



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

Celebrating 36 Years of Service

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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.

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 Office at 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.

The Annual/Special Meetings of the District will be held on **Tuesday, April 14, 2020 at 7:00 PM** at the District Office. Warrants and additional information will be available at the Water District Office.

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

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

IN MEMORY OF

John Inglis
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Patricia M. Chagnon
Lauren E. Fox
Colleen M. Desmond Wojcik
April Ann Bernier Savard

James I. Armstrong
Anne Marie Roy-Blanchet
Patrick D. McLaughlin
Ann Schena O'Brien
Albert J. Woods
Herman W. Berger III

Debra L. Berube Xayachack



TYNGSBOROUGH BOARD OF ASSESSORS

Property Re-Inspection Program February - March 2020

The Board of Assessor's is currently undergoing a property re-inspection program to satisfy the requirements of the Massachusetts Division of Local Services. The program includes a full exterior re-measure and interior inspection of all improved property in town. Property inspectors from Patriot Properties will have photo identification and be registered with the Police Department. If you are not home at the time of the inspector's visit, a card will be left asking you to contact the office to schedule an appointment for the interior inspection.

Inspections will be taking place in the following general areas: Chestnut Road – Jacques Road - Scribner Road – Davis Road – Anderson Road – Westford Road. A complete list of the streets is available at www.tyngsboroughma.gov.

Please contact the Assessor's Office at 978-649-2300, ext. 121 with any questions or concerns.

FRIENDS OF THE TYNGSBORO 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.

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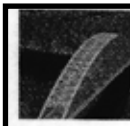
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www.TyngsboroughScholarshipTrust.org
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Attention Class of 2020: The TST Scholarship application available on our website on February 3rd. The application will also be available at the THS Guidance office on that date. **All applications are due by February 28th**; late applications cannot be accepted. High school seniors who live in Tyngsborough are encouraged to apply. **Any mailed applications must be postmarked by February 28th.**

Tyngsborough Scholarship Trust's popular **Trivia Night**, 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.

All profits from the 2019-2020 fundraising events will benefit scholarships for the Class of 2020. **A reminder to the 2019 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 57 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.



TYNGSBORO GARDEN CLUB



• Our next regular, scheduled meeting will be **March 3, 2020** held at Evangelical Congregational Church, 23 Kendall Rd., Tyngsboro at 6:45PM. Non member fee is \$5. 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.**

🌸🌸 Making Tyngsboro beautiful with flowers 🌸🌸

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.

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.**

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Neighbor to Neighbor

Published by Anne Paquin Since 1983

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TYNGSBOROUGH RECREATION

Call 978-649-2300 Ext. 150

The Recreation Committee meets at the **Recreation Center 120 Westford Road: February 10 at 6:30pm**. Additional information may be found on our website at TyngsboroughRec.com Friend us on Facebook. Seeking new members. Currently three open seats.

TYNGSBORO - MEN'S PICK-UP BASKETBALL LEAGUE:

Calling all frequent and casual basketball players. Several 7pt games are played on the "short court" of the high school and teams vary each week depending on attendance. **Currently scheduled for Tuesday nights through the end of winter, 2020** at THS from 8-10pm. Note: Due to gym availability, the date may change on occasion. Age: 30+ Great exercise. Lots of fun. Slightly competitive. No commitment. Cost: \$10/night pay-at-court or \$80 in advance for 1/2 season (www.TyngsboroughRec.com click programs)

How to join? JUST SHOW UP on game nights.

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, - 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 trial for new players only. Try it. If she likes it, pay on week #3

Community Service Hours Available for Students

Do you need community service hours? Contact us, we have many opportunities. Block Party, Shamrock Ball and more-

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.



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TYNGSBOROUGH HIGH SCHOOL

is proud to announce Joshua Fairbanks, Philip Sutherland, Genesis Torres and Allison Weed as the **December Students of the Month**.

Joshua, son of Scott and Sharon Fairbanks, is a member of the high school soccer, lacrosse and basketball teams. He is a recipient of several awards for soccer including the Coach's Award, Mid-Wachusett C League MVP, Massachusetts All-State Division 3 All Star and Mid-Wachusett C League All Star. He volunteers his time with Tyngsboro Youth Soccer Association, at Give Kids the World and at Make-A-Wish. His favorite subject is English, and he enjoys fishing. Joshua looks forward to becoming a military pilot and have a positive impact on many lives. When asked what he has gained from his time at THS, Joshua said: "THS has provided me with a solid background to continue my future academics and personal life. I've made unforgettable memories on and off the field with lifelong friends I can always count on."

Philip Sutherland, son of Phil and Sheri Sutherland, is a member of the PALS program, and he is a 12-season athlete. Phil has played basketball, football, and baseball for the last four years at THS. He has been a captain of all three teams, and he is a Mid-Wach All-Star in football and a Central Mass All-Star in basketball. He volunteers his time at youth basketball clinics and at youth football clinics. Phil enjoys fishing and playing video games; his favorite classes are Comprehensive Project and history. He looks forward to graduating from a 4-year college with a business degree. "THS has given me friends for life. It has also taught me how to overcome adversity while facing new and exciting challenges."

Genesis, daughter of Gladys and Victor Torres, is a member of the National Honor Society and the Spanish National Honor Society. She is a recipient of the Smith College Book Award, the Outstanding Achievement in English Language Arts Award, and the Academic Excellence Award. Genesis is the secretary of NHS, the vice president of SNHS, and is a member of the student council, the PALS program, and the yearbook club. She volunteers her time at the MSPCA, at Little Sprouts, and with Toys For Tots. She enjoys baking, cooking, shopping, and playing the drums. Her favorite subjects are math and science. Genesis looks forward to studying biomedical engineering or business and to perhaps opening another family bakery. "THS has been a great place for me to learn and grow. It has also provided me with everlasting memories."

