



# Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)

[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

*Celebrating 36 Years of Service!*

**Issue # 389 • January 2020**

POSTAL PATRON  
DUNSTABLE, MA 01827

CARRIER ROUTE  
STANDARD  
U.S. POSTAGE  
PAID  
DUNSTABLE, MA 01827  
PERMIT NO. 5

## DUNSTABLE TOWN CLERK

The 2020 annual street listing is being prepared and will be mailed beginning the week of January 6, 2020. If you are new to Massachusetts, this is a legal document of the Commonwealth, you are required to sign and return it annually to remain on the active voter list. If you do not return it, you can still vote if you are qualified but will have to stand in a separate line, fill out an affidavit of current and continuous residency and provide an ID with the address for which you list as your residence. If you cannot provide an ID, you can cast a provisional ballot which means further research will be done to determine whether your ballot will count.

**Presidential Primary – Tuesday, March 3, 2020.** The Governor signed the supplemental budget which includes five (5) days of early voting prior, beginning February 24, remember EV is during my business hours and this office is closed on Fridays. The deadline to register to vote OR change your party affiliation is Wednesday, February 12, though you can register anytime before then. If you have a valid MA driver's license, you can register online at [www.sec.state.ma/ovr](http://www.sec.state.ma/ovr)

### I am now accepting absentee ballot applications for 2020.

You can download an application from the town clerk's website or obtain one at town hall. The House and Senate have different versions of the date for the September primary and whether it will include Early Voting so until it's resolved, I will hold off publishing information. The Annual Town Election is Tuesday, May 19; the September primary TBD and the November State Election is Tuesday, November 3. If you will be out of the country or active military, you can file an absentee application on [www.fvap.gov](http://www.fvap.gov)

**Carol A. Skerrett, Town Clerk CMMC** 978-649-4514 x222  
[CSkerrett@dunstable-ma.gov](mailto:CSkerrett@dunstable-ma.gov) HOURS: The Clerk's Office is open Monday evening from 3-7pm; Tuesday, Wednesday and Thursday 9am-2pm. 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 call ahead. Marriage licenses are by appointment only.

## TOWN OF DUNSTABLE TRASH AND RECYCLING PICKUP PROGRAM

New and existing residents can sign up for trash and recycling pickup anytime during the year. The program is voluntary and by subscription. The subscription runs from July 1 – June 30 each year. The fee is \$300.00 but is prorated \$25.00 each month. The subscriber will receive a 35 gallon trash container and a 65 gallon recycling container. On those occasions when you may have extra trash that does not fit in the container, the Board of Health sells overflow bags at \$3.00 each in rolls of 5 for \$15.00. You may sign up on line at [www.dunstable-ma.gov](http://www.dunstable-ma.gov) or come into the town hall Monday-Friday 9:00 a.m. to 4:00 p.m. Containers can be picked up at the Town Hall. Any questions please email us at [health@dunstable-ma.gov](mailto:health@dunstable-ma.gov) or call and leave a message at 978-649-4514 Ext. 229.

## IN MEMORY OF

Liz McGonagle  
Tammy A. Cote  
Calvin Coolidge Chase Jr.  
Samuel G. Weisberg

Margaret E. Roberts Elwood  
George E. Staples  
George Richard Farmer

## THE DUNSTABLE BOARD OF HEALTH AND THE NASHOBA NURSING SERVICE

**Well Adult Clinics** 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. **NO CLINIC IN DECEMBER. Next Well Adult Clinic will be held January 22 from 11 – noon.** Nashoba Board of Health Nursing, Services. ([www.nashoba.org](http://www.nashoba.org)) or call: 978-772-3335 ext. 340 for more info.

## DUNSTABLE RURAL LAND TRUST WINTERFEST 2020

*This date is correct. It has been moved to February with the hopes of just the right amount of snow.*

**Sunday, February 9<sup>th</sup>, 2020**

**11am to 3pm**

**DRLT Wildlife Preserve  
1072 Main St**



Our 24<sup>th</sup> Winterfest is scheduled for **Sunday, February 9<sup>th</sup>**, from 11am to 3pm. Join us for horse drawn sleigh rides, sledding, cross-country skiing, snowshoeing and fun on the ice. **Depending on the weather** there may be other activities as well. Cozy around the bonfire and enjoy homemade soup, cookies, hot chocolate and other treats.

Come out and enjoy Winter! This is held at the DRLT Wildlife Preserve, use the 1072 Main St. entrance.

**Sorry, no dogs allowed at Winterfest.**

For more information you may call Bob at 978-649-7206.

## THE DUNSTABLE RURAL LAND TRUST 2020 CALENDAR IS HERE!

This year's calendar is devoted to wonderful photos of owls by well-known Wildlife Photographer and Author, Mark Wilson. Many of these photos were taken right here in Dunstable.

**The Calendar is available for \$12 a piece.** All proceeds from the sale of the calendars go directly to the Dunstable Rural Land Trust to help preserve the rural character of our town. **Call Elaine at 978-649-9236 she may still have some left.**

## Greenbridge Counseling & Wellness, LLC

Reducing the Impact of Stress on Health and Relationships

Individual, Family and Marriage Counseling for All Ages

(T) 978-649-2055

(F) 978-748-4366

www.greenbridgecw.com

269 Middlesex Road

Tyngsboro, MA 01879

## ADAMSKY LAW OFFICES

Life & Estate Planning ♦ Elder Law

Edward H. Adamsky, Esq.

Helping Families with Aging & Disability issues since 1992

Wills ♦ Trusts ♦ Special Needs Trusts

Medicaid Planning

978-649-6477

www.adamskylaw.com



Rich Gambale  
978-649-7084

- Tree climber or bucket truck
- Crane work or consultations
- Tree removal or pruning
- Lot Clearing
- Emergency storm work or removals
- Insured Mass Arborist #2165

GreenleafsTreeService.com

## 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](mailto:anne@neighbortoneighbornewsletter.com)

Copyright© 2020, Neighbor to Neighbor. All rights reserved.

Reproduction of any part of Neighbor to Neighbor without permission from the publisher is prohibited. Neighbor to Neighbor assumes no financial responsibility for inadvertent omissions of advertisements or errors in advertisements, but will reprint that part which is incorrect if informed within 10 days of publication.

Total Circulation is now 6,312 which includes Dunstable and Tyngsborough.

## ELDER LAW NEWS

This month there are 3 different topics commented on in this column

By Edward H. Adamsky

**A major issue for many families is providing care for family members with disabilities.** This may be a parent caring for an adult child with a disability or adult children caring for an elderly and frail parent. Most families willingly provide whatever assistance is needed by their loved ones. But our systems, and society in general, don't usually value that care very well.

Every year AARP does a study of family caregivers and the pressure and demands put on them. The study seeks to put a dollar value on that family-provided care. The newest report is for calendar year 2017 and the estimate is that families provided 34 billion hours of care at a value of \$470 billion.

Family caregivers provide care and advocacy for their loved ones. They also hire and supervise other care providers. They provide emotional and social support and often perform complex medical and nursing tasks such as wound care, injections, and handling of medical equipment. They receive little instruction or guidance on these tasks and although they may feel satisfaction in ensuring the job is done, they often feel highly strained and overwhelmed by the enormity of the tasks necessary to care for a person with a disability or other medical issues.



**A new report warns that a commonly prescribed muscle relaxant known as baclofen can harm patients with kidney problems.** It can make them disoriented and appear to have dementia and this often results in hospitalization. It may look like the symptoms of a stroke even though it is not. The medicine effects only about 4% of people taking it, but the results of a bad reaction are horrible.

Baclofen is typically prescribed to people suffering muscle spasms and is sold under a number of different brand names, including Lioresal and Gablofen. As with many drugs, the kidneys filter it out of a person's blood. If a patient already has kidney issues, they can suffer side-effects from this drug as the kidneys fail to properly clear it out of the patient's system. [Any patient with pre-existing kidney issues may have problems with a number of drugs that leave the body through the kidneys, including Acetaminophen/Tylenol.]



**Children of elders on Medicaid should remember that they will not be rewarded for helping out their parents and they might even be "punished."** Another case has come down (this time in New Jersey) where an adult child of an elder in a nursing home paid to maintain his mother's home while she was on Medicaid benefits. This was good for the Medicaid program as it got to recoup some of its expenditures after the mother died by making a claim against the value of the house. This was not good for the child though, as the Medicaid office (supported by the court ruling) did not allow the child to be reimbursed for his expenses while his mother was alive. The system did not give the child any preferential treatment, so the child was in line after the Medicaid office as a claimant against the estate and so received no reimbursement for the money put out on behalf of his mother.

## LOAVES & FISHES FOOD PANTRY, INC.

All Dunstable families are invited to visit the Pantry and receive nutritious food and personal care products. There are no income requirements – only a proof of residency (a utility bill or a rental receipt, for example, with your name, current address and date) is required. **open** Second Tuesday of each month from 6p.m.- 8p.m. • Every Wednesday and Friday from 9:45 a.m.-12:30 p.m. • First & third Saturday of every month from 9a.m.-11a.m. To learn more about what to expect when you visit the Pantry for groceries, take a virtual tour at <https://loavesfishespantry.org/need-services/> or call us at (978)772-4627 x312. If you are interested in volunteering please email us at [volunteer@loavesfishespantry.org](mailto:volunteer@loavesfishespantry.org) or call us at (978)772-4627 x317. The gift of food and personal care items as well as monetary support is always welcome. Visit our website to learn more about how you can help.

### PIANO LESSONS

*Given by Catherine O'Malley*

Great for kids (age 8 and over) as well as adults.

Beginners especially welcome.

\$20/half-hour at 15 Virginia Rd, Tyngsboro

Call 978-649-6413

### EXTRA HANDS AND PAWS

Pet care-both day and overnight. Dog walking.

Cat care in your home. Vacation home checks, plant watering.

Please call Diane Nilsen at 978-649-8786 or email

dianeinilsen@gmail.com.

### 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

### 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.*

• **WISH LIST** Wrapped hard or chocolate candies, small or large size paper plates & cups, paper towels.

• **VOLUNTEERS NEEDED** Lead an activity, teach a craft, visit or call a shut-in

#### January Lunches

**January 8** Steak tips, roasted potatoes & vegetable provided by Dinner Made Simple. RSVP by January 2

**January 15** Baked Chicken, potato & vegetable provided by the Traveling Chef. RSVP by January 8

**January 22** Beef Stew sponsored by the library staff. RSVP by January 15

**January 29** Pizza, salad and birthday cake. This month our party is sponsored by Kimpton Giggy, Attorney at Law.

#### ACTIVITIES

• **Prediabetes 101** Join us on Wednesday, Jan 22 at 12:30 when Joanne McCole RN, BSN from Nashoba Nursing Services & Hospice presents information about prediabetes type 1, and diabetes type 2. The goal of this health program is education and understanding of the diabetes process, the impact on the body systems, management of the disease through healthier foods and lifestyle changes and a review of common medications used to treat the disease.

