Class XI—Flowers****See Class V For Information****Class XII—Photography****See Class VI For Information****Class XIII—Domestic Arts**

		1st	2nd	3rd
1.	Pillow	\$2.50	\$1.50	\$1.00
2.	Skirt	\$2.50	\$1.50	\$1.00
3.	Shirt / Blouse/ Any Other Clothing Item	\$2.50	\$1.50	\$1.00
4.	Embroidery	\$2.50	\$1.50	\$1.00
5.	Cross Stitching	\$2.50	\$1.50	\$1.00
6.	Latch Hook	\$2.50	\$1.50	\$1.00
7.	Stuffed Animals	\$2.50	\$1.50	\$1.00
8.	Yarn Item—Knitted	\$2.50	\$1.50	\$1.00
9.	Yarn Item—Crocheted	\$2.50	\$1.50	\$1.00
10.	Yarn Items—Any Other	\$2.50	\$1.50	\$1.00
11.	Tied Blanket	\$2.50	\$1.50	\$1.00
12.	Any Other Item	\$2.50	\$1.50	\$1.00

Class XIV—Conservation & Collections

A.	COLLECTIONS MOUNTED AND NAMED	1st	2nd	3rd	
1.	At Least 5 Leaf Prints		\$2.50	\$1.50	\$1.00
2.	At Least 5 Insects		\$2.50	\$1.50	\$1.00
3.	At Least 5 Wild Flowers		\$2.50	\$1.50	\$1.00
4.	At Least 5 Native Woods		\$2.50	\$1.50	\$1.00
5.	At Least 5 Shells		\$2.50	\$1.50	\$1.00
6.	At Least 5 Rock		\$2.50	\$1.50	\$1.00
7.	Any Other Conservation Collection		\$2.50	\$1.50	\$1.00
8.	Lego Collection		\$2.50	\$1.50	\$1.00
B.	CRAFTS		1st	2nd	3rd
1.	Oil Painting/ Acrylic		\$2.50	\$1.50	\$1.00
2.	Pencil Sketch		\$2.50	\$1.50	\$1.00
3.	Watercolor		\$2.50	\$1.50	\$1.00
4.	Pastels		\$2.50	\$1.50	\$1.00
5.	Woodworking / Carving		\$2.50	\$1.50	\$1.00
6.	Scrapbooks—Cards		\$2.50	\$1.50	\$1.00
7.	Scrapbooks—Stickers		\$2.50	\$1.50	\$1.00
8.	Scrapbooks—Any Other		\$2.50	\$1.50	\$1.00
9.	Scrap Booking		\$2.50	\$1.50	\$1.00
10.	Jewelry/ Bead working		\$2.50	\$1.50	\$1.00
11.	Ceramic—Molds		\$2.50	\$1.50	\$1.00
12.	Polymer Clay Items		\$2.50	\$1.50	\$1.00
13.	Hand made ceramic		\$2.50	\$1.50	\$1.00
14.	Tie Dying		\$2.50	\$1.50	\$1.00
15.	Any Other Items		\$2.50	\$1.50	\$1.00

**All Prizes Awarded To Children Under The Age of 9 Will Be Paid For By
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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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Show Dates: Through July 28, 2019

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You'll find small series as well as one-of-a-kind pieces. Choose among gilded vessels and engraved boxes, glass creations and ceramic containers, plus paintings and photographs in styles from realistic to abstract. Each piece is no bigger than six inches on a side. Every piece is priced \$100 or less. Bring home something special, at a price you can afford.

Six by Six Under \$100 runs from July 3-July 28 at Loading Dock Gallery. Come Saturday, July 6, noon-5, for First Saturday Open Studios, Western Avenue Studios and Lofts, then join the artists for refreshments at their reception, 4-6PM. Remember to visit Loading Dock's **Back Door Gallery**. In July it features the art of Noel Soucy.

Loading Dock Gallery, a program of Loading Dock Arts, Inc., a 501c3, is open Wednesday – Saturday, noon to 5:30 PM, and Sunday, noon to 4 PM. Find it at Western Avenue Studios, 122 Western Avenue, in Lowell, MA. For more information, call 978-656-1687, or visit www.theloadingdockgallery.com.