Allison, daughter of Kelli and Eric Weed, is a member of the National Honor Society and the Spanish National Honor Society. She is a recipient of the Principal's Award, the Commitment to Learning Award, the Outstanding Achievement in Wellness Award, and the METG All-Star Acting Award. She is a member of the PALS program, Senior Sidekicks, student council, yearbook club, and the International Thespian Society (vice-president). Allison volunteers her time as a youth ambassador for the Joseph Middlemiss Big Heart Foundation and with Give Kids the World. She enjoys editing videos, taking pictures, singing, traveling, and playing with her dogs. Her favorite subjects are English, history, theater, and physical education. Allison looks forward to studying communications & media in college, working for a non-profit organization like Give Kids The World, "doing something I love that has to do with serving others", and having a family of her own. "I have had the ability to grow in so many different ways throughout my time at THS, and I have been fortunate enough to connect with so many of my peers and mentors over the years. Thank you for pushing me past my limits and helping me strive to be the best version of myself. I will never forget my classes with Mrs. Times, the Give Kids the World trip, PALS, and all of my time spent in the theater. I would also like to thank my parents for helping shape me into the person I have become today and never allowing me to settle for anything less than my potential."

Congratulations to these four students!

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

Please send info in now for the March issue.

Have events coming up? **Need details about advertising your business?** Send an email to me anne@NeighborToNeighborNewsletter.com or by mail to Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.



Monday & Wednesday
10:30 a.m. – 8 p.m.
Tuesday & Thursday
9 a.m. – 5 p.m.
Saturday 9 a.m. - 2 p.m.
Closed Fri. & Sun.

TYNGSBOROUGH PUBLIC LIBRARY

25 Bryant Lane, Tyngsborough, MA 978-649-7361 www.tynglib.org
CLOSED Mon, February 17, in observance of Presidents' Day

- **Break Up with Plastic, Wednesday, February 26, 6:30 – 8 p.m.** Learn how to live a plastic free life with Sabrina Auclair. Take responsibility for the environmental impact of the products you use and the waste they produce. Sabrina Auclair is the owner of *Unpacked Living*, Massachusetts' only plastic free online store and the founder of the *Zero Waste Massachusetts* Facebook group. Enter to win a door prize to get started on your new life without plastic. Drop in. *This is the 2nd event in the Sustainable Tyngsborough lecture series. Watch for details of other programs.*
- **NEW! Great Recommendations Book Club** Enjoy recommending books you've recently read? Obtaining title suggestions from fellow readers? This group brings together readers to share book titles and provide thoughtful discussion on books of interest. Meets on the 3rd Wednesday of each month, 7-8 p.m. Ages 16+. Drop in.
- **AARP Tax Prep** Free tax counseling and preparation for taxpayers with middle and low incomes, with special attention to those 60 and over. Mid-February-mid-April. Contact the Library for schedule. Registration required.
- **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.
- **Artsy Kids, Saturday, February 22, 10-11:00 a.m. Ages 6-10. Registration required.** TMS Art Club students present an arts and crafts program. Come sculpt an object. Create with new friends and mentors from the Tyngsborough Middle School. Materials and refreshments will be provided.

- **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., Feb. 12, 4-5:00 p.m. Ages 8-15.** Drop in. Bring your cards or handheld device.
- **Tiny Tots Storytime: Wed., Feb. 5 & 19, 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., Feb. 8, 10-11 a.m. Infants-3 yrs.** Drop in.
- **Family Music Time, Thurs. Feb. 13, 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, Thurs 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 Thursday. 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.

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IT'S NOT ENOUGH TO SIMPLY REFRAIN FROM EVIL

By Nathan Combs

When Christians consider the Biblical character of Lot, Abraham's nephew, we correctly note the foolishness of his decision to move his family to the vicinity of Sodom and Gomorrah and then into the city of Sodom itself. In 2 Peter 2.7-8, however, the apostle Peter gives us additional insight into Lot's character beyond what's revealed in the Genesis account. "He [God] rescued righteous Lot, *greatly distressed* by the sensual conduct of the wicked (for as that righteous man lived among them day after day, *he was tormenting his righteous soul* over their lawless deeds that he saw and heard)." Not only is Lot called "righteous" (three times!), his righteousness is specifically tied to the pain and anguish he felt over the actions of Sodom's population. Although his family became desensitized to the wicked lifestyle around him, Lot maintained a horror of sin.

In Ezekiel 9, Ezekiel saw a vision in which the population of unrighteous Jerusalem was destroyed by angelic executioners. Just before that occurred, God commanded a man clothed in white to pass through the city and mark the foreheads of the people God would spare. They were people "*who sigh and groan* over all the abominations that are committed in it" (Ezekiel 9.4). The defining characteristic of the saved ones was their anguish over evil, not just their abstinence from it.

In Jeremiah 23.9-10, Jeremiah reflected on the lives of men in Judah: "My heart is broken within me; all my bones shake; I am like a drunken man, like a man overcome by wine, *because of the Lord and because of his holy words*. For the land is full of adulterers;

because of the curse the land mourns, and the pastures of the wilderness are dried up." These are not simply the musings of an overemotional man. Jeremiah attributed his broken heart to the fact that he viewed his fellow Israelites through the eyes of God.

Are we pained by the sins around us or do we simply shrug with resignation? For example, as our culture attempts to fundamentally redefine gender and marriage for the first time in recorded history, are we truly grieved by this frontal assault on God's created order? If righteousness must be passionately practiced, wickedness must be rejected with equal zeal. Certainly our fellow men must be treated with the inherent respect due to people created in God's image (Genesis 1.26-27), regardless of their beliefs, but that does not prevent us from living with grief about their sin. Certainly Christians are supposed to live with joy in their hearts over God's triumph in Christ, but that joy is also mixed with groaning over the current state of the world (Romans 8.20-23). It is not enough for us to simply refrain from participating in the darkness around us. God's holy people are called to feel the weight of sin as He does so we can become intercessors like Jesus.