• **Rivercourt Residence Lunches** There will be no lunches in January & February. Next lunch Tues. March 17.

• **Book Club** Like to read? Then we have the group for you. But not this month! Next meeting is on Sat. **January 18 at 11:30** at the library for a potluck lunch. We will be discussing **Stella Bain** by Anita Shreve. **Summary An epic story, set against the backdrop of World War I.** An American woman, Stella Bain, is found suffering from severe shell shock in an exclusive garden in London, surgeon August Bridge and his wife selflessly agree to take her in. A gesture of goodwill turns into something more as Bridge quickly develops a clinical interest in his houseguest. Books may be ordered thru the library. New members are always welcome.

### 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.

### DOWN TO EARTH HOUSE CLEANING

Weekly/Bi-Weekly/Monthly. Personalized jobs, floors woodwork, vacuum & dusting. Much more. If you want your house cleaned with a personal touch it's time to call

MARLA at 978-649-9824. Free estimates. References.



Welcome to your neighborhood

24-hour gym in Tyngsboro!

Whether you're a beginner or a fitness regular, we'll help you

Get to a healthier place. ®

Call today to start your FREE 7-day membership!

315 Middlesex Rd., Tyngsboro, MA

(978) 649-6537 -- www.anytimefitness.com

Call Now For Snow Plowing  
Reach us on-line at LONGOLC.COM



Construction ♦ Maintenance

Excavation

Drainage Systems

Snow Management

Shrubs / Trees

Walls / Walks / Patios

Bulk Product Delivery

### DUNSTABLE TOWN HALL DIRECTORY

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

POLICE NON-EMERGENCY 978-649-7445 POLICE & EMT 911

FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911

Business Line.....978-649-6661 FAX.....978-649-6072

Alarm System\* 978-448-6666\*can be used to call in a fire from cell phone

You will find more information on the town website [www.dunstable-ma.gov](http://www.dunstable-ma.gov)



# Tyngsborough FUNERAL HOME

Roland W. Martin  
MA Lic. Type 3

Daniel R. Martin  
MA Lic. Type 3

4 Cassaway Drive  
Tyngsborough, MA 01879  
978-419-4954  
tyngsboroughfh@gmail.com  
www.tyngsboroughfuneralhome.com



## R.L. CLOHESY'S SMALL ENGINE REPAIR

LAWNMOWERS-TRACTORS-SNOWBLOWERS  
PRESSURE WASHERS-LEAF VACS  
PORTABLE GENERATORS  
CHAINSAWS-LAWN TRIMMERS

Home Service at an affordable price with over 30 years experience

*TUNE UPS TO OVERHAULS, WE DO IT ALL....  
USED EQUIPMENT BUY-SELL-TRADE*

**BOB 978-866-0891**

**rlclohesy@gmail.com • Tyngsboro, MA 01879**

## Madden & Son Home Improvements

*Serving all of New England for over 25 years*

Roofs • Decks • Windows • Siding  
Finished Carpentry • Interior and Exterior Doors  
Blue Board • Wall Board • Painting Interior and Exterior  
Kitchens • Bathrooms • Tiling  
*and much more*

Fully licensed and insured • **FREE** estimates

**Cell (978) 877-1231**

# SNOW PLOWING

**JulianPlow@gmail.com**  
**Free Estimates**

## GROTON NEIGHBORHOOD FOOD PROJECT PARTNERS WITH GROTON-DUNSTABLE REGIONAL MIDDLE SCHOOL

If you would like to learn more about the GNFP,  
please go to <https://grotonfoodproject.com/>

The Groton Neighborhood Food Project (GNFP) is a non-profit organization that helps families in our community by organizing neighborhoods to collect food and other grocery items. Recently, students and staff at Groton-Dunstable Regional Middle School (GDRMS) partnered with the GNFP for a school-wide food collection. This partnership will continue every two months throughout the school year. **The next food collection is on Saturday, February 8th, 2020.**

## DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: [afenochetti@dunstable-ma.gov](mailto:afenochetti@dunstable-ma.gov)

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

**DUNSTABLE COUNCIL ON AGING** Barbara Martin Chairman, Mary Dow Secretary, Donald Pottle, 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 **January 29**

**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 **January 22 from 11 – noon.**

**\*\* Buckets of Sand** Winter is closing in and we know what that means, snow and ice. The Highway Dept. has again offered to deliver buckets of sand to your home for you to use on slippery places. Contact Anne Fenochetti if you would like a delivery.

**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.

**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 at 1-800-892-0890.

**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.

**\*\*\* Mass Registry of Motor Vehicles** Beginning Oct. 2020 you will need to change to a REAL ID which will be needed to enter a federal building and fly within the United States. Visit [www.mass.gov/ID](http://www.mass.gov/ID) to simplify your next driver's license renewal. You will learn the requirements and the easy steps to begin your application and know what the necessary documents are that you will need to bring. **Prescription Advantage Open Enrollment** New from Medicare. The new Medicare Advantage Plan Open Enrollment period will run January 31- March 31 of each year. Contact our SHINE contact, Lisa Rose at 978-683-7747 if you have any questions.

**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 at 1-800-892-0890.

**PACH PEPPERELL FOOD PANTRY** 66 Hollis St. Pepperell Tues 5-7pm, Thurs 2-4pm & 5-7pm. If interested in this service, call 978-925-9770 or visit their web site at [www.pachoutreach.org](http://www.pachoutreach.org).

## KNITTING AND CROCHET CLASS

This class is under the direction of Donna Acquaviva. It is held Monday nights at Swallow Union School from 6:30-8:00PM

## DUNSTABLE FREE PUBLIC LIBRARY

588 Main St. 978-649-7830

**Library Hours:** Tuesday 3-8 Wednesday 10-2

Thursday 10-8 Friday 10-2

**OPEN SATURDAYS 10-2**

For more library information go to

**www.dunstable-ma.gov click on library**

Mary Beth Pallis – Director – mpallis@mvlc.org

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

Like us on FACEBOOK to receive program updates!

**www.facebook.com/pages/Dunstable-Public-Library/219991908117595**

**Featured Display** This month's display is a collection provided by Whitney Healey. Come and check it out. If you would like to display your artwork or photographs in the community room, we would love to host you. Please email Karen at kdebreceni@dunstablepl.org.

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

**Library Passes available** Take advantage of these great passes: Boston Museum of Fine Arts, One Stop Fun, US Constitution Museum in Charlestown, and a pass to 50 Massachusetts State parks. New Discount Pass – Salem Witch Museum and Merrimack Repertory Theatre.

**Adult Reading Group** Like to read? Then we have the group for you. Meeting is on Sat. January 19<sup>th</sup> at 10:30 at the library. We will be discussing *Stella Bain* by Anita Shreve. Summary An epic story, set against the backdrop of World War I. An American woman, Stella Bain, is found suffering from severe shell shock in an exclusive garden in London, surgeon August Bridge and his wife selflessly agree to take her in. A gesture of goodwill turns into something more as Bridge quickly develops a clinical interest in his houseguest. Books may be ordered thru the library. New members are always welcome. We meet every 3rd Saturday at 10:30a.m. in the community room of the library.

**Quilter's Group** Meets from 6-8 p.m., the first and third Tuesday of the month. If you are interested in learning to quilt or would like to join other quilters, this could be the perfect opportunity for you.

**Cook Book Club** The library has a cookbook club! We will have a cookbook displayed each month and you can select and prepare a recipe from the monthly selection. Then we will get together on the last Friday of the month at 12:00pm to enjoy the dishes. Signup sheet will be at the desk. This month we will be meeting **January 24<sup>th</sup>**. New members are always welcome.

**Children's Craft** Come and join Mrs. D. for a special craft time on **Tuesday January 14<sup>th</sup> at 4:00pm**. We will be making many different snowman activities. Please sign up at the library or email Mrs. D. at kdebreceni@dunstablepl.org

**Preschool Story Hour** Please come in with your 3, 4 or 5 year old for story hour on Thursdays and Fridays. We meet 10:30-11:30. Program includes stories, songs and a craft or activity. Join the fun!

**Afternoon Story Hour** This will be for older children who have ½ days in kindergarten or older preschoolers. We will meet on Thursdays at 1:30 pm. We will still do a craft, so please wear clothes that can get messy.

**On Going Book Sale** Is in the Community Room at the library. Come in and check out the selections that are here. Hard Covers 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.

**Homework Club** The library is offering homework help every Tuesday night from 6-7PM for the school year. This is a free service for children from Kindergarten to High School. Honor Students from local high schools are available to help the children. These students help children understand their math homework and more. If your child is attending, please call between 3:00 to 5:30 so we can be sure a student will be here for your child.

## Tyngsboro Cosmetic Dentistry

James Yankowskas DDS

Brad Mattison DMD

15 Pondview Sq. • Tyngsboro, MA 01879

978-649-7773

tyngsborocosmeticdentist.com

*New Patients Welcome*

Evening and Saturday appointments available

**FARMER**  
**CONSTRUCTION**

*Additions Our Specialty*

978-649-4349

www.FarmerConstruction.US

*Find us on Angie's List*

Lic. #006732 Reg. # 105897

• Insured • Quality References

- Garages
- Basements
- Kitchens
- Baths
- Windows
- Porches
- Decks
- Roofs

**DUNSTABLE**  
**FORMS** INC.  
POURED CONCRETE FOUNDATIONS

David W. Crandall

PRESIDENT

Office/Fax: 978-649-6409 • Cell: 978-807-8426

PO Box 245 • Dunstable, MA 01827

## Paul J. Mariano & Associates

Income Tax Consulting & Preparation  
Bookkeeping Services  
Financial Planning

Paul J. Mariano

(978) 649-9180

FAX 978-649-9243

P.O. Box 250

Dunstable, MA 01827

Fully  
Licensed

147 Hardy St.  
Dunstable, Ma

**Crandall's Child Care**

Call Ms. Patti for an Appointment

*Toddlers, Pre School, School Age*

*Full & Part Time*

**"Openings available for Toddlers"**

978-649-0211

E-mail: Crandallschildcare@gmail.com


**Timothy J. Boucher**  
 Plumbing, Heating & Gas Fitting

- Kitchens & Bathrooms
- New Homes & Additions
- Radiant Floor Heating Systems
- Hydronic Heating Systems
- Water Treatment Filtrations Systems
- Gas Piping
- Repair Service

MA Master #9866 NH Master #2654  
 TYNGSBORO  
**978-649-4077**

**Year-Round Professional Service**  
**DAVE NICOL**



Aerial Bucket Service  
 Pruning • Removals • Stump Cutting  
 Free Estimates • Fully Insured

DUNSTABLE

**978-649-4474**

e-mail: [nicolwoodworks@mac.com](mailto:nicolwoodworks@mac.com)

**OPEN BURNING SEASON BEGINS**  
**JANUARY 15<sup>TH</sup>**

Dunstable Fire Chief, Brian Rich announced that Open Burning season will soon begin and will end on May 1<sup>st</sup>. Permits are available daily from 9:30am to 12:30pm at the Fire Station on Pleasant St. Permits cost \$10 and are free to "over 65".

