

## Neighbor to Neighbor

Published by Anne M. Paquin Since 198364 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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POSTAL PATRON DUNSTABLE, MA 01827 CARRIER ROUTE STANDARD U.S. POSTAGE PAID DUNSTABLE, MA 01827 PERMIT NO. 5

#### **DUNSTABLE TOWN CLERK**

The Board of Selectmen has voted to postpone the Annual Town Election until June 16, 2020. There is no word on the Annual Town Meeting as of this writing (that I know of). I encourage to residents to sign up for e-alerts on the town website (as many or as few as you want). The deadline to register to vote for the Annual Town Election is June 5. If you have a valid Massachusetts driver's license, you can register online at <a href="https://www.sec.">https://www.sec.</a> state.ma.us/OVR/Welcome.aspx

There will be no In-Person absentee voting since Town Hall will not be open to the public before the election. All absentee voting will be done by mail. Any person taking precaution related to COVID-19 in response to a declared state of emergency or from guidance from a medical professional, local or state health official, or any civil authority is encouraged to vote absentee by mail. *The deadline to apply for an absentee ballot is Noon on Monday, June 15, 2020.* You can download the application here:

https://www.dunstable-ma.gov/sites/dunstablema/files/uploads/english-absentee-ballot-application.pdf

If you cannot download the application, any written form of communication is acceptable as long as it has your signature. I cannot mail applications.

If you check off "all elections this year", remember that the September 1 election is a primary which means if you are "Unenrolled", you need to choose the party ballot you want sent. If you don't choose a ballot, none can be sent to you. The November election is not a primary and there's only the one ballot.

However, if you do want to vote at the polls, the voting hours are Noon - 8:00 pm. We are taking every safety precaution for your health and for the safety of the poll workers. We will require social distancing (6' apart), the wearing of a mask or face covering and you may bring your own pen as long as it's not red ink. We will be sanitizing our pens and booths and provide hand sanitizer at the check in and check out stations. Be well. Any questions, email me at Cskerrett@dunstable-ma.gov. I check email and voice mail daily when working remotely. Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222 CSkerrett@dunstable-ma.gov

#### DUNSTABLE VETERAN SERVICES OFFICE

Hopefully everyone is staying healthy. As you know we were unable to have our traditional Memorial Day Parade and as a result we had a virtual ceremony. If you have not seen it yet, it is available on YouTube at <a href="https://youtu.be/Bcv076hN8\_4">https://youtu.be/Bcv076hN8\_4</a> and the Dunstable web site. Enjoy.

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

Joe Dean (Former USMC Sgt, Retired USAF Capt.)
Dunstable Veteran Services Officer
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#### IN MEMORY OF

Jean Theresa Conroy Joan E. Hardman Zaher

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

Well Adult Clinics In response to the Governor's guidance, Nashoba Nursing is cancelling all Well Adult clinics. The updated schedules will be listed at <a href="www.nashoba.org">www.nashoba.org</a>. Please check for updates at Nashoba Board of Health Nursing, Services. (<a href="www.nashoba.org">www.nashoba.org</a>) or call: 978-772-3335 ext. 340 for more info. or if you are in need of their services.



#### **DUNSTABLE GRANGE FAIR 2020**

To all of our Grange Fair Supporters,

Dunstable Grange has made the difficult decision to cancel the Grange Fair for 2020. We had the health and safety of our exhibitors, volunteers and guests in mind as we made the decision. We are hopeful that the Grange Fair will be back in 2021.

Thank you for your support, The Dunstable Grange #31 Fair Committee

#### **TOWN WIDE CLEAN UP**

Dunstable Grange would like to thank everyone who has been picking up along roadsides near their homes. Hopefully in the fall we can have our usual roadside cleanup. Until then, please continue to pick up trash when you go for your walks around your neighborhood. Thank you for helping to keep Dunstable beautiful.

#### **DUNSTABLE SUMMER CONCERTS 2020**

The bands were all scheduled, and we were looking forward to another great Summer Concert season. However due to the circumstances created by COVID-19 and the uncertainty surrounding the reopening of the state, the concert planning committee feels that it is in the best interest of everyone that we cancel the Summer Concerts for 2020.