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ANNOUNCING - FREE SUSTAINABILITY SPEAKER SERIES

by Sustainable Tyngsborough

This five-part lecture series is sponsored by the Tyngsborough Sustainability Committee and the Tyngsborough Public Library. We will explore topics related to recycling, reducing your dependence on single-use plastics, growing your own food, composting and carbon capture and traditional skills of cold process soap making. This series will encourage residents to look at their discards in new ways and spark action around the 3 R's: Reduce, Reuse and Recycle.

Programs are held in the Community Room at Town Hall, 25 Bryant Lane. All programs are free to attend. ****Pre-registration is required for the soap making program. Contact the library to reserve your spot.**

- **Jan: A Plastic Ocean** screening (done)
- **Wednesday, Feb 26, 6:30PM:** Break Up with Plastic: The Zero Waste Movement
- **Saturday, March 28, 9:00AM:** Introduction to Raised Bed Vegetable Gardening
- **Saturday, April 25, 10:00AM:** Healthy Soil, Healthy Gardens: Small Scale Practices for Soil Improvement and Carbon Capture
- **Saturday, May 30 10:00AM:** Introduction to Cold Process Soap Making

Continue the conversation on Facebook! While not an official town page, The Sustainable Tyngsboro group is a forum for tips and tricks to reduce your household waste. Ask questions and connect with other like-minded residents. Together we can reach our 3-year goal to reduce Tyngsborough's household waste by 30%.

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

TYNGSBOROUGH HIGH SCHOOL AND MIDDLE SCHOOL SPRING SPORTS

- Registration for spring sports at Tyngsborough High School and Tyngsborough Middle School will be open February 24th through March 11th.
- The following spring sports will be offered at the High School: Boys and Girls Tennis (Grades 12-9) Boys and Girls Track (Grades 12-8) Girls Lacrosse (Grades 12-8) Boys Lacrosse (Grades 12-7) Softball (Grades 12-8) Baseball (Grades 12-8)
- The following spring sports will be offered at the Middle School: Boys and Girls Track (Grades 7-6) Softball (Grades 7-6) Baseball (Grades 7-6)
- User fee payments will be due by March 24th.
- Spring sports for the high school will begin on Monday, March 16th. Middle school will start on March 23rd.
- **Additional information may be found on the Tyngsborough High School Athletics page or by contacting Kelly Pitts at kelly.pitts@tyngsboroughps.org 978-649-4210.**

TYNGSBOROUGH HIGH SCHOOL

is proud to announce Mitchell Anderson, Jason Kelly, Samantha Messina, and Alisha Tyros as the **January Students of the Month**.

Mitchell, son of Jody and Darren Anderson, is a member of the National Honor Society and is a recipient of the Academic Excellence Award. He is also a member of the PALS program. Mitchell plays both lacrosse and basketball for THS, and he is both a two-time captain and Mid-Wach All Star in lacrosse. He volunteers his time with the Wish Project, and he enjoys hanging out with his friends and family and playing sports. His favorite classes are math and Mr. Messina's classes, and he looks forward to succeeding in life. Mitchell said this when asked to reflect on his time at THS: "THS has introduced me to people that I feel like I can connect with for the rest of my life. I'll never forget volunteering at Give Kids The World during my senior year."

Jason, son of Walter and Allie Kelly, is a member of the National Honor Society, and is a recipient of the Principal's Award and the John and Abigail Adams Scholarship Award. Jason is the current class co-president, and he is also a member of the PALS program, Senior Sidekicks, and the Student Council. In addition, he represented THS at the HOBY Leadership Conference. He has played 4 years of both basketball and soccer for THS, and he was named a captain in basketball and an All Star in soccer. Jason volunteers his time as a youth basketball clinic coach, at the Special Olympics, Adopt-A-Family Coin Drive, the Tyngsborough Community Block Party, and at various fundraising events for the class of 2020. He enjoys playing club basketball for Mass Elite, working with photoshop, and spending his summers working as a sports camp counselor at Acton Teamworks. His favorite subjects are math, business, and graphic design. Jason looks forward to having a successful career in a field involving math or analytics. "I will take with me the lessons about teamwork that I have learned through sports and being a positive leader in and out of school."

Samantha, daughter of Joseph and June Messina, is a member of the National Honor Society and a recipient of the Academic Excellence Award, the Outstanding Achievement in Instrumental Music Award, and the Outstanding Achievement in Social Studies Award. She is a member of the concert band, has been the class secretary, is the sound operator for the theater program, and is a member of the Senior Sidekicks program. She is also a four-year member and current captain of the THS swim and dive team. Samantha volunteers her time with the Wish Project, various THS events, Habitat For Humanity, the Festival of Trees, and the Tyngsborough Block Party. She enjoys reading, listening to music, swimming, playing badminton, writing, and watching movies; her favorite subjects are English, social studies, and anatomy. Samantha looks forward to having a stable job that she is passionate about, having a caring and loving family, a great career, and being as happy as she can be. "I made sure to try and become active in diverse extra curriculars, and because of this, I've gained incredible friendships and experience along with an amazing education. THS has given me a safe place to try things and succeed in many things, and gain friends along the way."

Alisha, daughter of David and Karen Tyros, is a member of the National Honor Society, and is a recipient of the Academic Excellence Award and the Commitment to Learning Award. She is also a member of the PALS program. Alisha has played basketball and lacrosse for THS, but field hockey is her passion. She is a captain of the team and has been a varsity starter since her sophomore year. She volunteers her time at Give Kids the World, Toys For Tots, Big Red Wrestling Tournaments, the Lowell Day School, the Lighthouse School, the Tyngsborough Health Fair, and at various NHS events. Alisha enjoys going to the beach, spending time with friends and family, and playing field hockey. Her favorite subjects are anatomy and history. She looks forward to attending Salem State University, playing field hockey at the school, becoming a physical therapist, traveling, and having a family of her own. "THS has given me lifelong friends and experiences. I will always remember playing field hockey on Pierce Field with my best friends. I've had great teachers and coaches who have helped me learn in the classroom and have given me lots of life lessons."

