



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

Celebrating 36 Years of Service

Issue # 377 • January 2020

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TYNGSBOROUGH TOWN CLERK NEWS

• **2020 DOG LICENSES** are available at the Town Clerk's office or by mail. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. If renewing by mail, please enclose a stamped envelope for the license. Remember that there is a \$25.00 late fee for any registration after March 1!

• **2020 CENSUS** forms will be mailed early in January. Please check the information on the form for accuracy, make necessary corrections, and return promptly to the Town Clerk's office. If you do not receive a census form, please call the office and we will send one. Completing and returning the census keeps your voter status current and there will be no need to fill out a proof of residency form at the polls.

UPCOMING EVENTS

- Presidential Primary: March 3rd
 - Early Voting: February 24th through February 28th
- Last day to register to vote in the Presidential Primary: February 12th

OFFICES TO BE FILLED AT THE ANNUAL ELECTION MAY 12, 2020

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

TYNGSBOROUGH BOARD OF HEALTH

Christmas Trees can be dropped off at the old Senior Center on Lakeview Ave. through the month of January.

If you have any further questions, please contact the Board of Health at 978-649-2300 x118.

Friends of Tyngsboro Theatre Presents BEAUTY AND THE BEAST AT TYNGSBORO MIDDLE SCHOOL

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

Shows take place at Tyngsboro Middle School on:

Friday, 1/31 at 7pm, Saturday, 2/1 at 2pm, Saturday, 2/1 at 7pm
Sunday, 2/2 at 2pm

Tickets go on sale to the public on 12/25/19.

Email: FOTT.info@gmail.com <https://www.fotttheater.org/>
Find us on Social Media at Friends of Tyngsboro Theatre on Facebook and Instagram

IN MEMORY OF

Mary Ann J. Madore Makarewicz	Donna M. Laferriere McGonagle
Judith Ann Eaton Clermont	Kathleen "Poppy" Paul
Bessie Lekas Labrecque	Pauline Irene Hamelin St. Germain
Sarah Jane Lavigne	Ronald E. Bomengen
Jeannette Hall Doucette	Kathryn A. Leahy Desrosiers
Charles Dean	Mary Louise Gregoire Haggerty
Rose Mary Surette Amirault	Ann A Keraghan Joyce
Maureen R. Fenton LeClair	Samuel G. Weisberg
Malcom N. Flanders	Jack J. Witkos

ADOPT-A-FAMILY

A SINCERE THANK YOU

The Adopt A Family committee would like to thank everyone who so generously donated to the annual collection this past holiday season.

Thank you to those who sent in canned goods/non-perishable items to your child's school, or dropped them off on your visit to the Library. Thank you if you purchased raffle tickets, or chose a tag off a tree at your church or local business to purchase a gift. Thank you if you donated a raffle basket/item, or are one of the many local businesses or organizations that contributed by purchasing turkeys, collecting board games or donating money. Thank you if you are a TPS staff member who created a raffle basket, sold raffle tickets, helped transport items between schools or donated wrapping paper. Thank you if you are a student who participated in one of the many school sponsored activities, i.e., TES and TMS Halloween Dress Up Days, TES Spirit Week Coin Drive, TMS Principal Pie in the Face, Pumpkin Smash, THS Dodgeball. Thank you if you sent a check or gift cards this year. Thank you if your family sponsored a family or a child for this year's program. Thank you if you are one of the TPD who helped make the deliveries to families.

This community program is so successful thanks to ALL of you. Happy New Year!

Sharon Fairbanks, Adopt-A-Family Community Liaison
Sharon.fairbanks@tyngsboroughps.org

NOTICE

TYNGSBOROUGH WATER DISTRICT

Nomination papers are available for two (2), 3 year term for Water Commissioner. **Nomination papers need to be returned by February 19, 2020 at 1:00 PM and can be obtained at the Tyngsborough Water District, 87 Progress Avenue, Unit 2.**

The **Election will be held on Tuesday, April 7, 2020 from 5:00 PM – 7:00 PM at the District office.** All registered voters residing in the District are welcome to vote at this time.

Signed: Board of Water Commissioners, Tyngsborough Water District, 87 Progress Ave, Unit 2, Tyngsborough, MA 01879
978-649-4577



Rich Gambale
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TOWN OF TYNGSBOROUGH

TOWN HALL, 25 BRYANTS LANE

OFFICES OPEN

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

Friday 8:30 a.m. to 12:30 p.m.