We encourage you to check out the Pepperell Community Media website, where they have a large collection of past summer concerts. Go to <a href="www.pepperellchannel.org">www.pepperellchannel.org</a>, then go to video on demand then click on Dunstable concerts and that will bring you to a listing of past concerts.

We will be back next summer with another great line-up of bands. Enjoy the summer and stay safe. 8-5

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#### CELEBRATE TEAMWALK FOR CANCERCARE IN A DIFFERENT WAY THIS YEAR

Supporting local cancer patients in need is more critical than ever so this year we are hosting Team Walk on Your Terms!

Team Walk on Your Terms allows you to hold Team Walk on your turf and on your time! When it is safe and you feel comfortable, simply choose when and where you want to walk.

There's so much we can't do right now - like gathering together as a large group to walk - because of the COVID-19 pandemic, but you CAN walk and you CAN fundraise to help support people who are undergoing cancer treatment.

The fundraising deadline has been extended to September 1, 2020 so you have more time to support Team Walk for CancerCare and the people that count on you to pay for medications, nutritional supplements, wigs and prostheses, support groups, skilled nursing visits, mini-grants, supportive services to patients of all cancer types, and much more.

Follow Team Walk on Facebook at www.facebook.com/ lowellgeneralhospitalteamwalk to see videos from special guests, fundraising tips, profiles of walkers, teams, and sponsors, and contests to win fun prizes. To learn more, register, or make a donation, go to www.TeamWalk.org.

#### LOAVES & FISHES FOOD PANTRY, INC.

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

#### SHEPHERD OF THE VALLEY **LUTHERAN CHURCH**

(978) 540-0768 http://www.sov-lc.org Pastor Rev. Susan Gaeta

Shepherd of the Valley Lutheran will be meeting remotely until it is deemed safe to meet at our building space, 21 Washington St., Ayer, MA. Please join in our service via online. If you visit our FaceBook page and website you will be able to see how you can join in on our service. We hope to 'see' you there!

#### JAMES JACOPPI MEMORIAL SCHOLARSHIP

The Jacoppi Family is delighted to announce the recipients of the James Jacoppi Memorial Scholarship from Tyngsboro High School:

Cate Barton, Chloe Brush, Samantha Cook, Jenna DeFronzo, Anya Gemos, Sarah Hammerstone, Kelsey Harriman, Madison Hickey, Dillon Hyland, Julie Kay, Jason Kelly, Ella Kilmartin, Mary McGaffigan, Jenna Parent, Tara Pellitier, Genesis Torres and Allison Weed.

#### Neighbor to Neighbor

Published by Anne Paquin Since 1983 64 Hardy St., Dunstable, MA 01827-1403 Tel. 978-419-1914 E-mail: anne@neighbortoneighbornewsletter.com

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#### **DUNSTABLE SENIORS**

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**Dunstable Seniors** ......we are a peer group for those over 60.

There will be NO MEETINGS at the

## DUNSTABLE LIBRARY UNTIL FURTHER NOTICE DUNSTABLE COUNCIL ON AGING

DIRECTOR OF THE COUNCIL ON AGING
Anne Fenochetti Email: afenochetti@dunstable-ma.gov
978-649-4514 ext. 223

#### **DUNSTABLE COUNCIL ON AGING**

Barbara Martin, chairman; Mary Dow, secretary; Donald Pottle, Vincent Hollins, James McManus.

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

PEPPERELL FOOD PANTRY NOW OPEN TO DUNSTABLE RESIDENTS PACH Located at 66 Hollis St. Pepperell is open on Tuesdays from 5 – 7 p.m. and Thursdays from 2 – 4 p.m. and 5 – 7 p.m. PACH provides food, paper goods and personal care items to residents in need of assistance. If you are interested in using this service contact office at 978-925-9770 or visit their web site at www.pachoutreach.org.

Nashoba Nursing Service and Hospice: For information on home health, nursing availability, or hospice - call 1-800-698-3307.

#### HOME DELIVERED NUTRITION MEALS

(Meals on Wheels Program)

Dunstable residents 60+ can call the Elder Services of the Merrimack Valley **1-800-892-0890** to see if you qualify and make arrangements.