**FEE AND PERMIT INFORMATION**  
**You must follow all the rules and regulations that are listed below.**

**Rules and Regulations**

1. You can only burn brush and garden trimmings only.
2. Burning is allowed only between 10am and 4pm. No fire shall be started after 12 noon and all fires must be extinguished by 4pm.
3. The permit holder must call the Fire Department @ 978-649-6661 each day after 9am for permission to burn that day.
4. The fire must not be left unattended and must be at least 75 feet from any structure.
5. Have available water supply, rakes, shovels, etc. for controlling the fire.

**Under all Circumstances the following are prohibited**

1. The burning of Grass, Hay, Leaves, Stumps, tires and/or building materials.
2. Burning of brush, trees, cane and/or driftwood from commercial and/or institutional land clearing operations.
3. Burning at landfills or refuse disposal facilities other than approved incinerators.
4. Large piles that will not readily burn or are of such size that they will not be totally out by 4pm.

***If you have other questions regarding burning, please call Fire Chief Brian Rich at 978-649-6661. Information is also posted on the town Website.***

**ANCHOR BIBLE CHURCH**

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



**Happy New Year, Neighbors!**

Be sure to stock up on indoor activity and snack supplies such as Annie's Baking Mix/Crescent Rolls/Biscuits and Chex Mix, and keep those germs away with Lysol wipes and Nestle Pure Life water!

If you haven't **downloaded the new Box Top for Education app** yet, you'll be pleasantly surprised how truly easy it is. You just scan your receipt and the app does all the work for you! The app will continue to offer bonuses, sweepstakes, and coupons, so even more reason to download it today. This is a direct, simple way to help Swallow Union and we really appreciate all your continued efforts. We hope to remain at the top during the 2019-2020 school year after finishing #2 in the state last year!

While traditional Box Tops are being phased out of production, **YOU CAN STILL CLIP AND TURN IN BOX TOPS!** You'll continue to find them on many products throughout the store for the next few years, including Hefty, Green Giant, Reynolds, Scott, Ziploc, Kleenex, and Finish (look for old logo). The program is even allowing double dipping – meaning, you can purchase items with the old Box Top logo, clip and turn those in, and then scan your receipt within 2 weeks on the app for double the points!

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

Chrissy McLane ([mclane.chrissy@gmail.com](mailto:mclane.chrissy@gmail.com)) & Amy Wilson ([amywilson825@gmail.com](mailto:amywilson825@gmail.com)) Box Tops for Education co-chairs for Swallow Union Elementary School [swallowunionapt.org](http://swallowunionapt.org) [aptsallowunion@gmail.com](mailto:aptsallowunion@gmail.com) [facebook.com/APTSwallowUnion](https://facebook.com/APTSwallowUnion)



Life Celebration by  
**BADGER GROTON**  
*Funeral Home*

Now merged with Marchand Funeral Home of Pepperell

Proud to be family owned, and operated since 1921

**Offering Traditional and Cremation Services**  
**Honoring all Faiths and Traditions**  
**Pre-planning Options Available**

**(978) 486-3709**

45 School St, Groton, MA | [www.badgerfuneral.com](http://www.badgerfuneral.com)





### DUNSTABLE GRANGE #31

**MEETINGS** are held on the 2<sup>nd</sup> 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.*

- Jan 10 Fencing with Calvin. Enjoy the pizza.
- Feb 14 Estate planning

### PEPPERELL FOOD PANTRY OPEN TO DUNSTABLE RESIDENTS

PACH located at 66 Hollis St. Pepperell is open on Tuesdays from 5 – 7 p.m. and Thursdays from 2 – 4 p.m. and 5 – 7 p.m. PACH provides food and personal care items to residents in need of assistance. If you are interested in using this service contact office at 978-925-9770 or visit their web site at [www.pachoutreach.org](http://www.pachoutreach.org). We will be organizing a food drive in the fall. Food collection boxes will be placed in the library, church and post office. Any donations would be appreciated a volunteer will pick them up on Tuesdays.

**January 10<sup>th</sup> is the deadline for the February issue.**

*More articles and events posted on the website.*

**[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)**

*Need details about advertising your business?*

Contact [anne@NeighborToNeighborNewsletter.com](mailto: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 1245.*

*Copies available online, at town hall and library.*

### ATTENTION 2020 HIGH SCHOOL SENIORS RESIDING IN DUNSTABLE

Congratulations on your pending graduation!

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

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

The amounts of these grants are substantial, with one of the Babcock Scholars receiving \$4,000 each year for up to four years. A number of additional \$2,000 scholarships are granted to other students on a one time basis.

Scholarships may be applied to expenses incurred in the pursuit of advanced education beyond the secondary level in two or four year institutions, vocational education institutions, or formalized apprenticeship programs (the main scholarship for 4 year full time only).

**Starting February 11, 2020**, applications will be available at the town hall, library, your school guidance office, or by emailing [babcockscholarshipfund@gmail.com](mailto:babcockscholarshipfund@gmail.com).

Completed applications can be submitted electronically to the above email, or to the PO Box listed below no later than **March 19, 2020**.

Questions regarding the application process can be sent to [babcockscholarshipfund@gmail.com](mailto:babcockscholarshipfund@gmail.com). We hope you take advantage of this wonderful opportunity.

**Babcock Scholarship Trustees**

**P.O. Box 24**

**Dunstable, MA 01827**



## Get Fast, Reliable Relief!

*Our experts accurately diagnose and repair any problem with your home's plumbing, heating, and cooling*

Seems like there's always something around the house hounding you to be fixed. You can count on us to keep everything in top running order.

### Call The Top Dog In Service

- A live, friendly person will answer your call
- Appointments scheduled at your convenience
- We diagnose your situation and give you options
- We price by the job, not by the hour, so there are no surprises
- We use work mats, shoe covers and do a thorough clean-up
- Follow-up call to make sure you're completely happy

**Use this coupon and save a few bones when you call for service!**

**All Repairs, Upgrades & Installations**

Plumbing • Heating • Air Conditioning • Drains & Sewers • Water Heaters • And More

## SAVE \$25

**On Any Service We Provide**

Not valid with any other offers or discounts.


Expires 5/31/2020



**(978) 674-7209**

[www.milltownplumbing.com](http://www.milltownplumbing.com)

**Andy & Lisa Cornellier**  
Property Care & Construction



(978) 490-7716  
al.cornellier@gmail.com  
cornellierpropertycare.com

Home Improvements  
Interior / Exterior Repair  
General Carpentry  
Handyman Services

MA Lic # - 055341 Reg # 140298

**A. L. Cornellier**

**Carrie Best Cyr** REALTOR®



**kw**  
KELLER WILLIAMS.  
REALTY

The BEST in THE BORO

3 Lan Drive  
Suite 300  
Westford, MA 01886  
Office: 978.692.3280

Mobile 978.509.8314 (text or call anytime)  
Email: carriecyr@kw.com  
www.carriesrealestate.com  
FaceBook: THE BORO, Tyngsboro  
License in MA & NH




**ESCOTT ELECTRICAL  
SERVICES, LLC**

**KEVIN ESCOTT**  
Master Electrician  
Residential/Commercial

141 Middlesex Road, Unit 9  
Tyngsboro, MA 01879

Office: 978-226-5318  
Cell: 978-569-3883  
E-mail: Tescott@escottelectric.com  
MA# 20082A, NH# 11511M

**Creative Minds**  
**Early Learning Center**  
"Every Child an Achiever"

Preschool, Pre-K & Before & After School  
Full & Part time Flexible Schedules  
978-649-5060  
creativemindstyn@aol.com www.creativemindselc.com

164 Westford Rd. • Tyngsboro

**FREE REGISTRATION! – MENTION THIS AD**



**GROOMING BY  
SARAH**

Sarah Bozek • Certified Dog Groomer

**978-649-1717**  
Call for more information.

651 Old Dunstable Rd., Groton, MA 01450

## GROTON GRANGE #7 INVITES YOU

Join us for a talk on the **Mystery and Majesty of Crop Circles**, presented by John Root, Naturalist/Educator. **Tuesday, January 28th, 2020, 7 PM**, at Groton Grange #7 Hall, 80 Champney St. Parking allowed on the Grange side of Champney St only.

Groton Grange #7 invites you to our traditional **New England Contra Dance on Saturday, February 1st, from 7:30 - 10:00 PM**, at Historic Groton Grange Hall, 80 Champney Street. This will be an evening of live music and dancing with Groton's own Contra Banditos, along with caller Beth Parkes, who will teach traditional New England style contra, square, and line dances to the beat of old time fiddle tunes. Beginners are welcome, no experience or partner is necessary. **Donation at the door is \$5.00 per person, children under 3 years old are free, and family maximum is \$20.** Refreshments are provided. **PARKING ALLOWED ONLY ON THE GRANGE SIDE OF CHAMPNEY ST.**

## 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**  
**Fall Worship 10:00 AM followed by Fellowship**  
**Adult Discipleship and Sunday School 11:45 AM.**

Shepherd of the Valley Lutheran will be **stocking the shelves at Loaves and Fishes** on Friday, January 3rd and 17th at 3:30 PM. The Prayer Shawl group will be meeting on Saturday, January 18th at 10 AM.

There will be a **Congregational Council Meeting** at 7 PM on Tuesday, January 21st.

The **Wednesday evening Prayer Service** will resume on Wednesday, January 8th in the Chapel.

The **Adult Discipleship** will return to meeting at 9 AM on Sunday, January 5th. The focus will be on What is the Bible?

*The Youth will be going into Boston in February for City Reach and will be taking in used clothing for those in need. Any donations are greatly welcomed.*

## SCOUTS BSA DUNSTABLE

If you are interested in learning more about the **Boy Scout Troop T28B Or Girl Scout Troop T28G** join us at **7PM on Mondays**. We meet in the Fellowship Hall, at the Dunstable Evangelical Congregational Church, Main St. in the Center of Town. Boys' Scoutmaster is Steve Berthiaume. Sara Axon is the Scoutmaster for our linked **Girl's Troop**.