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Now in its 34th year, Indian Hill Music is a thriving regional non-profit center for music education and performance. One of only a few organizations in the U.S. that combines a community music school, professional symphony orchestra, diverse concert series, and high-impact outreach, Indian Hill Music serves 79 communities in Massachusetts and Southern New Hampshire. We believe that music inspires both our hearts and minds, encourages the growth of the whole person, and is integral to the lives of everyone we serve. Our mission – to share the transformative power of music, through teaching and performing, and giving music generously when there is need – reflects the impact of music on people's lives, and its ability to strengthen, heal, and inspire. Indian Hill Music relies on the generosity of individuals, families, businesses, and foundations to support our programs. Learn more at (978) 486-9524 or www.indianhillmusic.org.

Indian Hill Music is creating a world-class education and performance center on a stunning 110-acre landscape in Groton. Anticipated to open in 2022, the Music Center at Indian Hill will include a 1,000-seat concert hall, a 300-seat performance hall, rehearsal and teaching spaces, state of the art acoustics, dynamic architecture, and lawn seating for summer concerts. The Music Center will be a regional gathering place for music education and performance of all genres for Central Massachusetts and well beyond. [Learn more](#)

The programs of Indian Hill Music are supported in part by a grant from the Massachusetts Cultural Council, a state agency, and with funds from the council administered by the Local Cultural Councils.

USED CLOTHING DROP-OFF SHED

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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.

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The RISE program, tailored for "learning in retirement" is in its twenty-second year. Fall course brochures will be mailed to RISE members in late summer.

Individuals over age 55 are welcome to learn more about our program by contacting RISE at rise@rivier.edu or calling 603-897-8623. You can also visit the RISE website at www.rivier.edu/departments/rise and/or www.facebook.com/rise1997.

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 call (978)-703-0820 for details – our website is www.budgetbuddies.org

BEAVER BROOK NATURE CENTER TURNS 55

Beaver Brook Association was founded in Hollis NH in 1964 by cousins Hollis Nichols and Jeff Smith. Starting with a 12 acre piece of property, the organization has grown to encompass 2,100 acres today. With 35 miles of trails, multiple classrooms, 14 theme gardens and year round programming, Beaver Brook teaches environmental education to nearly 15,000 people a year. Innumerable others visit the trails which are open free to the public 365 days a year. Trails allow hiking, running, snowshoeing, dogs on a leash. Some multipurpose trails at Beaver Brook permit mountain biking and horseback riding.

Beaver Brook is continuing its 43 year tradition of welcoming young people to explore, play and learn outdoors during summer. Teaching children about respect for the natural world and cultivating joy from engaging in healthy outdoor activities is a mission of Beaver Brook. Each session is a weeklong with a unique theme for students ages 4-15.

Classes include **Lavender to Lip Balm** which is a class on herbs, wild edibles and challenging your taste buds. Students will create herbal gummy bears, ginger cookies, herbal marshmallows and more. Herbs will be used to make dream pillows, compresses, and of course lip balm! The class ends with an English tea party in the Maple Hill gardens. Older students entering 5th-7th grade can learn about wild plants and trees and even take an archery lesson in a **Forest Foraging** class called **Hunter-Gatherers**.

Highly skilled teachers and naturalists teach programs for youngsters such as Earth Sprouts for preschoolers and Nature Nuts for 1st and 2nd graders.

Brook to Bay is a longstanding, classic Beaver Brook summer program. It focuses on all the aquatic habitats of New England. Students learn what lives in a vernal pool. They sample ponds, streams, rivers and take 2 field trips during the week. On the field trips they explore the Rocky Intertidal zone at Odiorne Point and on the last day enjoy a whale watch.

Landlubbers enjoy the quintessential Forest Forts class in which students design and build survival shelters and forts in the forest. They also learn navigating with a map and compass, wildlife tracking, and tree and plant identification. The goal is to have fun while learning how to respect and enjoy nature safely.

Another new cutting edge class this year is **Conservation Heroes** in which students will figure out how they can be the conservation heroes of the present and the future. They will learn about invasive species, make flower bombs with native plant seeds, learn about the power of solar energy, make solar ovens, learn about sustainability, and even make reusable shopping bags.