## DUNSTABLE SENIORS WELCOME TO TAKE PART IN ONLINE BONE BUILDERS

#### **COMMUNITY TEAMWORK INCORPORATED**

Bone Builders, made up of strength training and balance, especially designed for those with Osteoporosis, has been delayed due to the closing of senior centers.

Jean Jacoppi, a Leader of Bone Builders at the Tyngsboro Senior Center, has created a video for all to access through You Tube. Simply search for: Crystal Lake RV Bone Builders. The video is in two parts. All are welcome to exercise to it. If you have comfortable weights to hold and to strap on at the ankle, you may want to get them out before beginning. I think you will find this easy to follow and at a comfortable pace with relaxing music.

#### **STITCHERS**

The Stitchers Group continue to knit and crochet for various agencies in the Greater Lowell area.

We are currently working on hats, mittens, and scarfs in sizes from toddler to adult. There has also been a request from Hospice for twin size afghans, size 4' x 6'.

If you are interested in these projects and need supplies, please call coordinator, Jean Jacoppi (978-649-9076).

Our collection time and place as well as the time of Stitchers at the Senior Center, will be announced in the Fall.





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#### FROM THE BOARD OF SELECTMEN

Wednesday, May 27, 2020

On March 16, 2020, the Board of Selectmen met in an emergency meeting and declared a local state of emergency in relation to the COVID-19 pandemic.

The Board of Selectmen, Board of Health, and Emergency Management Team continue to meet on a weekly basis and continue to monitor legislative, regulatory, and health developments that affect the operation of Town government. Public safety and public works continue to operate and Town Hall staff continue to work between alternating their presence in Town Hall and working remotely. Although Town Hall is not open to the public, you can reach Town Hall staff by phone, email, and if needed can make an appointment to meet with them outside. At the earliest, we do not envision Town Hall reopening to the public until late Phase 2 or early Phase 3 of Governor Baker's reopening plan.

Contact information for each department can be found on the town website at <a href="www.dunstable-ma.gov">www.dunstable-ma.gov</a>. We appreciate your patience during this time.

The Board of Selectmen has voted to postpone the Annual Town Meeting and Annual Election. The Annual Town Election has been scheduled for Tuesday, June 16, 2020 at the Dunstable Public Library from 12:00 pm to 8:00 pm. Although you will be able to vote in person at that time, voting by absentee ballot is strongly encouraged as the safest way to cast your vote.

Annual Town Meeting has not yet been rescheduled due to unknown factors associated with the budget, a potential loss of state aide revenues, and to allow more time to pass to make a Town Meeting gathering safer. In the meantime, the Selectmen will approve monthly budgets for Town departments for the first quarter of the fiscal year that are roughly limited to 1/12th of the amount of this year's budget per month. Assuming we have more information by early July, we may schedule an Annual Town Meeting for later in the summer.

Our public health nurses are on the front line of this situation as they monitor the State's communicable disease surveillance system – MAVEN for our community. There were as many as 11 cases in Dunstable who have laboratory confirmed positive tests for CO-VID-19 as of May 27, 2020. Please see the accompanying notice from the Board of Health regarding confirmed positive test(s).

Residents are reminded of the following preventative measures recommended by the State:

Practice social distancing - There is currently no vaccine to prevent COVID-19. Another way to prevent the illness is to avoid being exposed to the virus. The virus is thought to spread mainly from person to person: 1. Between people who are in close contact with one another (within 6') 2. Through respiratory droplets produced when an infected person sneezes or coughs.

To prevent transmission this social distancing includes the following actions:

Wash your hands often or use hand sanitizer

Wear a mask in public when you cannot maintain social distance (maintain 6 feet apart)

Avoid touching your eyes, nose, and mouth

Cover your mouth with a tissue when you cough or sneeze Stay at home if you are sick

Keep children off public playgrounds and away from congregating with other groups of children

This is advice is especially true for older adults and those who have health issues are urged to avoid large crowds and events. Individuals who live in households with vulnerable people, like elderly parents, should avoid crowds.

Please take notice: our park land is open for solo exercise only. Playgrounds are closed. Team sports and gatherings on public land are prohibited. Without your cooperation the parks will be closed! Additional information regarding closures or other changes will be released as it becomes available.