Congratulations to all four of these students.

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February 10th is the deadline for the March issue.

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FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

**** Annual Meeting of the Membership:** This will be on March 2 at 6:30pm in the Library. There will be elections for the offices of President and Secretary for two year terms. The Friends of the Library is in need of dedicated volunteers to serve on the board in these or other positions. Please make another New Year's resolution to help your community by participating in this worthwhile organization. Come to the March meeting to join the Friends, or if you are a current member, become an active volunteer. Thank you!

**** February's Featured Passes:** The *Museum of Science* in Boston is a great experience for adults and children. The Friends fund a pass that admits 4 people with a charge of \$10 per person. The pass for the *Butterfly Place*, for Tyngsborough residents, admits one person free of charge. Two passes may be reserved. The Butterfly Place opens on February 14, just in time for school vacation week.

**** Meetings** are scheduled for the first Monday of the month at 6:30pm at the Library. **Join us on February 3, March 2, and April 6 which begins our membership year. Mark your calendars.**

**** 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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THE SECURE ACT

By Edward H. Adamsky

Congress just passed the SECURE Act and like most laws the name is sort of misleading. The Setting Every Community Up for Retirement Enhancement Act of 2019 went into effect January 1st. One good thing the law does is delay required withdrawals from IRAs until age 72 (unless you already turned 70 1/2 under the old rule). One bad thing it does is eliminate the "stretch" under IRAs where your children or others could take withdrawals over their lives, now they have to do it within ten years.

For anyone inheriting an IRA after 2019 they will now be required to completely withdraw all plan assets within 10 years of the date of death. No withdrawals have to be made during the 10-year period, but at the end of 10-years from the date of the plan holder's death the entire balance in the plan must be withdrawn. This eliminates the so-called Stretch for an IRA where those assets could grow for many years with a young beneficiary.

Some Estate Planning trusts took this into consideration and might have had provisions prohibiting withdrawals of more than the Required Minimum Distribution (RMD). With the new law this language makes no sense and could result in situations where the Trustee cannot distribute anything at all until the tenth year after the death of the IRA owner. If you have any retirement funds that name a Trust as beneficiary, you must review the terms of the Trust to see what might happen under the new law.

There are exceptions to the death of the Stretch provisions for certain disabled and chronically ill beneficiaries. If you have a trust written for such a beneficiary it may still be fine, but you should probably have your lawyer review it and update it as necessary. The Stretch will still work for a spouse. They can roll the IRA over to their own name and use their own lifetime for distributions, but the next generation will have only the ten-year time frame for withdrawals. Minor children can also withdraw using their age for RMDs but the ten-year period starts when they become an adult (18 in most places).

The Act increases the age at which retirees must begin taking RMDs from 70½ to 72. With taxpayers living longer they can now leave assets to grow tax deferred for a bit longer. You are always free to withdraw from a plan starting at age 59½ but now you don't have to until age 72. This may affect anyone who wanted to give their RMD to a charity. They will have to wait until age 72 to do so. If you have done any planning with your IRA or other retirement funds using a trust, you should contact your attorney to review your documents to see if they need to be changed based on this new law.

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TYNGSBOROUGH EVENTS AND ISSUES**

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, school happenings and ideas for how to make our town even better. Residents share their name and street name when posting. We strive to keep the conversations civil and constructive. Send e-mail to tyngsboroughcitizens-subscribe@yahoo.com to join

If you prefer Facebook, 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!

TYNGSBOROUGH BOARD OF HEALTH

Reminder, Please follow these rules:

TRASH COLLECTION

- * Ensure that your trash toter cart is fully accessible for pick up.
- * Move vehicle or relocate the cart for easy pick up.
- * Place your cart at least 3 feet from obstructions such as mailboxes and recycle bins.
- * Keep the cart clear of overhead wires and low hanging branches.
- * Place all trash inside the cart, all the way. Lid must be fully closed with nothing hanging out.
- * Overflow waste placed on the ground will not be picked up, unless the overflow waste is bagged with approved sticker.
- * Bulky items will not be picked up without an approved bulky sticker. Bulky items are collected by appointments only – Call Republic Service at 978-649-7564 and press 2 for customer service.
- * Stickers for bulky items and excess trash bags can be purchased at Board of Health, located in the Town Offices building, 25 Bryants Lane (978-649-2300 x 118).
- * Place your cart curbside no later than 6:30 AM.
- * Please do not put any of the following items in the trash cart: Hazardous Waste, Recyclables, Furniture, Construction/ Demolition Debris, Yard Waste, Auto Parts, Asbestos, TVs/CRT, Mercury Containing Products (Fluorescent Bulbs, Thermometers, etc.), Propane Tanks, or Sharps.

RECYCLING COLLECTION

- * Place your blue recycling cart at curbside by 6:30 AM on your collection day. Recycling is collected every other week. Please see our Recycling Calendar to determine which week your recycling will be picked up (mailed to all households annually)
- * Keep recycling cart at least 4 feet from the trash cart.
- * Please remove packing materials, liners, and plastic wrappings from cardboard boxes.

* Curbside recycling is single stream. This means that any accepted recyclables can be placed in the blue 96-gallon recycling cart, there is no need to have separate bins for paper/cardboard and plastic/glass/metal.