The range of themes is extensive from Summer Scientists, to evening camp named Kids' Night out, Bouldering and Belaying, Introduction to Mountain Biking and Redlining Beaver Brook during which students can earn a patch for exploring all there is to see at Beaver Brook. **To learn more visit www.beaverbrook.org or call 603-465-7787.**

Beaver Brook Association also offers adult education classes and activities throughout the year. The public is invited to visit Beaver Brook anytime. There are many different trailheads to access our trail system in the towns of Hollis, Brookline and Milford. Trail maps and guides are available on our website.



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5-week classes for adults in Dracut, MA:

Drawing	7/29-8/26	7-9 PM	\$150
Watercolor	7/30-8/27	1-3 PM	\$150
Acrylic	7/30-8/27	7-9 PM	\$150

2-day Art Class for Teens (age 15-17) Lowell, MA
"Paint Like a Master" 8/13 & 14, 9 to 12, \$125

Plein Air Painting Class in Lowell, MA
7/26, 8/16, 8/23, 10 to 1, \$50 each date

2019 Fall Art Program

Registration is open for the Fall Art Program (9/23 to 12/10): Drawing, Watercolor, & Acrylic for adults and Drawing for children age 10 to 14 in Dracut, MA. Sign up by July 31 to get up to \$35 discount.

Claire Gagnon, Art Teacher, 617-901-3873

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"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>

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 Dun-
 stable Town Hall, Post Office and Library.

DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

www.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 Sun-
 day.** 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 DAY/YOUTH SUNDAY was celebrated on June
 16th. On June 23rd Children's Church began with children spend-
 ing the first few minutes of the service sitting with their family, then
 move on to classroom for the remainder of the service. For more
 information, please contact Shellyannross@gmail.com. Sunday
 School classes will resume on September 8th.

DECC YOUTH: Meetings will resume on September 8th.
 Enjoy time with your family. For updates during the summer, check
 out our web site at dunstablechurch.org.

The 5th Annual Dance Camp for Youngsters will be held at the
 Dunstable Congregational Church on **Saturdays on July 13, 20,
 27 and Aug 10, 17, 31 at 10:30 am.** If you know of children aged
 preschool through elementary who might be interested, or if you
 would like to volunteer to help, please contact instructor Christine
 Oberhelman (603-402-0054 or csmileymcpherson@yahoo.com).

Come visit your community's church. We will be happy to
 greet you. For more information, contact the Church office 978-
 649-6251, email info@dunstablechurch.org or visit our website at
www.dunstablechurch.org.

Have a wonder-filled, blessed, happy and safe summer.

**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

PET HEALTH
DUNSTABLE ANIMAL CLINIC

DOGS Vs LAWNS

Tara M. Sacramone, DVM



Do you love your dog, but hate what s/he does to your nice green lawn? Well, you are not alone. All dogs can cause dead patches in the grass with their urine and/or stool. There are, however, some things you can do to help. The first step is to understand what is causing the problem. While both urine and stool can cause dead patches, urine is much worse for your lawn. Both urine and stool contain nitrogen, which is a waste product of protein metabolism. Stool contains less nitrogen, and is easier to pick up and remove.

Nitrogen itself is not bad for your lawn; in fact, it is a common ingredient in lawn fertilizer. It is the high *concentration* of nitrogen in urine which is the problem. Dog urine is basically super concentrated fertilizer and therefore causes the same lawn burn that occurs when you apply too much fertilizer. This is also why female dogs can cause more of a problem than males. Female dogs usually squat in one location, while some males will go smaller amounts in multiple locations.

One way to help decrease lawn burn is to try to dilute the affects of the nitrogen by watering the grass after your dog urinates. If you water within eight hours, you can actually achieve a fertilizer effect. Another option is to try to get your dog to consume more water, which will dilute the urine. Two easy ways to do this are to add water to dry food, or add canned food to your dog's diet, since canned food is 70-80% water.

The actual species of grass can affect the degree of lawn burn. Two grasses that do well are *Festuca* sp var *Kentucky* (fescue) and *Lolium perenne* (fine-bladed rye). Two grasses that do poorly are *Poa pretensis* (Kentucky bluegrass) and *Cynodon* sp var *fairway* (Bermuda grass).

Some people have suggested that the urine pH may cause lawn burn. This has been shown to be untrue. Many of the products marketed to control lawn burn modify your dog's urine pH. This is NOT a good idea. Not only is it not effective in controlling the problem, but changing the urinary pH can lead to bladder stones and/or infections.