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

Town Hall Directory Main Number 978-649-2300

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

Highway Dept. 978-649-2310

Buy local!
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**FRIENDS OF
 THE TYGSBORO ELDERLY, INC.**

The Friends of the Tyngsboro Elderly, Inc. is a nonprofit 501.c.3. group composed of a Board of Directors made up of senior citizens who have volunteered their time to make this a better place for seniors through fund raising.

Through their efforts, the seniors recently enjoyed a Christmas Dinner catered by Bianco's and a Gas Card Raffle. The raffle prizes ranging from \$150 to \$50. Winners' choice for gas station.

At their most recent Board meeting, plans were discussed for Spring and Summer, dinners, entertainment, and fun. This year boasts the highest number of members ever since the existence of the Friends.

Become a friend by filling out an application and submitting your \$10.00 annual membership fee. Applications are available at the center.

LET'S TALK TRASH

by Sustainable Tyngsborough

Imagine for just a second that a traveling circus dropped off 617 elephants in your backyard. You would need more than 1.5 acres to contain that many adult elephants, without any wiggle room! Now, instead of elephants, imagine that it's trash. Picture a 10ft tall pile covering an entire 1.5-acre residential house lot. That's the amount of trash Tyngsborough residents generate every year!

In FY2019, Tyngsboro residents sent 3,702 tons of trash to the incinerator, at a cost of over \$261,000 (not including the \$387,000 charge to pick up and bring our trash to the incinerator). After reviewing this data, the Sustainability Committee set an ambitious 3-year goal to reduce Tyngsborough's trash tonnage by 30% by providing education and outreach and implementing new waste reduction programs. This would keep 1,100 tons of material out of the waste stream and save more than \$80,000 a year in tipping fees.

So, what can you do to reduce household trash (and the number of metaphorical elephants in your backyard)?

Refuse Disposables. Single use items and packaging are used for a very short period of time before they become trash. Bring your own reusable coffee cup or mug, keep a reusable shopping bag in your car and refuse straws and plastic cutlery in your take out order.

Compost! MassDEP estimates that 31% of household trash is organics (food waste) that could be diverted for composting. Start a backyard compost pile, purchase a compost bin from the Board of Health, subscribe to a curbside collection service or start a worm bin. Just be sure to keep your organics out of the trash. Don't forget to take our poll: www.tinyurl.com/compostpoll.

Recycle Smart. Make sure you know what's actually accepted for recycling. Only, bottles, jars, jugs and tubs, cans, plus paper and cardboard belong in your bin. *Plastic bags and films, cartons, plastic toys and styrofoam should never be in your recycling bin.* Visit RecycleSmartMA.org - an initiative of MassDEP - if you're unsure what's accepted.

Give/Ask/Borrow Rather Than Throw Away or Buy. Join *Buy Nothing Tyngsboro* on Facebook. Town members are giving, asking, and borrowing items every day! Use the pink Simple Recycling bags. Put textiles (both gently and over used), toys, kitchenware into these bags and place at your curb next to your recycling toter. They will get reused or recycled.

Sustainable Tyngsborough is a subcommittee of the Board of Selectmen. We meet the third Tuesday of every month, beginning at 6:30pm, in Meeting Room #1. You are always welcome to join us and share your sustainability ideas and concerns.

Neighbor to Neighbor

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

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LEARN, SHARE AND DISCUSS TYNGSBOROUGH EVENTS AND ISSUES

If you are new to Tyngsborough, welcome! If you are not new but want to know more or want to know how you can get involved, there are several social media channels to take advantage of.

If you prefer to use e-mail, you are invited to join our on-line community forum. Tyngsborough Citizens is a Yahoo Group and membership in our group is open to all residents of Tyngsborough. We share information about town and school happenings and ideas for how to make our town even better. We are not an anonymous group; residents share their name and street name when posting. We strive to keep the conversations civil and constructive. To join, send an e-mail to tyngsboroughcitizens-subscribe@yahoo.com.

If you prefer Facebook, you can join one or more of the Facebook groups focused on town happenings: Tyngsboro Talk, Tyngsboro Parents, Tyngsborough Citizens. There are also specialty groups, depending on your interest, such as Sustainable Tyngsboro, Buy Nothing Tyngsboro, Ma, and more. Just do a search on "Tyngsboro" and "Tyngsborough" and see which groups and pages interest you!



FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

**** Happy New Year!** Start 2020 right with a New Year's resolution to join the Friends of the Tyngsborough Public Library. This non-profit organization of volunteers is always looking for new members to join the board, come up with new ideas, help with membership drives, and help with the spring and fall book sales. We raise funds to support the Library, so don't hesitate to apply for **membership** at: <http://www.tynglib.org/index.php/friends-of-library>. Membership gives you the advantage of attending the used book sales on Friday's preview night. Don't forget, your membership is with this nonprofit organization that benefits the Library and is not the same as having a Library card.

**** January's Featured Passes:** The weather is turning cold so for an inside experience, visit the **Museum of Fine Arts** in Boston with a pass that admits 2 people for \$10 per person. Another option is the **New England Aquarium** with a pass that provides a 50% discount on admission prices for up to 4 people. Great for the family. Reserve your pass on the Library's website or call or visit the Library.

**** Meetings** are scheduled for the first Monday of the month at 6:30pm at the Library. In early 2020, meetings will be on Mondays - January 6, February 3, and March 2. Please join us.

**** Like us on Facebook** at <https://www.facebook.com/FOTPL> or visit <http://www.tynglib.org/> - Click on the "Friends of Library".

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Ministry Coordinator: Sharlene Peterson

Youth Director: Alison Efstathiou 603-888-7579 www.glcmsnh.org

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*www.cdc.gov/flu

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The Old Town Hall 10 Kendall Rd. the **first Wednesday of the month at 7pm.** Additional information may be found on our website TyngsboroughRec.com Friend us on Facebook. Seeking new members. Currently three open seats. Join us!

SOFTBALL- Girls Indoor Winter Softball Clinic 2020 8 week all new, recharged clinic is offered to girls ages 4 to 14 years old, by the directors of Tyngsboro Youth Softball. This is a fun, friendly and highly instructional clinic for girls of all skill levels. Coaches and players from Lesley University will be helping out with the clinic this year!! The clinic concentrates on fundamental softball instruction including throwing, fielding and batting. Each player receives a clinic T-Shirt. *Players are required to have their own glove, fielding face mask (not required for t-ball), and batting helmet.* **Sundays, Jan. 26 - March 23, 2020** (except Feb. 16th) Two 1-hour sessions. Ages 4-8 2:30-3:30pm and Ages 9-14 3:30-4:30pm \$60/player (\$100 family cap) Ages 4-14. 2-week free trail for new players only. Try it. If she likes it, pay on week #3

11th ANNUAL FESTIVAL OF TREES FESTIVAL OF TREES - Thank you! Thank you to all who supported our 11th Annual Festival of Trees. From visitors to sponsors you made it a wonderful event for our community. Special thanks to our Festival Designers and all our volunteers that generously donated their time and talents. Please visit our FB page and Tyngsboroughrec.com, for great photos and a full list of all our sponsors. All displays were generously donated by local businesses, groups and citizens. Please patronize these businesses and support these groups.

Congratulations to the Festival of Trees Judges' Award Ribbon Winners! **Tree Category** 1st Place "Believe" Sponsored by **Dolan Funeral Home**, 2nd Place "Snowy Glen" Sponsored by **Constitution Contracting**, 3rd Place "Buffalo Check" Sponsored by **Abdinoor Flooring**. **Other Category (wreaths and any other type of decoration)** 1st Place "Reindeer Games" Sponsored by **Mike's Signs**, 2nd Place "en Tournant" Donated by **TA-DAH! Studio of Dance**, 3rd Place "Don't Mess with My Tea Time" Donated by **Sherry Corcoran**. Congratulations to the Festival of Trees People's Choice Award Ribbon Winners! **Thursday Tree:** "Snowy Glen" Sponsored by **Constitution Contracting**, Wreath or Other: "December 26" Sponsored by **Aquatime Pools and Spas**, **Friday Tree:** "Snowy Glen" Sponsored by **Constitution Contracting** Wreath or Other: "Holiday Charm of Tyngsboro" by **Blossoms Florist**. **Saturday Tree:** "Popcorn Fun In Loving Memory of Vickie Inglis" By **Pack 46**, Wreath or Other: "The Man with All the Toys" Sponsored by **Brick House Pizza Tyngsboro**. **Sunday Tree:** "Woodland Fantasy" Sponsored by **DCU** Wreath or Other: "Holiday Charm of Tyngsboro" by **Blossoms Florist**.