THE FOLLOWING ITEMS ARE PROHIBITED FROM THE TRASH BY MASSACHUSETTS STATE LAW: Glass bottles & jars, Computer monitors, Office mail & paper, Auto parts & machinery, Plastic jugs & bottles, Televisions, Brush, grass clippings, leaves, Aluminum or other metal cans, Newspapers & magazines, Hazardous waste, Medical Waste, Cardboard



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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
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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.**

• Meals on Wheels Volunteer drivers Needed. You will receive a stipend for gas. **Does not need to be claimed on taxes. Call 978-649-9211 • DONATIONS NEEDED:** COFFEE (ground and k-cups), Cups 8oz. Styrofoam, and Napkins. Paper Plates, Bowls, Small and Large. Plastic Spoons, Forks, Knives.

COA Meeting Tuesday, February 18th at 3:30PM

• 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.

• SHINE Tues. Feb. 11th and 25th 8:30-12:00. 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.**

• Cribbage Players We have openings for cribbage players Tues 10AM-12:30PM • Wii BOWLING Instructor Beverly Rudeen Fridays 10-11:30AM

Snow Cancellation Policy: NO SCHOOL-NO SENIOR BUS, SCHOOL DELAY-BUS DELAY, TOWN HALL CLOSED-SENIOR CENTER CLOSED. When in doubt just call and see if we're open. Cancellations on WCAP Radio 98.5 & TV News on 4, 5, 7.

• MEDICARE SAVING PROGRAM. 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, 11AM "Tickets required" Sponsored by Tyngsborough Police Union. Join us for a great meal and entertainment, **sign up was by Feb. 6th.** **FREE TAX ASSISTANCE Mondays ONLY,** Harry Gong, an AARP volunteer tax preparer will be available to assist you with your taxes on Mondays starting in February, through April 13th 2020. Call the Senior Center to schedule, an appointment. 978-649-9211.

• MOVIE, PJ PARTY Wednesday, Feb. 5th, 12:30

• NINA SIMONE: FOUR WOMEN Wed. Feb. 19th, 2PM "A remarkable show! It is totally different from any revue you ever saw!" The show brings to life, her song "Four Women," her tribute to the four little girls killed in the 1963 church bombing in Alabama.

• FREE Pancake Breakfast Thursday, Feb. 20th, 8:30am

• BOOK CLUB (Monthly) Thursday, February 20, @ 12:00 The 3rd Thursday of each month the group gets together to discuss the book of the month. "The night tiger" by Yangsze Choo

• MARDI GRAS CELEBRATION, Wednesday, February 26th, 11:00 Come celebrate Mardi Gras at the COA. Bring your own mask, and we'll supply beads for all to wear and complimentary Mardi Gras King Cake for dessert. If you decide you would like lunch please call a week ahead (\$2.00), sign up with the kitchen.

• "MOVIE" DAY at the CENTER, Wed., March 4th, at 12:30PM

• BINGO Every Tuesday 12:30-3:00 This activity keeps your mind stimulated. **• BONE STRENGTH Free Wednesdays 10:00 / Fridays 9:00 • BONE BUILDERS Free Mondays 11:15 / Wednesdays 11:15** Strength training and balance to benefit those with osteoporosis. Doctor's note required. Call Jean Jacoppi for more information 978-649-9076.

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ST. PATRICK'S DINNER

The public is invited to St. John the Evangelist Church in North Chelmsford for a Traditional Corned Beef & Cabbage Dinner Buffet with a BYOB on Saturday, March 14, 2020 in the Church Hall on 115 Middlesex Street. Doors open at 5:00pm with a lavish hors d'oeuvres buffet of hot & cold items, followed by dinner at 5:30. The meal includes a corned beef & cabbage dinner, Irish soda bread, hot and cold beverages and dessert. Guests will be treated to a live performance of Irish music. *Each paid ticket will be entered into a Door Prize drawing.* Tickets go on sale at the church & rectory office, beginning February 22. Also available to purchase on our website (<https://chelmsfordcatholic.org>) for your convenience. **Call the rectory 978-251-8571 or Jane Sockey at 978-649-3404 for more information.**

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ELISABETH BRUYÈRE AWARD DINNER

This year we are honoring James F. Linnehan Jr., Esq. **Thursday, April 16, 2020, 6:00 PM** at Lenzi's in Dracut, \$100 per ticket. For more information or to register please visit www.sjdarc.org/gala. Accepting Event Sponsors through March 23rd. **Contact Jacqueline Schnackertz at 978-454-7038 or jschnackertz@sjdarc.org for more information.**

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- **The 1st Annual Chili Cookoff** was a fun time to meet some terrific cooks and sample their chili! We look forward to the 2nd Annual Chili Cookoff next January! Watch for news about a Pie Bakeoff in March!
- **SUNDAY WORSHIP** time begins at 10:30 am. Christian Education for Adults begins at 9:00 am on Sunday mornings, prior to our Morning Worship. Children K-6th grade will begin the Sunday Service with their parents and will be dismissed to the Sunday School classes at 10:45 am. An Adult class also meets at 7:00 pm Tuesday evenings in the downstairs classroom covering the same material as on Sunday (no childcare).
- **CHILDCARE:** Childcare for infants through kindergarten is available both during Adult class 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.** For more information, please visit our website www.dunstablechurch.org, contact the church office at 978-649-6251, or contact us by email at info@dunstablechurch.org.



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The Loading Dock Gallery Presents "I Heart..."
Through February 29, 2020

The member artists of The Loading Dock Gallery are revealing what lies deep in their hearts in a new art exhibition entitled "I Heart...". In The Loading Dock Showroom Gallery, our members will exhibit the works that manifest their passions and love for the arts. Marvel at the unique mediums our 30+artists employ to express themselves, and let their talents inspire you!

The Loading Dock Gallery, located at The Western Avenue Studios is a unique collaborative art community. Our artists utilize a diverse variety of mediums such as glass, pottery, fine visual arts, jewelry, fiber, paper, sculpture, photography, graphic arts, literature, and more. For questions, comments or additional information, please contact the Gallery at (978)596-1576 or Email at loadingdockgallery122@gmail.com.