Other, more time consuming options are to take your dog for walks instead of letting him/her urinate on the lawn. Some people have set up specific locations in their yard with stone or gravel or cement and taught their dogs to go in these locations. This can be difficult, but with a little patience and perseverance it can be done.

Your last option, and my personal favorite, is to learn to put up with a slightly imperfect lawn in exchange for a wonderful, loyal, loving dog. Now, if we could only teach them to pick up their own feces.

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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; 6 pm

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



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TYNGSBORO YOUTH FOOTBALL AND CHEERLEADING

OPENS REGISTRATION FOR FALL 2019 PROGRAMS

FLAG FOOTBALL (Grades K-1)

TACKLE FOOTBALL (Grades 4-7) ~CHEERLEADING (Ages 5-18)

NEW FOR 2019 - FLEX FOOTBALL (Grades 2-3)

Tyngsboro Youth Football and Cheerleading is proud to launch our 15th season providing local area youth with the opportunity to learn football and cheerleading in a safe, fun environment while promoting the values and importance of academic achievement, teamwork, and sportsmanship. We offer all co-ed programs including **FLAG FOOTBALL** (Grades K-1), ***NEW* for 2019 - FLEX FOOTBALL** (Grades 2-3), **TACKLE FOOTBALL** (Grades 4-7) and **CHEERLEADING** (Ages 5-18), and We are proudly affiliated with the American Youth Football and Cheerleading (AYF/AYC) program. We provide all of our coaches with comprehensive training to ensure the safest, positive, and fun experience for your child.

ONLINE REGISTRATION FOR OUR 2019 FALL SEASON IS NOW OPEN! We welcome fall football and cheerleading registrations from participants residing in Tyngsboro, Dunstable, Groton, Lowell and surrounding communities. **BE SURE TO REGISTER EARLY TO TAKE ADVANTAGE OF THE LOWEST REGISTRATION RATES AND SPECIAL PAYMENT PLAN OPTIONS!**

WANT TO LEARN MORE ABOUT OUR NEW FLEX FOOTBALL PROGRAM? Visit www.flexfootball.com to learn more about the next step up from flag football.

TO REGISTER FOR OUR FALL SEASON: Visit our website at www.TyngsboroYouthFootball.com or www.TyngsboroYouthCheer.com and click on "Registration Info" tab in the top center of the screen.

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".

INNOVATION ACADEMY CHARTER SCHOOL OF TYNGSBORO PROUDLY PRESENTS

**Three Performing Arts Camps this Summer for
Students Completing Grades 4-12!**

Glee Camp! July 8-12

Improv Camp! July 15-19

Drama Camp! July 22-26

More information:

innovationcharter.org/theater

or look for Innovation Academy on eventbrite.com.

Each camp day runs 8:30AM-3:30PM.

Every week there is a free, public performance on Friday night.

• **Glee Campers** completing grades 8-12 have the option of traveling to NYC to see *Dear Evan Hansen* on Wednesday, July 10

• **Improv Campers** have the choice to travel to NYC to work with Broadway professionals on performing arts skills on Thursday, July 18

• **All students in all grades** have the option of traveling to NYC to perform their Drama Camp play on Thursday, July 25

Questions? Please email rhawthorne@innovationcharter.org

We hope to see you at camp!

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Please check our website at www.wcumc.us or call the church office at 1-978-251-4834 to get more details about how to register, start/end times, and the theme.

**When you call a business listed here,
please tell them you've seen their ad in
Neighbor to Neighbor.**

They would like to know. Thank you, Anne



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 Officers for 2019-2020:

President: Josephine Beauregard; Sr. Vice: Bernadette Harper;
Jr. Vice: Sarah O'Callaghan; Secretary: Patricia Modrich;
Treasurer: Diane Dileo; Chaplain: Debbie Dion; Unit Sgt-At-Arms:
Debra St. Peters. Executive Committee: Kathleen Olje.

For information on the Auxiliary Unit meetings, or functions
contact Unit President Josephine Beauregard at 978-458-7015.

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.