**We do have a contact page set up through our website:**  
<https://dunstable28.mytroop.us/contact>



The West Family and Maureen Amaral from Coldwell Banker Residential Brokerage would like to begin this new year with a **HUGE THANK YOU** to each and every one of our neighbors who were so kind and generous to stop into West Auto Repair and drop off a gift (or in many cases multiple gifts) for the Toys for Tots collection campaign. Although Mother Nature put a bit of a damper on our collection efforts with the very early snow storms in the month of December we still managed to collect a few hundred gifts at the shop. The outpouring of support that we receive for this campaign each and every year just warms our hearts.

Thank you again and wishing you and yours the happiest of new years. **The West Family & Maureen Amaral**



## VETERANS' SERVICE OFFICE

It is already 2020! For the Veterans who use the VA, you may have noticed some very positive improvements in care and service. They have had some very significant improvements this past year. If you have not used the VA and you are having some health issues, I strongly recommend you visit them. You do not have to go all of the way into Boston, there is a VA clinic right off of the Lowell Connector. Their address is 130 Marshall Road, Lowell, and their phone number is (978) 671-9000.

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](mailto:VSO@Dunstable-ma.gov). I am here to help you.

**Joe Dean (Former USMC Sgt, Retired USAF Capt.)**  
Dunstable Veteran Services Officer

Proudly serving those who have served

## FREE ACTIVITIES FOR YOUNG CHILDREN WITH THEIR PARENT OR CAREGIVER

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

### Groton and Dunstable Family & Community Programs

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

### Townsend and Pepperell Family & Community Programs

- Join us on any 1st & 3rd **Tuesdays** during the school year -10:30 a.m. at: Pepperell Library (Lawrence Library,) 15 Main Street, Pepperell
- Join us on any **Wednesdays** during the school year -10:30 AM at: Townsend Library, 12 Dudley Road, Townsend

Please contact Jana Harrison, at [jharrison@awrsd.org](mailto:jharrison@awrsd.org), or 978.874.0163 for further information.

## The Rose of Sharon at Blossom Hill

flowers  
unique gifts  
weddings  
sympathy arrangements

Fresh. Elegant. Local.



101 Pleasant Street  
Dunstable, MA  
978-649-7559

[www.roseofsharonflowers.com](http://www.roseofsharonflowers.com)

## DPS TRASH SERVICES

Real Estate / Clean-Outs ~ General Trash Removal

**Dana Kinne**  
978.302.8982

[dpstrashandrecycling@gmail.com](mailto:dpstrashandrecycling@gmail.com)

Weekly Trash Pickups For Dunstable & Surrounding Areas

## 8-5 TYNGSBOROUGH Mon-Fri MUFFLER AND BRAKE

166 Lakeview Ave. • Tyngsborough, MA 01879

Call ahead for faster service. **978-649-7163** Alignments!

**Now Performing Massachusetts  
STATE INSPECTIONS**

Over 60 years combined experience.

**AUTO SALES** Specializing in vehicles for \$8,000 or less!  
**WE OFFER DIAGNOSTICS & COMPLETE AUTO  
SERVICE FOR FOREIGN & DOMESTIC VEHICLES**



**LADY  
with a  
HAMMER**

REMODELING & CONSTRUCTION INC.

LICENSED  
& INSURED

DAWLYN SINCLAIR-ADAMS  
978-302-0746

[INFO@LADYWITHAHAMMER.COM](mailto:INFO@LADYWITHAHAMMER.COM)  
[WWW.LADYWITHAHAMMER.COM](http://WWW.LADYWITHAHAMMER.COM)  
DUNSTABLE, MA

## St. Germain Tree Service

Marc St. Germain • Tyngsborough, MA



- Tree Removals & Pruning
- Yard Expansions
- Chipping
- Stump Grinding
- House Lot & Road Clearing
- Selective Thinning
- Firewood

Fully Insured

**978-888-7849**

Free Estimates



## Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

Celebrating 36 Years of Service!

**DEADLINE IS JANUARY 10<sup>TH</sup>  
FOR FEBRUARY ISSUE**

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

[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

If you belong to a group and have upcoming events, such as a fundraiser or you belong to an organization that you love to take part in, there is no fee to put in a paragraph or two. Free space is limited, so it is best to get it in as soon as possible. Remember that the printed issue is usually out around the 5th or 6th of the month. **So you do have to plan ahead. It is a good idea to put the announcement in the month before the event if it is very early in the month.**

If you have a business that is looking for employees, or offers a service that you want everyone to know about, please contact me by email. I will then forward a rate sheet to you.

At this time the circulation is 6,312 FREE issues delivered between the towns of Tyngsborough and Dunstable.

I look forward to hearing from you,

Anne



**NO JOB IS TOO SMALL!**

**Low Impact Equipment  
Low Ground Pressure  
Ideal for delicate lawn surfaces**

- Tree Take Downs
- Limb Removal
- Ornamental Pruning
- Bucket Services

*Serving Massachusetts & Southern New Hampshire*

**ForesTree Services Inc**  
Tyngsborough, MA  
888-819-TREE(8733)  
ForesTreeServices.com

**FREE ESTIMATES**



**FULLY INSURED | 888-819-TREE(8733)**

**Cold & flu season getting to you?**

**Turn your home's heating & cooling system into a whole-house air sanitizing defense against flu, mold and germs.**

Give yourself and your family added protection with a HVAC duct-mounted ultraviolet (UV) air purifier that neutralizes viruses along with bacteria, mold and other air-borne germs. UV light has long proven highly effective in sterilizing medical equipment, purifying water and food and is now available for improving indoor air quality.



Call or visit to book your air quality improvement consultation

**DENOMMEE**  
PLUMBING • HEATING • COOLING  
— INCORPORATED —

**978-649-8886**  
**DenommeePlumbing.com**  
21 Westech Drive • Tyngsboro, MA

Master License #12702 MA • Master License #3637 NH • Corp. Plumbing License 2729 • C.S. 093118

**CALLING POLICE FOR EMERGENCY HELP**  
If you are calling from your cell phone in Dunstable,  
call **978-649-7445** (the station) or **978-448-5555** (DISPATCH).

## TYNGSBORO CHURCH OF CHRIST

27 Old Tyng Rd. Tyngsboro, MA 01879  
(about 1 mile south of Tyngsboro bridge on Rt. 3A)

**Evangelist: Nathan Combs 1-978-703-4741**

Web Site: [www.tyngsborochurchofchrist.org](http://www.tyngsborochurchofchrist.org)

Email: [thechristians@juno.com](mailto:thechristians@juno.com)

Home bible studies in Nashua, Tyngsboro, Dracut, and Lowell.

### WHAT IS THE BIBLE?

The ancient book we call the Bible is many things. It is a collection of 66 individual books, authored by more than 30 people, written over a timespan of thousands of years. It is a carefully crafted masterpiece, using various literary techniques like poetry, narrative, and discourse. Astoundingly, it is a book authored by God Himself using the pens of men (2 Timothy 3.16, 1 Peter 3.20-21). Although these facts help us grasp an idea of the Bible's structure, history, and authorship, we're still left with our original question: what is the Bible? What is the point of this book?

In short, the Bible was written to captivate us by God's goodness. From the very beginning of time, He has been the maker of good things. Seven times in Genesis 1 we are told that as God looked at the creation He had just made "He saw that it was good." He created the first woman (Eve) for the first man (Adam) because He saw that it was "not good" for man to be alone (Genesis 2.18). Although mankind quickly chose to define their own goodness by eating from the forbidden "tree of the knowledge of good and evil," all they found was destruction and death. Throughout the storyline of the Bible, each new generation of people added to the brokenness of the world, even God's righteous servants like Noah, Abraham, and David. But rather than destroy the world and remove all good things, God carried out His eternal plan to bring the ultimate goodness to our planet: His Son. "But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to His own mercy, by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Savior" (Titus 3.4-6). When Jesus started preaching in Israel, His message about the kingdom of God was called a gospel (meaning "good news"). Although we were unrighteous, the good news of Jesus displays the "righteousness of God" (Romans 1.16-17), charted throughout time in the story of Israel. When we read about God's plan to rescue all mankind through His Son, we cannot fail to love Him and the people He died to save.

With this perspective of what the Bible is, we are better prepared to understand what it is not. It is not merely a collection of facts, like a mathematics textbook. It is not merely a manual telling us how to live everyday life more effectively, like a typical self-help book written by man. It is not merely a collection of commandments, providing a list of what we can and cannot do with our lives. The Bible isn't just designed to fill our brains, nor is it intended to merely produce outward behavioral changes. Fundamentally, the Bible was written to transform our hearts by showing us the Son of God.

## GD SEPAC

**Groton Dunstable Special Education Parent Advisory Council**  
**Contact Officers and Liaison 2019-2020:**

**Chair:** Jennifer Bonenfant [jenniferbonenfant@gmail.com](mailto:jenniferbonenfant@gmail.com)

**Secretary:** Linda Lee [lindazlee@hotmail.com](mailto:lindazlee@hotmail.com)

**Treasurer:** Katie Leonard [kcleonard@gmail.com](mailto:kcleonard@gmail.com)

### SCHOOL PARENT LIAISONS:

**Boutwell** Katie Leonard [kcleonard@gmail.com](mailto:kcleonard@gmail.com)

**Florence Roche** Katie Leonard [kcleonard@gmail.com](mailto:kcleonard@gmail.com)

**Theresa Passmore** [theresapassmore@gmail.com](mailto:theresapassmore@gmail.com)

**Swallow Union** Melissa Padera [mpadera@yahoo.com](mailto:mpadera@yahoo.com)

**Susan Lopez** [susanlopez24@gmail.com](mailto:susanlopez24@gmail.com)

**Middle School** Theresa Passmore [theresapassmore@gmail.com](mailto:theresapassmore@gmail.com)

**High School** Susan Lopez [susanlopez24@gmail.com](mailto:susanlopez24@gmail.com)

**Out-of-District** Melissa Padera [mpadera@yahoo.com](mailto:mpadera@yahoo.com)



## COMING UP AT INDIAN HILL

Learn more: (978) 486-9524 or [www.indianhillmusic.org](http://www.indianhillmusic.org).

**MIKE CAUDILL QUINTET:** Spotlight on the music of American jazz legend Yusef Lateef with jazz all-stars Mike Caudill, saxophone; Jerry Sabatini, trumpet; John Funkhouser, piano; Greg Loughman, bass; and Mike Connors, drums: **Friday, January 10 at 7:30pm**, 36 King Street, Littleton, MA. **TICKETS:** \$15 (Free for Indian Hill Music students) *Sponsored by the Nashoba Group at William Raveis Real Estate.*

**JUNIOR DISTRICT MOCK AUDITIONS:** Attention music students who will be taking Junior District string, winds, brass, percussion, jazz, or voice auditions! Rehearse your repertoire and receive feedback from Indian Hill Music School's accomplished faculty: Saturday, January 11, 9:00am – 3:00pm, 36 King Street, Littleton, MA. **FEE:** \$20 per person (Free for Indian Hill Music School students) Sign up online.