BEEKEEPING BASICS This course is designed for individuals interested in starting this fascinating hobby, as well as for seasoned beekeepers looking for more information. We will learn the latest techniques of beekeeping and how to keep honeybees which are essential to our environment. Honeybees are the most fascinating and important insect on our planet. When weather cooperates, a healthy hive of honeybees, in Middlesex County can produce 100 lbs of excess honey. **Instructor: Rick Reault**, owner of New England Beekeeping Supplies, Carlisle Honey and President of the Middlesex County Beekeeper's Association. **5 Sundays, 5-7pm February 9- March 8. \$110 - includes text. Council on Aging Building, 169 Westford Road, Tyngsborough**

Shamrock Ball for Daughters of all ages and their Dads (or Grandfather, Uncle, etc.) A Father-Daughter Dance with DJ, light refreshments, and a corsage for each girl. A photographer will be on site, offering packages to capture your special evening. Saturday March 14, 2020, Tyngsborough Elementary School \$40 per couple, \$5 for each additional child ~ Advanced registration required ~

Shamrock Princess The Grad Night Committee in conjunction with the Recreation Committee, will offer the title of "Shamrock Princess". Included will be a princess tiara, sash, photo package, special father-daughter dance and special gift. To enter the raffle on the package please visit the ticket website and select it as an option. Drawn Thursday, March 12, 2020 All proceeds benefit The Class of 2020 Grad Night activities. Pay it forward.

THE STITCHERS

meet at the senior center every Monday from 1PM until 3PM. Volunteers are available to teach knitting and crocheting. Materials are available during our meeting time. We also have knitters who prefer to knit at home. You are welcome to come in for supplies and the current project during our meeting time.

We have delivered 6 afghans to the Hospice Care this season. Currently, we continue to make knitwear for the homeless. Come join the group as we chat and knit or crochet. **For more information, please call Coordinator Jean Jacoppi, at 978-649-9076.**

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.

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PLEASE SIGN IN WHEN YOU COME TO THE CENTER!!

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Lunch is served promptly @ 11:30 everyday must make reservations 2 days in advance BEFORE 11:00AM

Call 978-649-9211 \$2.00 for seniors & \$4.50 for non-seniors

WELLNESS CLINIC Tyngsborough Council on Aging, 169 Westford Rd. 978-649-9211 *Circle Home, Inc.* The first Tuesday of each month. 9:00AM-12:00PM Blood pressure readings, weight checks and medication reviews. First come, first served. **Call the center if you need transportation 978-649-9211.**

NEEDED: Meals on Wheels Volunteer drivers Needed. You will receive a stipend for gas. •Coffee (ground and k-cups), Cups 8oz Styrofoam, Napkins, Paper Plates, Bowls, Small and Large, Plastic Spoons, Forks, Knives.

COA Meetings are the third Tuesday of each month.

Next meeting is January 21st at 3:30.

• **Cookie Matinee Wednesday Once a Month 2:00PM "MAYTAG VIRGIN"**. Wed. Jan. 15th, 2PM Sweet, funny, and a very Southern romantic-comedy. "Hilarious and full of heart". (Bus available.)

• **Need Help Paying Your Heating Bills? Help is available!** Call 978-649-9211 to set up an appointment with Charlene Muscato who will be here Mon. and Thurs. from 10AM to 1PM doing applications.

• **BOOK CLUB Thurs, Jan. 16th, at noon, 3rd Thursday** of each month the group gets together to discuss the book of the month.

• **SHINE TueS. Jan. 7th and 28th 8:30-12:00 Serving Health Insurance Needs of Everyone.** Our Counselor Patty Sasso will be holding office hours at the Center. Call 978-649-9211 to schedule an appointment. **Please bring insurance cards and a list of prescriptions you take with you.**

• **MUTUAL OF OMAHA** Will be at the center **Thurs. Jan. 9th** at 11:00. If you have any question please feel free to stop in.

• **CARD MAKING with Colleen Garry Thurs, Jan. 9th, 1PM** Come join the fun making crazy cards for friends, love ones, or family.