LOWELL GENERAL HOSPITAL'S

20TH ANNUAL TeamWalk for CancerCare

Over \$809,000.00 raised and counting! Thank you to all of
our dedicated walkers and volunteers, and our many generous
sponsors who donated money, products, services and time to
Lowell General Hospital's 20th Annual TeamWalk for CancerCare.
Your commitment and support make a true difference in the lives of
cancer patients and their families in our community.

Weren't able to attend this year's TeamWalk? You can still make
it a lovely day! Make a donation today at teamwalk.org. Please note
that donations for TeamWalk 2019 are welcome through September
201, 2019. Just visit www.teamwalk.org! If you have sponsorship
money to turn in, please mail it to Lowell General Hospital, 295
Varnum Avenue, Lowell, MA 01854, Attention TeamWalk, and
reference the walker's name and team name. Please allow us 4-6
weeks to post all funds raised to the website. Thank you.

If you did not receive your TeamWalk incentive for raising over
\$100, please let us know and we would be happy to get it to you
through the mail or in person. Please contact andrea.jackson@lowellgeneral.org.

TeamWalk 'n' Roll MOTORCYCLE RIDE Sunday, September
22, Rain date Sunday, September 29. \$30 per rider, \$15 per
passenger, Non-rider donations \$10. Rider registration 8:30-10am,
Kickstands up at 10am, Lunch at 1:30pm. Ride begins and ends
at Chelmsford Elks Lodge, 200 Littleton Rd, Chelmsford, MA. 80
mile route (including 20 minute stop at Kimball Farm, Jaffrey, NH).
Includes law enforcement escorted ride, coffee & donuts, lunch,
teamwalk giveaway, entertainment and raffles. BBQ Catered by
Bianco's Catering. Register Online at www.teamwalk.org before
September 13 for \$25 per rider and \$10 per passenger. All proceeds
to benefit Lowell General Hospital's TeamWalk for CancerCare.

PEACE, LOVE, MUSIC 70'S Theme Party. Save the Date:
September 21 at the Lo Kai, Dracut, MA Sponsored by Team Cyndy
& Friends

Like our TeamWalk page on facebook for updates, photos, events,
news, contests and stories.

The Cancer Center at Lowell General Hospital, 295 Varnum
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BACK TO SCHOOL BICYCLE SAFETY RODEO

Sunday, September 15*, 10AM -1PM FREE!

Bring your bikes and finish the safety course for a chance to win
a new bicycle! Lots of fun for the whole family. This event will be
held in the Target parking lot at 181 Plain Street in Lowell. Safety
tips, Free helmet giveaways, Obstacle course, Helmet fitting station,
Refreshments and snacks and more!

In case of inclement weather, the event will be held at the same
location and time on Sunday, September 22.

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TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



The Little Red Schoolhouse is located at 64 Main St.,
Dunstable, MA (Route 113) not far from the town line near Rte 3
Meetings are FREE and OPEN TO THE PUBLIC
Events listed here are held at the Little Red Schoolhouse
unless noted otherwise.

*We hope you have a wonderful summer, and that right before
autumn begins, you can join us. If anyone can help you and give
you tips about genealogy research, it is Carol. If this is of interest to
you, come to the "Little Red Schoolhouse" on*

Saturday, September 21 at 2PM

Genealogy 101 led by Carol Bacon

Bring whatever information you have about your immediate
family. Let's get started on your family tree!

For info: Lynda Justice at 978-587-8423

For program updates, check the TDHS website:

www.tdhistoricalsociety.org

Email address: tyngsboroughdunstablehs@gmail.com

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Recruitment, Training and Support Center (RTSC) for SPECIAL EDUCATION SURROGATE PARENTS (SESPs),

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Boston, MA 02129

Phone: 617-399-8311 | Fax: 617-241-0330

www.fcsn.org/rtsc

Special Education Surrogate Parents make educational deci-
sions for students in Massachusetts whose parents are unknown or
unavailable. They meet with their assigned student or observe them
in the classroom, receive all progress reports and report cards and
attend IEP meetings as an acting surrogate parent.

The mission of the RTSC Project at the Federation for Children
with Special Needs is to ensure that every child in state custody
receives the educational supports they need to succeed. We strive
to meet this goal by recruiting volunteers from across the state and
providing them with the training and support they need to be effec-
tive Special Education Surrogate Parents (SESPs).