**INDIAN HILL MUSIC 'DISCOVERY LECTURE':** "All That Jazz"-Composer/pianist/educator Eric Kamen explores the architecture of jazz harmony, melody, and improvisation: Tuesday, January 14 at Noon, 36 King Street, Littleton, MA. **ADMISSION:** \$10 (Free for Indian Hill Music students.) Bring your lunch!

**'BACH'S LUNCH' CONCERT:** Indian Hill Music presents eclectic selections for flute and marimba with Jessica Lizak, flute and Mike Weinfield-Zell, marimba: **TWO SHOWS** - Thursday, January 16 at 11:00am and 1:30pm, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations for groups of 5 or more at (978) 486-9524.

**TONY WATT & SOUTHEAST EXPRESSWAY:** Traditional and hip bluegrass with the award-winning flatpicking guitarist/mandolinist and his band: Friday, January 17 at 7:30pm, 36 King Street, Littleton, MA. **TICKETS:** \$15 (Free for Indian Hill Music students) *Sponsored by the Nashoba Group at William Raveis Real Estate.*

**ORCHESTRA OF INDIAN HILL:** Maestro Bruce Hangen and the Orchestra play Dvorak (Carnival Overture), Brahms (Symphony No. 1) and Lieberman's *Neruda Songs* with mezzo-soprano Britt Brown: Saturday, January 18 at 7:30pm, Littleton HS Performing Arts Center, 56 King Street, Littleton, MA. **TICKETS:** \$20-35-50 (Free for Indian Hill Music students) *Sponsored by Shepherd's of Townsend. Guest Artist Supporter: Bamboo Fine Asian Cuisine. Media Sponsor: Wicked Local.*

**FREE LESSON DAY AT INDIAN HILL:** Sign up to take a free 30-minute private lesson at Indian Hill Music School: Saturday, January 25, 10am – 4pm, at Indian Hill Music School, 36 King Street, Littleton, MA. Lessons open to ages 5 through adult. Advance registration required; new students only. Registration opens January 2nd. Learn more at (978) 486-9524 (press 0) or sign up online at [www.indianhillmusic.org](http://www.indianhillmusic.org).

**PIANIST VIJAY IYER:** Indian Hill Music presents GRAMMY-nominated modern jazz pianist Vijay Iyer in an intimate solo concert: Sunday, January 26 at 3:00pm. **TICKETS:** \$20 advance / \$25 door. (Free for Indian Hill Music students) Indian Hill Music, 36 King Street, Littleton, MA. *Sponsored by Murphy Insurance Agency.*

**NOAH PREMINGER QUARTET:** Indian Hill Music presents Downbeat "Rising Star – Best Tenor Sax" Noah Preminger and his group in a night of jazz standards and originals: Friday, January 31 at 7:30pm. Pre-concert jazz improv workshop with Mr. Preminger at 4:30pm (open to all). **CONCERT TICKETS:** \$20 advance / \$25 door. **WORKSHOP & CONCERT:** \$30 advance / \$35 door. (Free for Indian Hill Music students) Indian Hill Music, 36 King Street, Littleton, MA.

**FREE STUDENT RECITALS** at Indian Hill Music School: Hear our students perform in a variety of music styles and ensembles. A great opportunity to see what we do and meet our faculty! Indian Hill Music, 36 King Street, Littleton, MA **FREE** and open to the public. Call (978) 486-9524 for recital days and times.

## CAT FOOD DONATIONS NEEDED

To feed a colony of feral and homeless kitties. Please call Don Gaudette **978-799-9715** for the drop-off location on the Dunstable/Tyngsboro line. **Volunteers to help with the feeding are also needed.** Associated with Kitty Angels [www.kittyangels.org](http://www.kittyangels.org) Kitty Angels is An All-Volunteer, Non-Profit Shelter for Needy Cats

## QUALITY ROOFING & SIDING

"HANDYMAN SERVICES & REMODELING"

NO JOB TOO SMALL OR TOO LARGE

Reasonable Rates! FREE Estimates!

Over 30 Years Experience!



**Ken Coleman**

**978-649-6428**

**508-517-2381 (cell)**

Fully Insured

Const. Supervisor Lic. # 98523

Home Improvement Lic. # 121742

- Safety Garage Floor Coating
- Build & Resurface Decks
- Gutters Installed & Cleaned
- Pressure Wash Siding/Decks
- Roof Algae Removal
- Painting Interior/Exterior

*Groton Station House*



RESTAURANT



Come Dine With Us!

20 Station Ave in Groton, Mass.

Tu–Th 4–9 p.m. | Fri 4–10 p.m. | Sat 2–10 p.m. | Sun 2–9 p.m.

(978) 448-4000 | [www.GrotonStationHouse.com](http://www.GrotonStationHouse.com)



**CAMERON FULLER**  
OWNER

- Welding & Fabrication
- Equipment Repair
- Mobile Welding
- Blue Prints & 3D Engineering

Fuller Fabrication  
496 Groton Rd.  
Westford, MA 01886

email: [cfuller.fabrication@gmail.com](mailto:cfuller.fabrication@gmail.com)  
phone: 978.259.5333

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



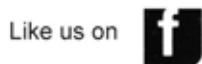
# BITHER INSURANCE AGENCY

261 Middlesex Rd  
Tyngsboro, MA  
(978) 649-7301

Auto • Fire • Life  
Homeowners • Business  
Personalized  
Insurance Service

www.BITHER.com

"Our 61<sup>st</sup> Year of Service"



Like us on

Representing fine companies such as



**Sherburne Lumber**  
Building Materials & Hardware

M-F 7:00 - 5:00  
Sat. 7:30 - 1:00  
We Deliver

Visit us at [www.sherburnelumber.com](http://www.sherburnelumber.com)

David LaRiviere  
56 Coburn Road  
Tyngsboro, MA 01879-0353

(978) 649-7413

**Local & Dependable**

Email: [sherburnelumber@verizon.net](mailto:sherburnelumber@verizon.net)

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

# MAGNOLIA



**Sean Conroy** System Designer

SConroy@magnoliaav.com office: 603.521.3030 cell: 603.438.3132  
220 Daniel Webster Highway, Nashua, NH 03060  
[magnoliaAV.com](http://magnoliaAV.com) | [bestbuy.com/magnolia](http://bestbuy.com/magnolia)

## DUNSTABLE TYNGSBOROUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men and women dedicated to serving communities locally and globally giving hope and impacting lives through humanitarian service projects and raising donations to support areas of need. We are currently looking for community minded members to join, please contact membership chair Joe Ward his contact information is below.

### Officers for the 2019-2020 Lions Year

President: Mark Alexander, 1st Vice President/Membership Chair:  
Joe Ward, Treasurer: Bob Reich, Secretary/Club Service Chair:  
Laura Ward

Anyone interested in joining the lions is asked to contact Joe Ward at 978-930-1153 or Mark Alexander at 978-649-9124. Our Regular Meetings are held on the first Tuesday of the month starting at 6:30 pm at Princeton Station 147 Princeton St., in N. Chelmsford, MA.

### YOU CAN HELP BY DONATING THE FOLLOWING:

- **Used Eyeglasses** are collected for refurbishment and distribution to less advantaged individuals around the world.
- **Used Hearing Aids** are collected refurbished or repaired and distributed to those individuals in need with limited ability to pay.
- **Can tabs** please place into bags before putting in the boxes.

Lion's collection boxes for eyeglasses and hearing aids and can tabs are located at the Tyngsborough Post Office, American Legion Post 247 at 90 Pawtucket Blvd., Multi-Service Center at 180 Lakeview Ave, and Dunstable Town Hall, Post Office and Library.

**Pennies for Sight:** "Your change- changes people's lives" See a Lion cannister around please consider donating. Every Penny Counts!

"Alone we can do so little; together we can do so much."

*Helen Keller*

## DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

[www.Dunstablechurch.org](http://www.Dunstablechurch.org)

978-649-6251

Pastor Bobby Ross [pastorbobby@dunstablechurch.org](mailto: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."

Looking for a way to fill your football-less weekend? Come submit your favorite chili in the 1st annual Dunstable Chili Cookoff on 1/25/20!!!

Join us for a Chili Cook-off on Saturday, January 25, beginning at 1 PM in the Community Hall at The Dunstable Church. Bring your best recipe to share and to win the crown of "Dunstable's Best Chili". All Chili styles welcome! All ages are welcome to compete! We'll also have a dessert and cornbread table (no judging, just eating). Everyone is welcome to enjoy the event!

To enter the Cook-Off, register online ([www.dunstablechurch.org](http://www.dunstablechurch.org)) or with the church office (978-649-6251).

• Thank you all who visited our annual LIVING NATIVITY on the town common. A perfect way to usher in the Christmas season with your family.

• SUNDAY WORSHIP time begins at 10:30 am and Christian Education/Sunday School for children and adults at 9 am-10:15 am.

• EDUCATION: Adult and children Sunday School classes meet at 9:00 am on Sunday. An Adult class meets at 7:00 pm Tuesday evenings in Fellowship Hall covering the same material as on Sunday.

• CHILDREN'S SUNDAY SCHOOL is at 9:00 am every Sunday (K-6th grade, nursery available for 0-5 yrs). During the sermon, we'll invite children (K-4th grade) to join us downstairs for • Children's Church. Children are also welcomed to stay with their parents. We have a Youth Worksheet available to help engage them during the service. Ask the ushers if you would like one.

• CHILDCARE: Childcare for infants through kindergarten is available both during Sunday School hour and the worship service.

• FELLOWSHIP: Everyone is welcome to an informal time of fellowship with coffee, tea, and refreshments after the service.

• DECC YOUTH GROUP: All area youth in grades 6-12 are welcome! Regular meetings will be held on Sundays 4-6 pm at the Dunstable Evangelical Congregational Church, unless otherwise noted. Some coming events planned are sledding party, game night, continue learning, community service, and more. Contact Leader Jon Hughes with any questions at 978-303-7708 or [jon.hughes480@gmail.com](mailto:jon.hughes480@gmail.com)

Come visit your community's church. We will be happy to greet you! For more information, please visit our new website at [dunstablechurch.org](http://dunstablechurch.org), contact the church office at 978-649-6251, or contact us by email [info@dunstablechurch.org](mailto:info@dunstablechurch.org).



GREATER MASSACHUSETTS  
SPECIAL-NEEDS EVENTS  
SPED CHILD & TEEN

[www.spedchildmass.com](http://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

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.