NEW YEAR, NEW OPPORTUNITY

With 2019 in the rearview mirror and 2020 upon us, now is a great time to reflect on your goals and progress toward them. Common resolutions include goals related to health, fitness, and finances, but the new year is also an opportunity to reevaluate and address your insurance needs. If you procrastinated on purchasing life insurance last year, there's no better time than the present to talk to your insurance professional.

Continued Procrastination Can Cost You — And Your Loved Ones.

Like many things in life, procrastinating on the purchase of term life or permanent life insurance can be costly — in more ways than one. The cost of life insurance is based on several factors, including your attained age and health status when you apply for coverage. In general, the younger you are when you apply for a life insurance policy, the lower your premium payments will be.

There is also the very real danger that waiting too long to buy life insurance could mean leaving your loved ones without the financial protection you want them to have. None of us know what is next for us; we could die or become diagnosed with a serious disease at any point. In the case of a serious medical diagnosis, it could mean life insurance coverage is unavailable or unaffordable.

Don't leave your loved one's financial stability up to chance. Make one of your 2020 goals a reality by exploring options and applying for life insurance coverage now.

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Friday: 9 am – 3 pm; Sunday: 8 am – 12 noon

St. Mary Church: 25 North Road, Chelmsford *Daily Mass Schedule:* Monday-Friday at 7 am; 2nd and 4th Saturdays at 9 am,
Weekend Mass Schedule: Saturday 4 pm; Sunday 7 am, 9 am, 11 am, 6 pm

St. John the Evangelist Church: 115 Middlesex Street, North Chelmsford *Daily Mass Schedule:* Monday-Friday at 9 am; 1st and 3rd Saturdays at 9 am, *Weekend Mass Schedule:* Saturday 4pm; Sunday 8:30 am, 10:30 am, 5:00 pm



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.tdrotaory.org.

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EXHIBIT TITLE: **THE POWER OF ONE, THROUGH FEB. 22, 2020**

Lowell, MA -- Glenn Szegedy started this series by observing the people around him. Using his pocket camera, he began collecting images of everyday folks: students, artists, grocery clerks, and teachers. He focused on uniqueness—not only their physicality, but what they projected from inside. Each had a story that made them who they are. As he continued painting, it became obvious that we all have something that is overlooked by others. His paintings began to show the inner beauty in us all. There is a glimpse of the power we have as individuals—a sense of who people really are behind their everyday masks.

Szegedy is a Lowell area artist who has been making art for about twenty years. Retiring early from a Human Services career, he went back to school at age forty and received his BFA in Drawing and Sculpture from the University of New Hampshire. His creative work has varied over the years from sculpture, to ceramics, printmaking and other media.

A longtime resident of Lowell, Szegedy now lives in Dracut MA. After being a resident of Western Ave Studios for ten years, he now prefers the privacy and quiet of working from his home studio. He has a long history of exhibiting work throughout New England and has many works in private collections.

He has had the opportunity to curate several exhibits in Lowell including a curatorial position at the Loading Dock Gallery. Teaching art has also been a passion and he now teaches at the YouthBuild Lowell program through Community Teamwork, Inc.

Szegedy has spent the last three years developing his portrait work. While creating the images from The Power of One show, he said "I began to see the importance of each individual, not beauty queens, nor billionaires or movie stars, but everyday people who create the rich diverse communities we live in."

He plans on continuing to divide his time between his two loves... gardening and art. His portrait work will continue, and he hopes to continue to try and capture the person behind the face.

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.



46 Coburn Road
Tyngsboro

SHERBURNE NATURE CENTER & TRAILS

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

Sherburne Nature Center trails are open daily, dawn to dusk, for the residents of Tyngsboro and neighboring towns. Traverse several woodland streams, go bird-watching, try to catch a glimpse of a beaver, and observe meadow wildflowers and butterflies. It's a great place for outdoor exercise and to enjoy nature close to home. Sherburne Nature Center and Trails activities are open to all who are interested. Activities go rain or shine. In extreme weather conditions, activities are cancelled. No reservations or fees required. Children under 16 must be accompanied by an adult.

Please note: The tennis court behind the Sherburne Nature Center is not part of the PUBLIC Nature Center property.

UPCOMING EVENTS AT THE POST

- **Music Bingo**, Friday, February 7 at the Post 7:30-9:30pm
- **Legion Meat Shoot**, Sunday, February 9 at 2-4pm
- **AMVETS Meat Shoot**, Saturday, February 22, 7-9PM
- **Music Bingo**, Friday, February 28 at 7:30-9PM
- Please note that **the Auxiliary Unit 247 now meets every 2nd, Thursday of the month at 6PM** at the Post Function Hall

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.

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



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings NOW held the 2nd 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.



The ALTRUSA Club of Merrimack Valley extends special thanks to Barnes & Noble (B&N) of Nashua for giving us the opportunity to participate in the 2019 Charity Gift Wrap, an annual event which provides a valuable fund-raising resource for non-profit charities to continue their community outreach. The hospitality of B&N, along with the generosity of their patrons, always makes this a special and enjoyable holiday endeavor...and we are grateful for this gift. Thank you to all the customers who stopped at the gift wrap table and helped us achieve our fundraising goal.

Christmas gifts and age appropriate books were purchased and delivered to the children living with their teenage Moms at Brigid's Crossing in Lowell. The house is full and very busy serving 8 mothers and their little ones. The toddlers filled the house with excitement during the holidays.

Organized in January 1976, the Altrusa Club of Merrimack Valley is celebrating its 44th year of service in the Greater Lowell/Greater Nashua area. Altrusa's mission is to promote literacy and to make a difference in the lives of those in need in our communities. The Altrusa Club meets on the 2nd and 4th Tuesdays of the month. To learn more about Altrusa, e-mail us at altrusamv@gmail.com or visit us at www.altrusa.org.