If you want to serve Massachusetts youth at risk by becoming an
SESP, send us an [application](#) today or attend one of our orienta-
tion sessions.

7/20/2019 SESP Orientation - Online Orientation – Saturday,

8/08/2019 SESP Orientation - Milford Orientation, Thursday,
Milford Town Library, Milford, MA

TIPS FROM THE RED CROSS

- Download the Red Cross Swim App for kid-friendly games and activities and water safety information for parents and caregivers of young people learning how to swim. Download the app for free by searching for 'American Red Cross' in your app store or at redcross.org/apps.



HABITAT FOR HUMANITY HOSTS RED SOX NIGHT!

Habitat for Humanity of Greater Lowell is hosting a Red Sox Night again! Invite all your friends, family, and neighbors to join us on **Wednesday, September 4, at 7:10 p.m.** to watch the Red Sox play the Minnesota Twins. At just \$30 per ticket, this fundraiser is a great way to enjoy a night at Fenway while supporting the construction of affordable homes and critical home repairs for deserving families in Northern Middlesex County.

Order tickets by mail; download order form

<http://bit.ly/homerun4habitatform>

Or Order tickets online with cc at <http://bit.ly/homerun4habitat>

For more information, contact Heidi Tierney at htierney@lowellhabitat.org or (978) 596-0619



Please email altrusamv@gmail.com if you are interested in joining other volunteers in making a difference in the lives of others in our communities.

TYNGSBORO SPORTSMAN CLUB *Is offering FREE ARCHERY CLASSES to the youth in our communities.*

If you have a boy or girl between the ages of 7-18 that would like to learn more about fundamentals of Archery, including bow parts, safety, dominate eye and shooting mechanics and techniques, please join us.

Classes will resume in September at the Tyngsboro Sportsman Club at 90 Westford Road, Tyngsboro, MA. You can sign up for one class or take a few. Equipment will be provided, or boys and girls can bring their own.

Liability release form will need to be signed by an adult before the class begins.

RSVP via email to Tracey DeBruin at td143@comcast.net with name and age of the child and I will respond with available dates. Groups of friends welcome.

If you are an experienced archer and would like to volunteer and share your knowledge with the youth in our community, we could use you. Please contact me at the email above.

Thank you, Tracey DeBruin TSC Youth Archery Coordinator



46 Coburn Road
Tyngsboro

SHERBURNE NATURE CENTER & TRAILS

For more information on this and future events, please visit the website <http://www.naturewalkscs.org/events-schedule>

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 not part of the PUBLIC Nature Center property.



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www.spedchildmass.com

Find Special-Needs recreation and events.

Disability tab/menus are across the top of the website for easy navigation.

Autism/Aspergers Events

Camps for Special Needs

Down Syndrome/Intellectual Events

Family Mental Health & Behavioral Events

Financial & Legal events

Learning Disability/ADHD Events

Recreation for Special Needs

We Can Do Summer! Check out our **Special Needs Camp Page** link to see if any program listed have last minute openings. We also have listed Adaptive Recreation info for **Swimming, Sailing, Kayaking**, plus an **Art Contest For Kids of All Abilities** for Massachusetts and Rhode Island families. There are so many more events, covering so many topics. Go to our website and see what might be of interest to you!

Transition-to-Adult events include **Thinking About Housing, The Dating Game** for ASD Young Adults, and a **Workplace Prep Program** for Young Adults with Down Syndrome.

Evangelical Congregational Church of Tyngsboro Est. 1868

Route 113, 23 Kendall Rd. Tyngsboro, MA 01879



For questions or more information,
please call our office 978-649-2262

Pastor Denis Frediani 1-603-579-0904

www.tyngsborocongregational.org

E-mail ecctsect@yahoo.com

JOIN US FOR SUNDAY MORNING WORSHIP

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

www.tyngsborocongregational.org

- **Sunday School and Executive Boards will not meet in July or August. Activities will resume in September.**

• 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.

The Thrift Shop will be CLOSED August 31st

MARK YOUR CALENDAR!

- **SUNDAY - OCTOBER 13, 2019** - The world renowned gospel group, **the Needham's**, will return to Tyngsboro for an amazing concert on October 13th! Event will be held at our church following our church service and potluck lunch. **At 1:00 p.m.** we will join together in the sanctuary for this concert. More information to follow in upcoming Neighbor to Neighbor publications. Please mark your calendars! If you've never heard this group you will want to attend. You'll be glad you did!