46 Coburn Road  
Tyngsboro

WINTER WILDLIFE WALK! Saturday Jan 11th, 2020 9:00 AM  
46 Coburn Rd Tyngsboro, Ma (Sherburne Nature Center & Trails)  
9:00 AM Saturday, January 11th, 2020

Come and join us for a celebration of the wildlife of Winter! It will be an interpretive and educational wildlife walk and we have had a great track record over the years to see some fantastic species! Don't miss this incredible opportunity to enjoy the amazing wildlife at our incredible WINTER wildlife Walk! Hosted by lifelong Naturalist & Conservation advocate Mark Fraser (host of "Nature Walks" seen on PBS). All are welcome and there is absolutely no charge! Bring your snowshoes or hiking boots. <http://www.naturewalkscs.org/>

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.

WEST CHELMSFORD  
UNITED METHODIST CHURCH

242 Main St., North Chelmsford, MA 01863

HANDICAP ACCESSIBLE

1-978-251-4834 [www.wcumc.us](http://www.wcumc.us)

Worship 9:30AM Professional child-care provided

Sunday school for all ages: 9:30 AM Coffee Fellowship: 10:30 AM

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

Please check our website for upcoming events.

DOWNLOAD YOUR FREE BOOK

"LIVING WITH OUR WILD NEIGHBORS"

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

<https://www.animalsheltering.org/page/wild-neighbors-book>

# DAN'S FINISH CARPENTRY

A Division of Dan's Decks

- Full Home Renovations
- Basement Remodeling
- Custom Built-ins
- Attic Conversions
- Additions
- Residential-Commercial

40 Years Experience  
Satisfaction Guaranteed

Call 781-227-4375  
Tyngsborough, MA



Jenepher Spencer  
Elite REALTOR®  
Licensed in MA & NH



(978) 618-5262

[Jenepher.Spencer@NeMoves.com](mailto:Jenepher.Spencer@NeMoves.com)



## Dunstable's #1 REALTOR

50 + Dunstable Homes SOLD!

"LOVE where you live....or start Looking!"

Based on information from MLS and non-MLS. 2008-2018 #1 for sales volume and units sold.  
2017 #1 volume/units, 2016 #1 volume, 2015 #1 volume, 2014 #1 volume/units, 2013 #1 volume

Operated by a subsidiary of NRT, LLC



- Stone & Brick Patios & Walkways
- Stone & Block Retaining Walls
- Lawn Installation
- Snow Plowing & Sanding
- Granite Steps
- Granite Light & Mailbox Posts

RON FOX

978-649-7715  
Tyngsborough, MA

Visit our website:

[foxlandscapingconstruction.com](http://foxlandscapingconstruction.com)

email: [Christine@foxlandscapingconstruction.com](mailto:Christine@foxlandscapingconstruction.com)



## Saving for tomorrow can start today.

With Allstate retirement planning.

CORINNE CROSBY  
603-882-7891

NASHUA

[a048527@allstate.com](mailto:a048527@allstate.com)



**Allstate**  
You're in good hands.

Life insurance offered through Allstate Life Insurance Company and Allstate Assurance Co., 3075 Sanders Road, Northbrook, IL 60062, and American Heritage Life Insurance Co., 1776 American Heritage Life Drive, Jacksonville, FL 32224. In New York, life insurance offered through Allstate Life Insurance Co. of New York, Hauppauge, NY. © 2019 Allstate Insurance Co.

9878064

## RICE DRYWALL & PLASTER

Complete Drywall & Plaster Service  
New Homes • Additions • Remodels  
Basements • New Ceilings • Repairs  
*"Reputation built on quality."*

Since 1986  
Tyngsboro MA



978-649-2164



## TYNGSBOROUGH SELF STORAGE

Video Monitoring 24/7 • Insurance Available

Open 7 Days a Week

Personal/Commercial • RV & Boat Storage • Secure Area

Tel. 978-226-5563 • FAX: 978-226-5598

324 Middlesex Road • Tyngsborough, MA 01879

[www.tyngsboroughselfstorage.com](http://www.tyngsboroughselfstorage.com)

email: [tyngsboross@comcast.net](mailto:tyngsboross@comcast.net)



## DUNSTABLE ANIMAL CLINIC

386 Main Street • Dunstable, MA 01827

(978) 649-6513

FAX (978) 649-6528

### HOURS

Mon. 9:00 A.M. - 5:00 P.M.  
Tues 9:00 A.M. - 6:30 P.M.  
Wed 9:00 A.M. - 5:00 P.M.  
Thurs 9:00 A.M. - 6:30 P.M.  
Fri 9:00 A.M. - 5:00 P.M.  
Sat 8:30 A.M. - 11:30 A.M.

Dr. Tara M. Sacramone  
Dr. Ann Sidley

We ♥ Referrals!

[www.dunstableanimalclinic.com](http://www.dunstableanimalclinic.com)

## PET HEALTH DUNSTABLE ANIMAL CLINIC

### UPDATE ON SEIZURES IN DOGS

Tara M. Sacramone, DVM



My latest continuing education meeting had an update about seizures in dogs. While the causes remain the same there are some new treatments available. First a quick review. Seizures are defined as abnormal neuronal hyperactivity involving the cerebral cortex, or too many nerves firing in the brain at once. Sometimes it's hard to know if the dog is having a seizure, or some other episodic illness. This is one of my favorite uses of modern technology – if you witness the event video tape it, or if you have any kind of surveillance camera you can monitor your dog even when you are not home. These videos are so helpful to diagnose seizures and any episodic thing your pet is doing at home.

There are many causes of seizures, but to organize them veterinarians divide them up into two broad categories; intracranial (meaning inside the brain) or extracranial (outside the brain). Intracranial causes include brain tumors, trauma, and genetic defects like hydrocephalous. Extracranial causes include kidney, liver disease, low blood glucose, and some toxins. Once extracranial causes are ruled out the next step is to decide on whether treatment is needed and decide on which medication to use. Treatment is begun for three main reasons. The first is if the dog has more than two seizures in a six month time period. The second is if the dog has an episode of cluster seizures (two or more seizures in 24 hours). And lastly is if the dog gets stuck in a seizure requiring medication in order for it to stop (status epilepticus).

Traditionally we have had two medications that were the mainstay of therapy; phenobarbital and potassium bromide. Now, however we have a few more to choose from. The most commonly used new one is called Levetiracetam (Keppra). Many dogs will actually begin treatment with this medication because it is the least likely to cause side effects long term. The biggest problem with Keppra is that it needs to be given three times per day. Another drug is Gabapentin, it is also helpful with pain relief. Most dogs do not use Gabapentin alone, but it can be added in if one medication is not working. Other newer medication include Zonisamide, Topiramate, and Felbamate. These are more often used in dogs if the other medications are not working.

Recently some alternative treatment options have been emerging. One that appears to be the snake oil of our day is CBD oil. While I don't believe it treats every problem in the universe, one of its uses may be to help treat seizures. The efficacy and dosages are still up for debate, and it is known to interfere with phenobarbital and diazepam, so if your dog currently takes phenobarb I would not recommend you add this in to your treatment regime. The dose range that helps with humans is very wide and even less is known about dogs, therefore if you want to try it check with your veterinarian for a guestimate dose. Another alternative therapy that has helped humans with seizures is a ketogenic diet (high protein, fat, no carbohydrates). It is almost impossible to turn dogs ketogenic, so changing their diet won't really help, but adding in a supplement called MCT (Medium Chain Triglycerides) oil may be of benefit. Another approach that has been used in human is called vagal stimulation. This involves surgically placing a device inside your dog that stimulates the vagal nerve. This is expensive, but can help, especially in dogs in which medications are not working or causing too many side effects.

## 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](http://www.budgetbuddies.org)



## Northeast TOBACCO FREE Community Partnership

Vaping by youth has become an epidemic and I'm asked frequently what can be done to turn the tide. Now new resources are available to help youth who want to quit vaping.

Two new free programs, This is Quitting powered by truth® and My Life, My Quit™, are available to help Massachusetts youth become nicotine- and tobacco-free.

Quitting vapes or other tobacco products can be hard. Here are some ways you can help young people get support:

... This is Quitting powered by truth® is a free and confidential texting program for young people who vape. Text "VapeFreeMass" to 88709. In partnership with the Massachusetts Department of Public Health.

... My Life, My Quit™ has youth coach specialists trained to help young people by phone or text. Young people can call or text "Start My Quit" to 855-891-9989 for free and confidential help or sign up online at [mylifemyquit.com](http://mylifemyquit.com).

... Encourage young people to ask their school nurse or counselor, athletic coach, doctor, parent or other trusted adult for help.

... Visit [teen.smokefree.gov](http://teen.smokefree.gov) for tools and tips.

... For more information, young people can visit [mass.gov/vaping](http://mass.gov/vaping)

Talking with youth about vaping is essential—youth need to know that vaping is harmful and that help is available for those who want to quit. Visit [GetOutraged.org](http://GetOutraged.org) to learn more or contact me at (978) 722-2864 or [ashley.hall@glfhc.org](mailto:ashley.hall@glfhc.org)

Ashley Hall, MS, Tyngsboro Northeast Tobacco-Free Community Partnership

## 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](http://www.tyngsborocongregational.org)  
E-mail [ecctsect@yahoo.com](mailto: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](http://www.tyngsborocongregational.org)

• Our "ROAR" SUNDAY SCHOOL "ROAR" is the program that will be taught this year. This is a very exciting and fun program and the kids will love it! Children will begin the Sunday Services with their parents and will be dismissed to their age-appropriate classes at 10:15 a.m.

• LADIES BIBLE STUDY - TUESDAYS 9:30 a.m. to 11:30 a.m.

This year the study is entitled "Bible Survey...A Big Screen Perspective". Please plan to join our Bible Study group. You may call our Church Office and leave your name and phone number and our Secretary will return your call.

• 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.

• 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 Solution for Busy People

## POSTAL CENTER USA

In The AMC Movie Theater Plaza  
440 Middlesex Rd., Tyngsboro, MA 01879



All shipping services in one handy location!

Custom Packaging ★ Packaging Supplies ★ Fax  
Notary ★ Mailbox Rentals ★ and Much, Much More!

Phone 978-649-6266 Fax 978-649-6773 M - F 9-6 Sat 9-1  
[www.PostalCenterUSATyngsboro.com](http://www.PostalCenterUSATyngsboro.com)

## Evans Generator Service

### 24/7 Emergency Repair

Parts-Service-Maintenance on Generac, Guardian,  
Centurion, Siemens, Honeywell and Eaton brands

## GENERAC

AUTHORIZED SERVICE DEALER

496 Groton Rd  
Westford, MA, 01886  
tel. (978) 941-7604

[evansgenservice@gmail.com](mailto:evansgenservice@gmail.com)  
[evansgen.com](http://evansgen.com)

Evan Fuller

REASONABLE RATES

QUICK, CLEAN SERVICE

Certified Title 5 System Inspector

## ERNIE'S

### SEPTIC SERVICE

ERNIE SWEET

DUNSTABLE, MA 01827

(978) 649-7837



## VILLA PAINTING

EXTERIOR/INTERIOR PAINTING  
EXPERIENCED AND DEPENDABLE

BENJAMIN MOORE PRODUCTS

Deck  
Restoration



Power Washing

MANY LOCAL REFERENCES

Jim O'Malley  
Dunstable, MA

FULLY INSURED

Cell (508) 873-6657

## ST JOHN THE EVANGELIST CHURCH

115 Middlesex St., North Chelmsford, MA

BINGO Thursdays at 6:45pm to 9:30pm

Doors open at 3:30pm

Questions or for more info about BINGO

Call Gerry Dumont 978-866-2391

\$1,199 Progressive jackpot.