• **CENTER CLOSED Mon. Jan. 20th, Martin Luther King Jr. Day. PIZZA PARTY/BIRTHDAY FOR ALL! Wed., Jan. 8th, 11:30** Come celebrate National Pizza Week and everyone's birthday by making your own pizzas! We supply the dough, sauce and cheese, for the pizza, just bring your favorite toppings. We will have a birthday cake to celebrate for all. **You must have signed up by January 2nd**

• **CHINESE NEW YEAR Wed., Jan., 22nd at 11:30. 2020** is the "Year of the Rat" according to Chinese zodiac. You're sure to enjoy the colorful festivities of the "Year of the Rat" and the delicious FREE Chinese luncheon.

• **CASINO DAY Thurs, Jan. 23rd, 11:30** First warm yourself up with a **FREE LUNCH**. Homemade hot soup and a salad, bread, hot cocoa and hot cider! Then stay and play Casino Day games. Prize for top 3 winners. **Must sign up by Jan 16th.**

• **MEDICARE SAVING PROGRAM** Many people who have Medicare are on fixed income and are looking for ways to lower their costs and save money. That's where a Medicare Savings Programs can help. Starting January 1st, 2020 the income and asset limits (also known as "MassHealth Buy-In" programs) are increasing, meaning more residents of Massachusetts will be able to get help paying for Medicare. Call MassHealth's Customer Service Center by phone at 1-800-841-2900, or TTY at 1-800-497-4648, **request a simple, 2pg "MassHealth Buy-In" application.** You can also download a MassHealth Buy-In application from: <https://tinyurl.com/MassMSP>

• **VALENTINE'S DAY CELEBRATION** Thurs, Feb. 13th, 11:00 Entertainment TBD. **"Tickets required"** Sponsored by Tyngsborough Police Union. **Valentine's Day** is such a super sweet holiday! The first **Valentine's Day** in the year 496! Having a particular **Valentine's Day** a very old tradition, thought to have originated from a Roman festival. Join us for a great meal and entertainment, **sign up by Feb. 6th.**

NEWHOUSE WILDLIFE RESCUE

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TYNGSBORO GARDEN CLUB



••• There is no meeting in January. Stay warm and safe! •••
• **Our next regular, scheduled meeting will be Feb 4, 2020 with a presentation on ornamental grasses by Jack Wagner.**
As always, new members are always welcome. If you love gardening, want to learn about gardening, get a head start on spring planting ideas, or just want to join a great group of people please stop in at one of our meetings. For more information visit our website at: tyngsborogardenclub.tripod.com or find us on Facebook at Tyngsborough Garden Club or call Debbie at 978-649-6362.

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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.

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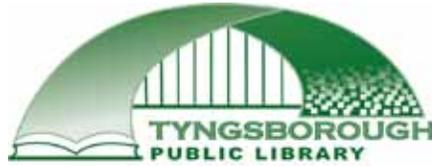
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TYNGSBOROUGH VETERAN'S OFFICE

If you have questions or need help please contact Chris Dery at the Tyngsborough Town Hall at (978) 649-2300 ext 131 or email him at veteransagent@tyngsboroughma.gov



Monday & Wednesday
10:30 a.m. – 8 p.m.
Tuesday & Thursday
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Saturday 9 a.m. - 2 p.m.
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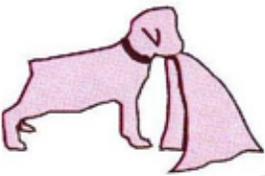


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January 10th is the deadline for the February issue.

Please contact me if you need more time to
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More articles and events posted on the website.

www.neighbortoneighbornewsletter.com

Need details about advertising your business?

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

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

Tyngsborough printed issues circulation is 5067 and

Dunstable printed issues circulation is 1245.

Copies available online, at town hall and library.

Digital SLR Photography Basics - January 8, 15 & 29, February 12 & 19, March 11, Wednesdays, 6:30-8 p.m.+ 2 offsite photo shoots, dates TBD. Registration required. With Nick DePasquale, for beginner and advanced beginner photographers.

A Plastic Ocean Screenings, Wednesday, January 22, 6:30-8:30 p.m. & Saturday, January 25, 10 a.m.-12 p.m. This award-winning feature length documentary brings together a broad panel of experts to explore the fragile state of our oceans and uncover alarming truths about the consequences of our disposable lifestyle. Drop in. This is the first event in the *Tyngsborough Sustainability Committee* lecture series. Watch for details of other programs.

NEW! Book Club – Enjoy recommending books you've recently read? Obtaining title suggestions from fellow readers? This group aims to improve your reading experience through thoughtful discussion and sharing of ideas. Meets on the 3rd Wednesday of each month, 7-8 p.m., beginning on January 15. Ages 16+ Drop in.