- **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.



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

Leave your name and message at (978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

I would like to thank all of you who advertise your business, as this gives such great support to **Neighbor to Neighbor**. Also there are many people who send in articles and information about such a wide range of topics. I truly appreciate the time and effort you all give to share what you know.

To residents reading this, I do hope you find something of interest each month and maybe if you are looking for help with your home or business, you can find it in these pages.

There is so much going on, that there is never enough space for all I want to print. **However, I have been taking updates and posting them on the website. So please continue to send in your information this summer.**

Total printed circulation each month including Dunstable and Tyngsborough is 6,306 issues. Current & past issues are available by clicking on "Neighbor to Neighbor Newsletter issues" in the heading on the website. Please visit www.neighbortoneighbornewsletter.com. (Thanks to PJ)

The next deadline is August 10th for the September issue. Articles are placed on a first come, first served basis. News can be sent in a word file or in the body of an email. If you call, **please leave a message as it goes to voicemail** and I will get back to you as soon as possible. If you have a business, or your organization would like to have a display ad, not just a paragraph, email me and I will forward the rate sheet to you.

I hope you have a wonderful summer! I look forward to hearing from you soon.

Sincerely,

Anne Paquin

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

Dressers, Box Springs, Twin & Full Mattress sets (no rips or stains), Bunk Bed Frames, Adjustable Metal Bed Frames, Kitchen Tables & 2 or more Chairs, Love Seats, Toddler Car Seats (less than 3 years old), Child Window Guards, Double Strollers, Baby Monitors, Cabinet Safety Latches, Door Knob Covers, Crib Mattress, Bassinets, Newborn, Size 5 & 6 Diapers and Wipes, Fans, AC units, Reusable bags, Shower Curtain Rings, Metal Bake Ware, Cookie Sheets, Small & Medium Sauce Pots, Sneakers and sandals all sizes, Boys' shorts and pants size 2T-16, Girls clothes 2T-16, New girls newborn clothes, onesies and sleepers, Men's new toiletries - shampoo, body wash, deodorant, razor, shaving cream, Axe or body spray, socks
Go to the website and you can DONATE FROM OUR AMAZON WEEKLY WISH LIST.

At the warehouse we start working on our Backpack Attack Project. Our goal is to provide 5,000 homeless and low income children with a new backpack filled with new school supplies so that they will have a successful start to their year.

We welcome your monetary donations so we can purchase supplies in bulk and make all students backpacks equal. If you prefer to shop online you can go to AmazonsmileWishListforBackpacks and have your donation shipped to us. Enjoy the beach and we can keep filling the packs. Because of our smaller warehouse we are starting to collect now and will be getting backpacks to agencies as they come in. If you are able to help please email Lori at lori@thewishproject.org to let her know how you would like to help or call (866) 947-4360.

Have you stopped in and shopped at our Thrift Shop lately?

THE THRIFT SHOP is stocked by 2 of our dedicated volunteers, Ann Long and Betsy Peterson. Ann and Betsy come in 2-3 times a week to select and display new items. The store is open Tuesday-Saturday 9-3pm. Stop in and pick up a bargain and support our mission!

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.

Buy local!

Invest in your community!

FROM THE RED CROSS

The American Red Cross wants everyone to enjoy the season and offers safety tips you can follow all summer long.

HEAT SAFETY Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees. Stay hydrated, drink plenty of fluids. Avoid drinks with caffeine or alcohol. Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors as they absorb the sun's rays. Avoid extreme temperature changes. Slow down, stay indoors. Avoid strenuous exercise during the hottest part of the day. Postpone outdoor games and activities. Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors. Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.

More information from the Red Cross is posted on www.neighbortoneighbornewsletter.com



Your go-to for summer burns, stings, cuts, sprains and “what the heck is that’s”

Injuries and ailments are common this time of year. Fortunately, Circle Health Urgent Care has everything you need to get treated quickly and completely. You'll be seen by experienced physicians, who can provide prescriptions, diagnostic testing and immediate referrals to specialists in your area. That's why we're the most trusted urgent care in the region. That's **Complete connected careSM**.

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Circle-Health.org/UrgentCare.



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