Jackpot will progress to \$1,199.

If not won at 49#s it will progress to 50, 51, 52 etc.

Come enjoy friendly, fun BINGO Games.

21 BINGO Games, plus raffles and instant tickets.

Good food available as well.



**RE/MAX PARTNERS**  
YOUR HOME TOWN EXPERTS WITH  
WORLD WIDE CONNECTIONS

978.649.2220

**We Specialize in Helping Buyers & Sellers  
Achieve Their Real Estate Dreams & Goals.**

- Residential Home Sales
- New Construction
- Condo Developments
- Land Sales
- Commercial Real Estate
- Relocation Worldwide

**Call For Your Free, No Obligation,  
Marketing Consultation Today!**

Ask us about our reduced fee for local home  
owners in Tyngsborough & Dunstable.

Dennis Page	Melissa Kimball
Michael Page	Bill LeTendre
Diana Paquette	Kristen Loranger
Andrea Dillon	

1 Bridgeview Circle, Tyngsborough, MA 01879  
978.649.2220

## 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.

With your Donation, we will be able to help more families in crisis and more families in need in Merrimack Valley.

[www.thewishproject.org](http://www.thewishproject.org)

## WISH LIST

Gloves, Coats and Boots, Sneakers all sizes, Men and Women long sleeve shirts and pants, Girls and Boys long sleeve shirts and jeans Sweatshirts, Sneakers all sizes, Baby Monitors, Pull ups 2T-5T, Diapers Size Newborn, 5, 6 and wipes, Towels, Wash Cloths, Shower Curtain liners & rings, Sofas & Love Seats, Queen adj metal bed

Go to the website and you can

**DONATE FROM OUR AMAZON WEEKLY WISH LIST**

About Us The Mission of The Wish Project is to help families in need in Merrimack Valley. [www.TheWishProject.org](http://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](mailto: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.*

## CHELMSFORD CATHOLIC COLLABORATIVE

Home to both St. Mary and St. John the Evangelist Parish Families

PARISH OFFICES: 115 Middlesex Street, North Chelmsford

ST. MARY 978-256-2374 [www.saint-mary.org](http://www.saint-mary.org)

ST. JOHN 978-251-8571 [www.saintjohnchelmsford.org](http://www.saintjohnchelmsford.org)

OFFICE HOURS: Mon, Tue, Thu... 9 am – 5 pm; Wed... 9:30 am – 5 pm; Fri... 9 am – 3 pm; Sunday 8 am – 12 noon

• ST. MARY CHURCH: 25 North Road, Chelmsford

• Daily Mass Schedule: Monday – Friday... 7 am; 2<sup>nd</sup> and 4<sup>th</sup> Saturday... 9:00 AM • Weekend Mass Schedule: Saturday... 4: pm; Sunday... 7, 9 and 11 am;

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; 1<sup>st</sup> and 3<sup>rd</sup> 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

MA LIC #065225

*Fully Insured*



**Bruce D. Stewart**  
Dunstable, MA 01827

(978) 314-5573  
(978) 649-6702



**Christopher Ferguson Insurance LLC**

Preparing for tomorrow...Today

*Using Life Insurance strategies to help you  
prepare for tomorrow... Today!*



**Christopher Ferguson**  
**LUTCF**  
Broker/Agent

Licensed  
in NH, MA  
License #  
2001792

P.O. Box 372, Tyngsborough, MA 01879

**Bus #: 617-386-6572**

**Cell #: 617-388-3198**

[Chris@cfergusonins.com](mailto:Chris@cfergusonins.com)

[www.cfergusonins.com](http://www.cfergusonins.com)



Altrusa International of Merrimack Valley is a non-profit volunteer association whose members are dedicated to making a difference in the lives of others. For more information about Altrusa, please visit [www.altrusa.org](http://www.altrusa.org) or email [altrusamv@gmail.com](mailto:altrusamv@gmail.com).

## LOADING DOCK GALLERY

122 Western Avenue, 2nd Floor Lowell, MA 01851

The Loading Dock Gallery is a program of Loading Dock Arts, Inc., a 501C3 nonprofit.

The gallery is open Wednesday-Saturday from noon to 5:30 PM, and Sunday until 4 PM. For more information, call 978-985-0695.

On-line, visit the gallery at [theloadingdockgallery.com](http://theloadingdockgallery.com) or shop [store.theloadingdockgallery.com](http://store.theloadingdockgallery.com)



## BEAVER BROOK ASSOCIATION

Beaver Brook Nature Center Spear Room  
117 Ridge Road Hollis NH

- **Full Moon Night Hikes:** Jan 4, Feb 8, March 7, and April 4, 2020  
Held at 6:30 – 8:30 pm Beaver Brook Association (Spear Room),  
117 Ridge Rd, Hollis, NH Join BBA Naturalists for a Full Moon  
Night Hike or Snowshoe around the trails of Beaver Brook. Dress  
in layers. Believe it or not, you will warm up and be so happy to  
get outside on a winter night! It's a great experience. We'll supply  
the snowshoes or you can bring your own if you like. Return to  
Maple Hill Farm for warm beverages and cookies. Register online  
\$15 pp/\$13.50 Members. Register at [www.beaverbrook.org](http://www.beaverbrook.org)
- **Mid-Winter Bald Eagle Survey Saturday January 11, 2020 8  
am-noon** along the Merrimack River, Hudson to Manchester  
Join our group in this annual statewide count to learn about local  
Bald Eagle foraging and roosting habitat and the protection eagles  
need to stay healthy over the cold winter.

We will meet in Nashua at the Exit 7 Park & Ride, on the hill  
behind the Fireside Inn and Suites, or contact Richard Bielawski  
at [rbielawski@mac.com](mailto:rbielawski@mac.com) or 603-429-2537

**Easy Fitness Walking Fridays** Jan 3-April 24, 2020 10am-noon  
Join naturalist Katrine Dickau for some easy paced fitness walks  
around Beaver Brook and other local trails. Enjoy a guided walk  
covering ~ 2-2.5 miles each day. Learn new trails, meet new hiking  
companions and see what nature has to offer. Regular walking in  
nature reduces seasonal affective disorder, incidence of colds and  
flu, and improves the immune system, and nervous system. We  
provide snowshoes or ice treads if you need them. 17 weeks \$95/  
\$85 members of BBA. Walks take place rain or shine unless risky  
travelling weather. \$5 Donations accepted for guest or occasional  
hikers. Call 603-465-7787 to register at [www.beaverbrook.org](http://www.beaverbrook.org)

### Natural Wonders for young children & their grownups

Tuesdays 10 am -11:15 Maple Hill Farm 117 Ridge Rd Hollis

Join us each week as we take time to explore nature through the  
eyes of your child. Each session will include a story to stir up curios-  
ity, a hands-on exploration or activity, and a hike into the special  
places of Beaver Brook. Programs will take place rain or shine! The  
overall objective is to create a connection to and love of the amaz-  
ing outdoors. This is a great way to get your Vitamin N (nature!)  
Children should be able to be part of a small group and sit to listen  
to short stories. **Please dress for the weather** as part of each  
class is outside. For children 2- 5 years old. Grown-ups remain with  
the class. Teacher: Gail Basiliere 8 week session runs January 14  
– March 10 (No class on February 25<sup>th</sup>)

Register at [www.beaverbrook.org](http://www.beaverbrook.org)

### ANNUAL DINNER & SILENT AUCTION Thursday, January 16, 2020 5:30 – 9:00pm

Alpine Grove, Rt 111A Hollis NH  
This year's featured speaker will be Dr. Thomas French. Dr.  
French will be speaking about how public attitude to Wildlife in New  
England has changed over time and the status of various at-risk  
species. The event will feature hors d'oeuvres and dinner, a cash  
bar, and entertaining nature themed Silent Auction. Please join us  
for a fun evening celebrating 55 years of environmental conserva-  
tion by Beaver Brook Association. Enjoy our nature-themed Silent  
Auction and the announcement of the Ellen B. Nichols Lifetime  
Achievement Award. Tickets available at [www.beaverbrook.org](http://www.beaverbrook.org) or  
by phone 603-465-7787.

## ST MARY MAGDALEN PARISH

95 Lakeview Ave., Tyngsboro, MA 978-649-7315

**Weekend Mass:** Saturday 4:00PM. Sunday 7:30AM & 9:30AM  
COME JOIN US, ALL ARE WELCOME!

- Join us on Facebook! Search "Saint Mary Magdalen Parish  
Tyngsboro" and like our page to see daily meditations and events.
- The St. Vincent De Paul Society operates a monthly food pantry  
out of the rectory in addition to providing holiday meals to those in  
need. We can be reached at 978-844-2365.
- Prayer Line – *Do you know of someone needing prayers?* Call  
Helen (978) 649-7927 or Carol (978) 649-6717. (Submit only first  
name of one to be prayed for)

## LOOKING TO BUY WWII ITEMS

I am a young 15 year old collector. Mainly looking for WWII  
items, but WWI, Korea, and Vietnam are also of interest.  
Email [remembershistory04@gmail.com](mailto:remembershistory04@gmail.com) (preferred) or call  
978-408-4224.

## OPEN HOUSE

**Ste Jeanne d'Arc School** will be hosting an Open House dur-  
ing Catholic Schools Week on **Sunday, January 26th from 11:30  
am - 1:30 pm.** Ste Jeanne d'Arc School is a PK3 through grade 8  
Catholic Elementary School located at 68 Dracut Street in Lowell,  
Massachusetts. Come see why Ste Jeanne d'Arc School is consis-  
tently recognized as a school of excellence.

Visit online at [www.sjdarc.org](http://www.sjdarc.org).

## PARISH CENTER FOR THE ARTS

Corner of Boston Road and Lincoln Street on Westford Common,  
Westford, MA 978-692-6333 [PCA@Westford.org](mailto:PCA@Westford.org)

### Karaoke Sat. Jan. 11, 7:30pm-10:30pm Bollywood Karaoke

Bollywood and Indian music fans, release your inner nightingale  
and join us to sing your favorite classic or contemporary songs.