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
This website contains a wealth of information about the Post.

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

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E-mail ecctsect@yahoo.com

JOIN US FOR SUNDAY MORNING WORSHIP

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

www.tyngsborocongregational.org

• 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.

COMING UP AT INDIAN HILL

Learn more: (978) 486-9524 or www.indianhillmusic.org.

BLUEGRASS JAM: Enjoy a lively set of bluegrass music with award-winning guitarist/mandolinist Tony Watt and GRAMMY-nominated fiddler Laura Orshaw followed by a casual jam session. Bring your instrument to sit in and play, or just come to listen. **Friday, February 7 at 7:30pm**, 36 King Street, Littleton, MA. TICKETS: \$10 (Free for Indian Hill Music students)

CHAMBER MUSIC AT INDIAN HILL: Baroque works by Vivaldi, Bach, and Heinen with Catherine Weinfeld-Zell, oboe; Rachel Juszcak, bassoon; and John McKean, harpsichord: **Sunday, February 9 at 3:00pm**, Indian Hill Music, 36 King Street, Littleton, MA. TICKETS: \$15 (Free for Indian Hill Music students).

'BACH'S LUNCH' CONCERT: Indian Hill Music presents chamber music for winds and strings featuring Eileen Yarrison, flute; Bill Kirkley, clarinet; Karen McConomy, viola; and Jonathan Hurley, guitar: **TWO SHOWS - Thursday, February 13 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

LATIN JAZZ: ZAHILI GONZALEZ ZAMORA: Indian Hill Music presents Cuban-born pianist/vocalist Zahili Gonzalez Zamora and her trailblazing international trio for a night of electrifying jazz fusion: **Friday, February 14 at 7:30pm**. TICKETS: \$20 advance / \$25 door. (Free for Indian Hill Music students) Indian Hill Music, 36 King Street, Littleton, MA.

WINTER ARTS MASH-UP: February 18-21 vacation program for ages 6-10 offers four days of music, visual arts, dance, and coding. Full-day and half-day options; before- and after-care available. Presented in partnership with *NOA Gallery, dance instructor Kimberly Soel, and Adventure Code Academy*. Program takes place at Indian Hill Music School, 36 King Street, Littleton, MA. Sign up online at www.indianhillmusic.org or call (978) 486-9524 (press 1) to learn more.

BARN DANCE AT INDIAN HILL: Dance traditional and country jigs and reels led by professional caller Whittlemore and our Traditional Acoustic Music Ensemble: **Friday, February 21 at 7:30pm**, 36 King Street, Littleton, MA. TICKETS: \$10 (Free for Indian Hill Music students)

YING QUARTET: Indian Hill Music presents the renowned Ying Quarter in works by Schumann, Janacek, and Brahms: **Saturday, February 22 at 8:00 pm**, Kalliroscope Gallery, 264 Main Street, Groton, MA. tickets \$35

ORCHESTRA OF INDIAN HILL: Maestro Bruce Hangen and the Orchestra play music connected to Leap Year, featuring Hanson's Symphony No. 6; Bach's Brandenburg Concerto No. 4, and Bizet's Carmen Fantasie for Flute and Orchestra with guest flutist Marco Granados: **Saturday, February 29 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 *Haartz Corporation*. Guest Artist Sponsor: *Wm. S. Haynes Co. Flutes*. Media Sponsor: *Wicked Local*.

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 or visit www.indianhillmusic.org for recital days and times.

MUSIC LESSONS & CLASSES: Ongoing registration for private lessons, classes, and ensembles for all ages and levels at Indian Hill Music School, 36 King Street, Littleton, MA. Instruments include, piano, strings, flute, guitar, ukulele, recorder, harp, voice, and drums in classical, jazz, folk, rock, and pop styles. .

ART EXHIBIT: NOA Gallery at Indian Hill Music presents works by Pepperell artist Alexia Rosoff Wilber. *On view thru February 29. ARTIST RECEPTION: Sunday, February 9, 5-7pm*. FREE and open to the public.

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In fact dogs and cats can be polar opposites of each other, including several diseases. The following are a few examples. Both dogs and cats get diabetes mellitus, however dogs get Type I – they stop making insulin and therefore ALL dogs need shots of insulin as treatment. In human medicine this is often called juvenile diabetes. Cats get Type II – they are making insulin, but it doesn't work as well anymore. This is similar to the diabetes that overweight adult humans get. Cats can often be managed with diet and pills.

Another difference is their desire to live with others. While both dogs and cats can live in houses with multiple pets, dogs tend to enjoy this more. Most species of wild dogs live in packs, while most species of wild cats live alone (except lions).

Both dogs and cats can be finicky eaters, but dogs will usually give in and eat their dog food if you wait them out. Cats, however, can hold out almost to the point of starvation. This can even create a very serious disease called fatty liver, especially in overweight cats. Therefore if you have a picky eater (but otherwise healthy pet) you can be stubborn with your dog, but not as stubborn with your cat. Another interesting disease in which cats and dogs are polar opposites is thyroid disease. Cats get HYPERTHYROIDISM, where their thyroid gland produces too much hormone so they usually eat but lose weight. Dogs get HYPOTHYROIDISM where their thyroid gland stops producing thyroid hormone so they tend to gain weight.

While some of us have dogs that are basically cats that bark (like my dog Ajax) and cats that act like dogs (including all of our technician Jackie's cats), medically Ajax will get hypothyroidism and Jackie's cats will get hyperthyroidism. Hopefully I did not just jinx our pets. I'll keep you posted.