For more information about COVID -19 from the Massachusetts Department of Public Health, <a href="https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19">https://www.nass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19</a> and the Centers for Disease Control, please click here: <a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>



#### RAIN BARREL PICK UP DATE SCHEDULED

If you want to order a barrel there is still time! Go to the website below, and select your community to place your order. **Deadline to order has been extended to June 14th.** 

https://www.greatamericanrainbarrel.com/community/

They are a Massachusetts company and use 100% recycled food grade barrels to make the rain barrels. Right in Hyde Park, MA There is much more information on their website about these rain barrels.

In Dunstable if you have any questions you should contact the Conservation Dept at cmann@dunstable-ma.gov.

The Tyngsborough, Pepperell, Dunstable Rain Barrel pick-up has been re-scheduled for **Saturday, June 20th from 10am to 12 noon**. The pick-up is at the Tyngsborough Town Hall, 25 Bryants Lane Tyngsborough. This will be a no contact pick-up. Instructions for the pick-up will be emailed to the participants.

#### **DUNSTABLE FREE PUBLIC LIBRARY**

588 Main St. 978-649-7830

**The Library is CLOSED. Watch for updates on website.**For more library information go to

www.dunstable-ma.gov click on library

Mary Beth Pallis – Director – mpallis@mvlc.org <u>Karen Debreceni – Children's Librarian – kdebreceni@mvlc.org</u> <u>Like us on FACEBOOK to receive program updates!</u>

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

Make sure to have your library card number ready before signing in to the MVLC website.

- The online catalog is available, but there is no inter-library loan available. Requests will be kept to be filled when the libraries do open.
- Online databases are listed on the <u>MVLC.ORG</u> website and can be searched by library patrons.
- Audiobooks can be accessed through Overdrive. But demand is high so expect delays.
- Go to the Dunstable Free Public Library's Facebook page for updates on our return to public access to the Library.

#### LIBRARY ANNOUCEMENT

Regarding Resumption of Services GOOD NEWS From the Director of the Dunstable Public Library and the Board of Trustees:

The Library is now accepting books in its return drop box outside the front door of the DPL. These books will be quarantined then checked in and shelved. This will be done in preparation for curbside and home delivery services.

We are working on the details to begin this next phase of returning services to the public.

We, here at the DPL, look forward to safely interacting with our patrons! We have missed you all greatly and will be in touch soon! Stay well!

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## CURB APPEAL UPGRADES THAT CAN ADD VALUE

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Brought to you by Carrie Best Cyr As a homeowner, you shouldn't ignore curb appeal.

Keep it in great condition, and you'll likely see high property values and serious marketability when it comes time to sell. Let it slide, and

the opposite could happen.

Even if you're not planning to sell anytime soon, refreshing your home's exterior can add value or give you a head start if you choose to sell later.

It just takes a little effort and a touch of creativity.

Here are four ways to up your curb appeal:

#### Plant a garden.

A pop of color goes a long way, so plant a few flowers or a flowering bush in front of your home. Opt for perennials, which can last more than two years.

#### Upgrade your mailbox.

Forget the standard old mailbox that came with the house. Try a brick model — or revamp your existing one with a fresh coat of paint or a new post.

#### Make your front porch more inviting.

If you're looking for an easy project with a big impact, add some charm to your porch. Get some potted or hanging plants, a brandnew welcome mat and a couple of cozy chairs.

#### Freshen up your door.

Give it a new coat of paint, add some new fixtures and a kickplate, and maybe update your address numbers, too. They might seem like small fixes, but they can make a big difference in your home's overall appearance.

Curb appeal matters — especially if you're considering selling your home soon.

## TOWN OF DUNSTABLE TRASH AND RECYCLING PICKUP PROGRAM

To all who subscribe to this, your yearly subscription with the Town of Dunstable will expire on June 30, 2020. Three renewal options are available. You can mail a \$300.00 check made payable to the Town of Dunstable to P.O. Box 268, Dunstable, MA 01827, or you can drop off a check or cash at the Town Hall Monday-Friday 9:00-4:00p.m. in the mail slot in the door. You may also pay on line, on the town webpage <a href="www.dunstable-ma.gov">www.dunstable-ma.gov</a> and choose on line payments. New subscribers can pay on line but will have to come to the Town Hall to pick up their containers. We also sell overflow bags for those times you may have extra trash that will not fit into the trash container. The cost is \$3.00 each sold in rolls of 5 for \$15.00. Those can be purchased on line. You will be contacted to make arrangements for pick up of containers or overflow bags at Town Hall.