Super Smash Bros. Ultimate Tournament, Thursday, February 20, 1-4 p.m. Grades 5-12. Registration required. Compete against the best Ultimate players in your area! Friendlies begin at 12:30 p.m, tournament brackets start at 1:00 p.m. Pro and GameCube controllers will be available, plus GameCube adaptors. Players are welcome to bring their own controller. Prizes for 1st and 2nd place. Refreshments will be served.

Lindsay and Her Puppet Pals, Thursday, February 20, 10-10:45 a.m. Ages 3-8. Registration required. Lindsay and her larger than life Puppet Pals will share stories and make you laugh with this interactive puppet show with unique, memorable characters. Who will you meet this time?

- **Open Minds Literacy Yoga Winter Session: Tuesdays, Feb. 4, 11, 25 and March 3, 10, 10-10:45 a.m. Ages 3-5.** Registration required. Yoga movement and breathing using simple literacy activities. No class on Feb. 18.
 - **Pokemon Club, Wed., Jan. 22, 4-5:00 p.m. Ages 8-15.** Drop in. Bring your cards or handheld device.
 - **Tiny Tots Storytime: Wed., Jan. 8 & 22, 11-11:30 a.m. Infants-3 yrs.** Drop in.
 - **Lego Club: Sat., Feb. 15, 10 -11:30 a.m. Grades K-6.** Drop in. No January date.
 - **Dads & Donuts Playgroup, Sat., Jan. 11, 10-11 a.m. Infants-3 yrs.** Drop in.
 - **Family Music Time, Thurs. Jan. 9, 10-11 a.m. Infants-5 yrs.** Drop in.
 - **SoundPlay Family Music program, Sat. Feb. 1, 1-1:40 p.m. Infants-5 yrs.** Drop in..
 - **Storytimes for 3-5 year olds. Thursdays at 1 p.m.** Drop in.
 - **Tech Advice by Appointment, PCs, android tablets & phones, Excel, MS Word, e-books, etc. Tuesdays, 11:30 a.m.-1:30 p.m., Wednesdays, 7-8 p.m.** Registration required.
 - **Adult Coloring Club, 1st Wed. each month, 6:30-8 p.m.** Drop in.
 - **Writer's Group, Mondays, 6:30 p.m.** Feedback, publishing tips, all genres. Karen Johnson 978-649-7132
 - **Board of Library Trustees Monthly 3rd Thurs. No meeting in August.** Check TPL website for schedule changes.
 - **Friends of the Library** – Join in the fun and support your library! Meetings are held 9 Mondays per year at 6:30 p.m. in the Library. See the TPL website for dates.
Artists & collectors, contact the Library to discuss scheduling an exhibit in the gallery or display case.
- Like us on Facebook. Follow us on Instagram [tyngsboroughpubliclibrary](https://www.instagram.com/tyngsboroughpubliclibrary) and Twitter [@tyngsboroughlib](https://twitter.com/tyngsboroughlib)
Register for TPL programs by calling the Library or using the contact form on the website.

TYNGSBOROUGH BOARD OF HEALTH

REMINDER: Social media posts don't always make it to our office in a timely manner to be addressed and resolved quickly. When residents have a compliment or concern, please contact the Board of Health (BOH) office directly by phone: 978-649-2300 x118 or email: BoardofHealth@tyngsboroughma.gov. Please leave a message any time, day/night/weekend, and we will respond to you as soon as possible or reach out to Republic Services on your behalf. If you feel that collection of your trash or recycling has been missed, please call or email the BOH office and leave a message by noon the following day so you can be added to the "missed list", which our office submits to the appropriate department(s) at Republic Services. Republic normally will collect those missed on Wednesday. Lastly, Trash & Recycling collection is scheduled for Monday, unless a scheduled holiday. Although your collection may routinely happen at a certain time of day, this is not a scheduled collection time. Please place your cart curbside no later than 6:30 AM. Schedules, weather, equipment, construction/road closure(s) can impact the time of your collection. **Office hours are Monday-Thursday 8:30-4:00; and Friday 9:30-12:30 and we reach out on your behalf when we are in the office.**

Residents may also contact Republic Services National Call Center, phone: 978-649-7564. Although this is a local phone number, you will be directed to a National Call Center where a representative will be able to speak with you directly. Please request a confirmation number or name of person you speak with, so if there is a need to follow up with them or us, the initial call(s) can be referenced.