**Sun Jan 12, 3-5 Family Barn Dance** Caller: Dudley Laufman  
**Sunday afternoons 3-5pm family friendly Our Contra Dance**  
series features live music and is held twice a month with rotating  
callers. The Sunday sessions are open to children. Bring the whole  
family for a fun-filled afternoon or evening of dancing and music in a  
friendly, informal atmosphere. No experience necessary.

**Sun Jan 12, 6:30-9:30pm Open Mic Night** Second and fourth  
Sundays, Sept to June (\$5 cover) come out to the PCA and share a  
song, tune or poem with a roomful of supportive listeners. All ages  
and talent levels are welcomed. If you have never played in front of  
an audience before, this is a great place to start.

**Sat. Jan 25, 7:30-10pm Evening Barn Dance** Caller: Tony Parks.

**Sun, Jan 26, 3:15-5:30pm Anderson-Owen Duo:** Four hands  
at One Piano Bonnie Owen and Stella Owen, pianists 3:15PM  
Pre-concert talk/4pm Concert Music from France, Germany and  
Russia. By popular demand, the Anderson-Owen Duo returns to  
the PCA to perform L'Après midi d'un faun by Debussy (arranged  
by Ravel), Morceaux by Rachmaninoff, and dances by Mozart,  
Brahms, and a couple of surprise composers.

## FRANK KING PRESIDENT



Septic Tanks - Sewer Lines - Catch Basins  
Grease Traps Cleaned – Industrial Waste Removal  
Video Pipe Inspection

26 Livingston Street

Lowell, MA 01852

Tel 978-452-7750

FAX 978-459-0770

421 Forest Street

Dunstable, MA 01827

Tel 978-649-9724

Email: [frank@ActionKingServices.com](mailto:frank@ActionKingServices.com)

## WALL & CEILING DOCTOR

Expert Crack, Patch & Water Damage Repairs  
Ceilings Matched • Surface Restoration • Demo  
Wallpaper Removal • Skimcoating • Repainting  
Small Drywall & Plaster Jobs • Light Carpentry  
28 Years Drywall/Plaster Exp. *No Job Too Small*

978-649-2164

Tyngsborough



## 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](mailto:anne@neighbortoneighbornewsletter.com)

[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

**January 10th is the deadline for the February 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 have a business, or your organization would like to have a display ad, not just a paragraph, email me and I will forward the detailed rate sheet to you. Please contact me if you need more time to submit your article or if you need more time to prepare your ad. I will hold a place for you. If you call, please leave a message as it goes to voicemail and I will get back to you as soon as possible.

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 posting them on the website in between issues.

Total printed circulation each month including Dunstable and Tyngsborough is 6,312 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](http://www.neighbortoneighbornewsletter.com). (Thanks PJ)

I look forward to hearing from you soon.

Sincerely, *Anne Paquin*

## USED CLOTHING DROP-OFF SHED

*To benefit:* Dunstable Evangelical Congregational Church

*Location:* Rear Parking lot, 518 Main St., Dunstable, MA 01827

Items accepted: All clothing, shoes sneakers, belts, purses, blankets, sheets, pillowcases, drapes and stuffed toys. (Your donations will not be cut up or shredded.) (Please... No rags, fabric scraps, pillows, toys or household goods; please understand that the above unwanted items are a hardship and expense to dispose of.)

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

## UPCOMING EVENTS AT THE POST

- Sat, January 4 Legion Member meeting 11AM
- Wed., January 8 Vet's Meal 6PM also SAL's Meeting 7PM
- Thurs. January 9 Ladies Aux Meeting 6PM 11AM
- Fri., January 10 Muxic Bingo 7:30PM
- Fri., January 17 Dayz Gone 8PM
- Sat., January 18 Legion E-Board Meeting 11AM
- Sun, January 19 Familiar Feud 2-3:30PM
- Fri., January 24 Music Bingo 7:30PM



ROBERT D. PELLETIER

AMERICAN LEGION POST #247, INC.

90 Pawtucket Blvd. Tyngsborough, MA 01879

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

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

Elected Post 247 Officers serving for 2019-2020

Commander: Raymond Hamelin; Sr. Vice Commander: Pete St. Peters; Jr. Vice Commander: Larry Monaco; Finance Officer: John Burke; Adjutant: Don Pierce; Judge Advocate: Roland Milliard; Executive Board: Joe Conlin, Robin Dion, and Fred Carroll.

Visit our website, [www.AmericanLegionPost247.org](http://www.AmericanLegionPost247.org)

This website contains a wealth of information about the Post.

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



## AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings NOW held the LAST Thursday of each month at 6pm.

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 Oljey.

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.

## AMVETS POST #247

ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA

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

*God Bless America.*

OFFICERS: Commander: William A. Beaton; 1<sup>st</sup> Vice: Jan Domrowski; 2<sup>nd</sup> Vice: Steve Harhs; Adjutant: John Cogan; Finance: David Coles; Judge Advocate: Roland Milliard; Provos Marshal: Roland Russell; Chalplain: Rod Woods. E-Board: John McDermott, Marty Bloomgren and Claire Beaton.

"ALWAYS READY TO SERVE OUR VETERANS"

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





## THE BRUSH ART GALLERY & STUDIOS

256 MARKET STREET, LOWELL, MA 01852

[WWW.THEBRUSH.ORG](http://WWW.THEBRUSH.ORG)

The Brush Art Gallery and Studios is located in the Lowell National Historical Park across the courtyard from the Visitor Center. This dynamic and captivating place was originally founded by the Lowell Historic Preservation Commission, U.S. Department of the Interior in 1982. The Brush presents museum quality exhibitions, educational programs, and has collaborated with many other nonprofit groups. Artists occupy studio spaces to interact with and educate the public on a weekly basis. Currently, nine studio artists produce paintings, illustration, photography, jewelry, sculpture, ceramics, quilts, and handwoven items. Associate artists display work in the common area. The Brush Art Gallery and Studios is a nonprofit, 501(c)(3) organization, and is supported by Lowell National Historical Park and Eastern National, a partner of the National Park Service.

## UNITED WAY BLIZZARD BLAST 2020!

**Winter Obstacle Run, United Way of Nashua January 25<sup>th</sup>, 2020 Nashua Millyard/Mine Falls Park, Nashua, NH**

Blizzard Blast 2020 is a 3-4 mile tough winter obstacle race. It is a competitive event, which is professionally timed. All participants receive a medal, event t-shirt, entrance to the after party, and a complimentary signature drink or hot appetizer.

**NOTE: Online registration closes on Wednesday, January 22.** Walk-ons will be taken, at the rates shown below, day of the event. The registration area for the event is at Train 180 (1 Pine St Ext, Nashua, NH 03060). If you are a "walk on" then you should be at Train 180 about an hour before your desired heat. Heats start at 9 am and run every 15 minutes until 1:30 pm. If you have questions, please email Mike at [mapfelberg@unitedwaynashua.org](mailto:mapfelberg@unitedwaynashua.org)

### • Blizzard Blast Single Lap Runner

12/1-12/31 \$75

1/1-1/22: \$85

Day of event walk on: \$100

### • Blizzard Blast Unlimited Laps or

"Elite" Single Lap Runner

12/1-12/31 \$95

1/1-1/22: \$105

Day of event walk on: \$120

### • Blizzard Blast "Elite" Unlimited Lap Runner

12/1-12/31 \$115

1/1-1/22: \$125

Day of event walk on: \$145

[www.app.mobilecause.com/vf/blizzard2020](http://www.app.mobilecause.com/vf/blizzard2020)

[tinyurl.com/blizzardblast2020](http://tinyurl.com/blizzardblast2020)

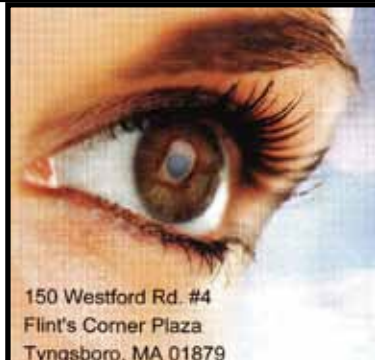
or text blizzard2020 to 71777 Msg & data rates may apply



**New England Well & Pump Co., LLC**  
552 Forest Street  
Dunstable MA 01827

**• WELLS**  
**• PUMPS**  
**• FILTERS**

*Scott E. Wilkins - [Newellandpump.com](http://Newellandpump.com)*



**Tyngsboro Eye Care, LLC**  
"The Vision Professionals"

**Dr. William J. O'Donnell**  
Optometrist  
(978) 649-1212

150 Westford Rd. #4  
Flint's Corner Plaza  
Tyngsboro, MA 01879

Fax (978) 649-1218  
[tyngsboroeyecare@comcast.net](mailto:tyngsboroeyecare@comcast.net)  
[www.TyngsboroEyeCare.com](http://www.TyngsboroEyeCare.com)



## CLUB OF TYNGSBORO/DUNSTABLE

Rotary Motto: *Service Above Self*

Theme: *Rotary Making a Difference*

The Rotary Club of Tyngsboro/Dunstable has been serving the Tyngsboro and Dunstable area for 44 years.

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

Rotary club members are business, professional, and community volunteers in your locality who meet regularly to plan and implement community service activities and network with other professionals. Throughout the world, Rotary clubs participate in a broad range of educational, intercultural, and humanitarian activities designed to improve the lives of others.

For further information about Rotary, please email us at [tdrotary@yahoo.com](mailto:tdrotary@yahoo.com) or visit our website at: [www.tdrotary.org](http://www.tdrotary.org).

*Thank you for your continued support.*

## Buying or Selling

## Call Award Winning Real Estate Broker

# Renee Boyle

[www.BrokerReneeBoyle.com](http://www.BrokerReneeBoyle.com)



## 978-479-8942

Email [Agentrenee1@gmail.com](mailto:Agentrenee1@gmail.com)



**There's a  
new  
pharmacy  
right in  
your  
neighborhood!**



## **CIRCLE HEALTH PHARMACY**

Lowell General Hospital main campus, 295 Varum Ave., Lowell

Fast, convenient prescription services for our community members, \$4 generics program, and a large selection of over-the-counter medications, wellness products and convenience items available at significant cost savings!

- On-site pharmacist
- Designated parking
- Competitively priced prescriptions and over-the-counter medications
- 'Human' pet meds like Prednisone, Xanax
- Mobile Rx App for express refills
- Most insurance plans accepted

### **Hours**

Monday-Friday 7:00am – 9:00pm  
Saturday-Sunday 9:00am – 5:30pm



*Proudly wellforce* 

Call (978) 788-7479 with your prescription number and we'll do the rest!  
Questions? Visit [\*\*www.circle-health.org/pharmacy\*\*](http://www.circle-health.org/pharmacy)