COMING HOME TO CATHOLICISM

This program is offered by St Kathryn Parish, 4 Dracut Rd., Hudson, NH as a two Day Retreat on consecutive **Saturdays, March 28th and April 4th, from 10 AM to 2 PM.** The program is for those who have left the Catholic Church, for any reason, and might be feeling the calling to return. All of the Team members have left the Church at one time and have returned, providing a comfortable and understanding atmosphere for others looking to return. The program is designed to answer most of the questions returning Catholics might have and some discussion to address any individual concerns (don't worry, participants can share as little or as much as they'd like). **Anyone interested can contact the parish office at 603-882-7793 or simply attend on March 28th at 10:00 AM. Feel free to bring a friend.**

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



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- 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)

USED CLOTHING DROP-OFF SHED

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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.



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

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www.neighbortoneighbornewsletter.com

February 10th is the deadline for the March

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

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: Joseph Ward, Treasurer: Bob Reich, Secretary: Laura Ward, Tail Twister: Meghan DeMonico.

Anyone interested in joining the lions is asked to contact Joseph Ward at 978-930-1153. **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. Next Meeting will be March 3rd.**

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 canister around please consider donating. Every Penny Counts!

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

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@gfhc.org

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



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THE WISH PROJECT

166 Middlesex St., North Chelmsford, MA 01863
This is behind Hertz Car Rental

Warehouse hours Tuesday - Saturday 9-3pm
• Our new smaller Thrift Shop is open Tues-Sat 9-2:30pm.

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

Did you know that poor children are at higher risk for developmental delay because they lack toys for stimulation. Our BITS Bag project (Basic Items for Toddler Success) tries to help those at risk families. The Wish Project partners with hundreds of social workers from many local early intervention programs including: Anne Sullivan, MSPCC, Clarendon and others. These BITS bags will go to therapist workers so that they can leave the toys in the home for the child and parent to play and practice between visits. Last year we gave out 800+ bags to families in Merrimack Valley. Follow this link [BITS BAG DETAILS](#) for more information about the BITS Bags project. You can help by donating filled bags, collect items or sponsor a bag by making a financial contribution and we will supply a bag in your name, to honor a family member or in the name of your company. If you prefer to shop online you can purchase items from our [Amazon BITS bag wish list](#) and ship your donation directly to us. **The deadline for project goods is March 28th.** Please contact Lori at Lori@thewishproject.org and let her know how you would like to help.

Wish List

Dressers, Twin Mattress Sets, Adjustable Metal Bed Frames
New shower Curtain liners/rings, Wash cloths, hand towels
Electric Heaters, Fans
Men's Gloves, Sneakers and Boots all sizes
Toddler Car Seats with straps, (less than 5 years from manufacture date) Infant/Toddler Coats, Size 6 diapers Size 2T, 3T, 4T Pull Ups
Kids clothes size 3T-18

Small Kitchen Tables, Microwaves, Metal Bakeware, Cooking Utensils, Coffee Makers, Toasters, Cookie Sheets, Spatulas

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.

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

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- 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.



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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
Kitty Angels is An All-Volunteer, Non-Profit Shelter for Needy Cats

JAMES JACOPPI SCHOLARSHIP

PO BOX 542, Tyngsboro, MA 01879

MEMORIAL SCHOLARSHIP FOUNDATION

This is the eighteenth anniversary of the passing of our son James. With help from all of you last year, our raffle awarded \$8,200 in scholarships to aid in the continuing education of graduating high school students. To date we have awarded \$134,000 in scholarships. We feel blessed to have the ability to remember Jim in such an extraordinary way. We are extremely grateful for your continued support.

This year will be our eighth annual raffle (Commonwealth of MA #36). The raffle will be held on April 8, 2020. This year's raffle winners will share \$2,000 in prize money.

Tickets can be purchased by calling Jean Jacoppi 603-714-2523. The drawing results will be on our website: www.jamesjacoppischolarshipfund.com. Winners will also be contacted by phone. All tickets must have been received by April 5, 2020. We appreciate and thank you for any donation you can provide to the foundation.

For any other information you may need including access to scholarship applications, please visit the website or Facebook Page. Thank you for your continued support.

Sincerely,
The Jacoppi Family

PARISH CENTER FOR THE ARTS

Corner of Boston Road and Lincoln Street on Westford Common,
Westford, MA 978-692-6333 PCA@Westford.org

The Piano Heritage Series at the PCA in Westford
presents.... **MAN VS.PIANO**

An Afternoon of Piano and Levity with STEVE ZOCCHI, Pianist
Music of Mozart, Schubert, Chopin, and original compositions
Sunday February 16th 2020, 3:15 pre-concert talk; 4:00 Concert
Parish Center for the Arts, 10 Lincoln Street, Westford MA
westford.org/pca/tickets

\$20 General Admission; \$17 PCA members & seniors;
\$10 High School and College Students; \$5 Children 12 and under;
Free to Music Students (up to 2) with paying adult

Tickets available at the door.

MIDDLESEX CONSERVATION DISTRICT SPRING PLANT SALE

The Middlesex Conservation District will be holding its Annual Spring 2020 Plant Sale on **Friday, April 24 and Saturday, April 25 from 8AM-12Noon.**

This will be held at Kimball Farm, 400 Littleton Rd. (Rt. 110), Westford, MA. All items may be pre-ordered through March 31 and picked up on the sale days. We encourage early ordering as all items are sold on a first come, first served basis. Items on sale will include tree/shrub seedlings, perennials, fruits, groundcovers and garden supplies (rain barrels, Tick Tubes, cow manure, fertilizers). Please visit our website www.middlesexconservation.org to order online, download an order form to mail with payment, or email middlesexconservation@yahoo.com to request a print catalog. We will also be selling excess first quality stock on the days listed above.

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

BINGO

Is held on **Thursdays at 6:45pm to 9:30pm** at *St John The Evangelist Church*, 115 Middlesex St., North Chelmsford, MA
Doors open at 3:30pm. Questions or for more info about BINGO. Call Gerry Dumont 978-866-2391. 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.