RECYCLING RESOURCES:

Can I recycle it? Recyclopedica: recyclesmartma.org
For the complete article on the rules of Trash Collection and Recycling Collection
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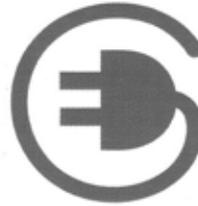
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www.TyngsboroughScholarshipTrust.org
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Mark your calendar for Tyngsborough Scholarship Trust's popular **Trivia Night**, which will take place on **Friday, February 7th** at the **Tyngsborough Sportsmen's Club**. Registration begins at 7:00 p.m. and the Trivia contest begins at 7:30 p.m. Teams of four compete to correctly answer the sometimes obscure, often hilarious, and frequently curious trivia questions. Cash bar and free snacks are available, and pizza can be pre-ordered so you can have your dinner when you get there!. Donation is \$25 per player. **Student teams are encouraged and welcome at \$10 per player.** Unique and amusing team names are encouraged! Test your wit against last year's winning teams, "My Drinking Team has a Trivia Problem", "Lost out of our Minds" and "In Dog Years I've Had One". The top three teams will win a set of embroidered polo shirts, which were donated by the Tyngsborough High School, and can be worn with pride. To reserve your space today, email Rose Mitchell at mitchell6260@msn.com, or visit www.TyngsboroughScholarshipTrust.org and download a registration form and mail in to P.O. Box 547, Tyngsborough MA 01879.

All profits from the 2018-2019 fundraising events will go directly towards scholarships for the Class of 2019. *A reminder to the 2018 scholarship recipients, please be sure to submit proof of school enrollment to the TST at P.O. Box 547, Tyngsborough MA 01879 so you can receive your first or second payment.* Please contact Bonnie McGrath, Treasurer, at thebend2@comcast.net with any questions regarding payment.

The TST meets on the second Wednesday of the month at the Tyngsborough Town Hall at 7 p.m. For 55 years volunteers from the community have been coordinating fundraising and awarding scholarships to high school students from Tyngsborough. We welcome and need your help to continue this town tradition. Please join us at our monthly meetings the second Wednesday of the month at the Tyngsborough Town Hall. Please contact info@TyngsboroughScholarshipTrust.org with any questions.



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TYNGSBOROUGH HIGH SCHOOL
is proud to announce Ryan Gauthier, Julia Kay, Ella Kilmartin, and Trey Marcantonio as the November Students of the Month.

Ryan, son of Kim and Dan Gauthier, is a recipient of the Outstanding Achievement in Business Award and the Principal's Award. He enjoys working on RC cars, driving, and working on automobiles. His favorite subjects are history, chemistry, and math, and Ryan looks forward to going to college, to buying a house, and to raising a family. When asked what he has gained from his time at THS, Ryan said: "The ability to do many projects in one week across my classes, learning to use my time wisely and to not procrastinate. School has truly made me a better person and gave me a better understanding of what things to stress over more than other things. All the years of Homecoming and the classes I took with my friends and the fun we had." Ryan currently is working two jobs and is proud of his ability to work in the private sector while keeping his grades high.

Julia, daughter of Dawn and Stuart Kay, is a member of the National Honor Society, the Spanish National Honor Society, and the International Thespian Society. She is also a recipient of the Saint Michael's College Book Award for Academic Achievement, the Outstanding Achievement in Theater Arts Award, the Girl Scout Gold Award, the President's Volunteer Service Award, the Prudential Spirit of Community Award, the Heroes Among Us Award, the Technical Excellence in Lighting Design Award, and the Outstanding Achievement in English Award. Julia has been a member of the Girl Scouts for 13 years. She is also a member of the theater program, the robotics club, the senior sidekicks program, and student council. Julia is also a member of both the THS field hockey and swim & dive teams. She volunteers her time with Give Kids the World, as a board member of Tyngsborough's Sustainability Committee, and at various Girl Scouts and NHS events. Julia enjoys traveling, attending musicals with her family, spending time with her friends and her dog, and baking. Her favorite subjects are math and science, and she looks forward to going to college and to pursuing a degree in engineering. "THS has provided me with the opportunity to explore all sides of myself. Whether it be sports, or being the lighting designer for theater, I can really branch out and try everything at THS. I'm eternally grateful for the experiences I've had, the variety of people I've met and become life-long friends with. I will never forget playing with my field hockey friends, smacking at diving, and dancing on the Tyngsborough theater stage."