## DUNSTABLE BOARD OF HEALTH HOUSEHOLD HAZARDOUS WASTE DAY

In the past this one day program has been held in May or June. This year it has been set for **October 31**st. If you want an idea, about what was is accepted or not, look at the last page (green) of the June 2019 issue of Neighbor to Neighbor on my website. If you go to the Town of Dunstable website look under Board of Health Dept. some information should be there. As the day gets closer more information will be available.

#### THE MILLENNIAL GENERATION IS NOW THE SANDWICH GENERATION

By Edward H. Adamsky

Believe it or not, the Baby Boomers are today's elders and the Millennials are now the caregiving generation. As happened to the Boomers, the Millennials are sandwiched between the needs of their children and their parents. This may be made worse as the Boomers had children later than their parents did, so the Millennials are younger than their parents were when they had to be caregivers. This puts added stress on them as they may have younger children, careers, spouses, and everything like that to worry about as well as caring for aging parents.

The research shows that caregivers spend about 21 hours a week on those duties, while most hold down a full-time or parttime job and have children of their own. There are also more male caregivers than ever before. Being in the sandwich generation can be stressful. It is important to have plans and systems in place to reduce the work and stress.

Elders should have considered buying Long Term Care Insurance to help with their care needs. If they don't need care yet and are healthy enough, they should look into purchasing insurance now. Another good tool to help is a Geriatric Care Manager. This is a trained professional who can help coordinate care and medical issues and act as a liaison between paid caregivers and medical professionals. It's also essential to see your Elder Law Attorney to make sure the right legal tools are all in place. There are many Adult Day Programs that can (cost-effectively) provide care services and take some burden off of family members.

As a caregiver, you should balance your responsibilities and try to plan them out. Beware of increasing needs by an elder that slowly take over your other duties. Learn to delegate and manage tasks. Ask other family members and professionals for help as needed. Be aware that you cannot be perfect nor do everything that might be the absolute best. Use local resources such as the senior center and nursing facilities with day programs and make sure the entire family is helping, don't allow the burden to fall on just one child.

Keep in mind that if you are providing care, then you should provide care as needed and you don't have to be fair to everyone concerned. The person with the most needs should be helped to the extent possible and those who can be left to fulfill their own needs should be allowed to do that. You don't have to spread yourself too thin with every responsibility. Make a conscious thought to provide the right care to the right people and give the time to those who need it most.

A good first start is a consultation with your local Elder Law Attorney who can guide you through the issues and choices you may have going forward with caring for a family member or friend who needs help. You are not alone and should seek out whatever help is available to you.

#### FACE COVERING MANDATORY

Effective May 6th, everyone is required to wear a face covering, whether indoors or outdoors, in any situation where you cannot maintain 6 foot spacing. Exceptions for children under 2, and people who are unable to wear a mask due to a medical condition.

To read all the details about this, visit www.mass.gov and search "face masks" for exact wording on this.

#### DUNSTABLE TOWN HALL DIRECTORY

Town Hall (978) 649-4514. The departmental extensions are as follows:

221 Town Accountant 222 Town Clerk 223 Council on Aging

224 Selectmen (handles many depts.) Also for Animal Control Officer. After hours call Police at 978-649-8891. If emergency call 911

226 Building Inspector 227 Road Commission

228 Tax Collector/Treasurer 229 Board of Health
230 Conservation/Planning Board 249 Assessors, Water Dept Please dial 0 if you need assistance.

Veteran's Officer 978-649-3919

POLICE NON-EMERGENCY 978-649-7445 POLICE & EMT 911 FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911

Business Line.....978-649-6661 FAX.................978-649-6072 Alarm System\* 978-448-6666\*can be used to call in a fire from cell phone

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#### Hi Neighbors!

Be sure to keep those germs away with Lysol wipes and Nestle Pure Life water!