Ella, daughter of Jen and Rick Kilmartin, is a recipient of the Principal's Award and the Core Values Award. She is a member of the yearbook club, the PALS program, and student council. Ella is also a member of the unified track team, the competitive dance team, and the tennis team. She volunteers her time with the Special Olympics Aquatic Program, the Special Olympics Track & Field Team, the Nashua Soup Kitchen, Little Einsteins and at Give Kids the World. Ella enjoys hanging out with friends, going to the beach, dancing, and watching horror movies. Her favorite subject is math, and she looks forward to going to college to become a special education teacher. "Looking back on my days at THS, I've made lifelong friends, and have had countless opportunities to succeed. My favorite memories are Homecoming, and my time peer tutoring."

Trey Marcantonio, son of Meggan and John David Quartara, is a member of the National Honor Society and is a recipient of the Outstanding Achievement in Mathematics Award, the Outstanding Achievement in Social Studies Award, and the Outstanding Achievement in Wellness Award. He is a member (and president) of the robotics club and a member of the BioBuilders club. He is also a four-year tennis player and a four-year soccer player. Trey volunteers his time with Habitat For Humanity and the Nashua Soup Kitchen. He enjoys playing futsal, programming computers, playing Rocket League, and hanging out with friends. His favorite subjects are math and physics, and he looks forward to getting a degree in aerospace engineering and to starting a family in New England. "I've gained many friends and memories. This school has taught me how to open myself up. I'll always remember going through AP Bio with all of my friends." **Congratulations to these four students!**

December Students of the month will be in the next issue.
However, you can see them on line now at www.neighbortoneighbornewsletter.com

COMING UP AT INDIAN HILL

Learn more: (978) 486-9524 or 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 Lieberon'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.

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.

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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

978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

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

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) 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

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

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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.

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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>

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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 Levetiractam (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.

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– our website is www.budgetbuddies.org



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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
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**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.

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

... Visit teen.smokefree.gov for tools and tips.

... For more information, young people can visit 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 to learn more or contact me at (978) 722-2864 or 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.tyngsborcongregational.org
E-mail ecctsect@yahoo.com

JOIN US FOR SUNDAY MORNING WORSHIP

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

www.tyngsborcongregational.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.tyngsborcongregational.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.

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

www.thewishproject.org

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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 or call us at (866) 947-4360. Mailing address is: The Wish Project, PO Box 8693, Lowell, MA 01853

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

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

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ST. MARY 978-256-2374 www.saint-mary.org

ST. JOHN 978-251-8571 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; 2nd and 4th 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; 1st and 3rd Saturday... 9:00 AM • Weekend Mass Schedule: Saturday... 4 pm; Sunday... 8:30 am, 10:30 am; 6 pm

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

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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 or email 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 or shop 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
- **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 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](tel:603-465-7787) to register at 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 25th)

Register at 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 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
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- Prayer Line – *Do you know of someone needing prayers?* Call
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items, but WWI, Korea, and Vietnam are also of interest.
Email remembershistory04@gmail.com (preferred) or call
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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.

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PARISH CENTER FOR THE ARTS

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Karaoke Sat. Jan. 11, 7:30pm-10:30pm Bollywood Karaoke
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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'Apres midi d'un faun by Debussy (arranged
by Ravel), Morceaux by Rachmaninoff, and dances by Mozart,
Brahms, and a couple of surprise composers.

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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

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. (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. Kenos 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

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 Beaugard; 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 Beaugard 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 1st Tuesday of the month at 7 p.m. all veterans are welcome with 180 days or more of active duty. Come down and join us for a meeting.

God Bless America.

OFFICERS: Commander: William A. Beaton; 1st Vice: Jan Domrowski; 2nd 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

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 25th, 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

• 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
tinyurl.com/blizzardblast2020

or text blizzard2020 to 71777 Msg & data rates may apply

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CLUB OF TYNGSBORO/DUNSTABLE

Rotary Motto: *Service Above Self*
Theme: *Rotary Making a Difference*

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

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

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

For further information about Rotary, please email us at tdrotary@yahoo.com or visit our website at: www.tdrotary.org.

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Saturday-Sunday 9:00am – 5:30pm



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