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

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

Once the Pandemic is under control and it is deemed safe by the Town Hall you can turn in your carefully clipped Box Tops to any of these Dunstable drop-off locations: Maple Village Preschool, the Library, post office, and West Auto Repair. Thanks again for your support!

Chrissy McLane (mclane.chrissy@gmail.com) & Amy Wilson (amywilson825@gmail.com) Box Tops for Education co-chairs for Swallow Union Elementary School swallowunionapt.org aptswallowunion@gmail.com facebook.com/APTSwallowUnion

#### CALLING POLICE FOR EMERGENCY HELP

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

#### **GRACE LUTHERAN CHURCH**

130 Spit Brook Rd, Nashua, NH
1-603-888-7579 www.GraceLutheranNashua.org
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Prayers, Afternoon Bible Study & Grace Kids. All on
GraceLutheran.TV on (youtube.com)

#### FRIENDS OF THE TYNGSBORO ELDERLY, INC.

The Friends of the Tyngsborough Elderly, Inc is a non profit group 501C(3) Tax Exempt Corporation. Money from dues and fundraisers is used to benefit Seniors of Tyngsboro and to supplement the cost of projects and activities at the Senior Center.

The new fiscal year begins on July1, 2020 with Membership Dues of \$10 for the year.

Please send your dues to Friends of the Tyngsborough Elderly, Inc., P.O. Box 415, Tyngsboro, MA 01879. Include your name, address, phone, and email.

If you are a Senior in need of assistance, you can contact Friends of the Tyngsboro Elderly, Inc. - Joe Jacoppi (978-649-9076).

#### PACH PEPPERELL FOOD PANTRY

66 Hollis St. Pepperell Tues 5–7pm, Thurs 2–4pm & 5–7pm. PACH provides food, paper goods and personal care items to residents in need of assistance. If interested in this service, or you want to help by making a donation of food or supplies, call **978-925-9770** or visit their web site at <a href="www.pachoutreach.org">www.pachoutreach.org</a>. Please contact them first before dropping anything off.

You may bring donations to **West Auto Repair**. There is a blue plastic tote outside the office door for donations. Donations will be brought inside until they are delivered to the Pepperell food pantry on Tuesday and Thursday.

## OF GROTON DUNSTABLE REGIONAL HIGH SCHOOL

Rory Andrews, Chloe Ashburn, Penny Bailey, EvanBeigel, Molly Blast, Gabriela Blosil, Taylor Boisvert, Catherine Bolton, Adam Bonaventura, Joshua Booth, Molly Braley, Evan Buchholz, Emily Burk, Sarah Bushnell, Warren Callen, Brendan Camelio, Heather, Carroll, Lindsey Carroll, Derek Caruso, Alex Castellano, Simon Chandler, Tristan Chase, Akul Chennakesavan, Olivia Childs, Alexander Cianci, Henry Clark, Cole Connerty, Paul Cook, Cecilia Cronin, Rachel Dalai, Patrick Daly, Heather DiBona, Michael DiFranco, Madison Donahue, Sara Donaldson, Ryan Donaruma, Austin Drake, Amelia Drislane, Stephen Dzwonek, Aurora Edwards, Ajay Eggimann, Samuel Eggimann, Abigail Eisenklam, Riley Eldredge, Taryn Emerle, Rachel Erickson, Brendan Ferrari, Aidan Flood. Murphy Fournier, Trever Franzek, Deaglan Garside, Ava Gayman, Per Gemmel, Caroline Gilmore, Audrey Gold, Joshua Gray, Matthew Guy, Madeline Habeshian, Nicholas Hanlon, Cory Hannemann, Pranav Hari, Emily Hauk, Alyssa Hecht, David Hendershot, Chase Herberich, Lauren Hill, Jungjae Ho, Julia Hudson, Sarah Hudson, Katherine Irby, Max Jarboe, Tomasz Jezak, Elias Jiser, Maggie Jiser, William Joyner, Vassell Karuri, Sarah Kelly, Brianna Kenney, Kabriana Kien. Shannon Kilcommins. Jonathan Kneeland. Helena Koch, Annika Kuchel, Charlotte Lagasse, Clarissa Lagasse, Valerie Langlois, Derek LaRiviere, Mikayla Laverdure, Gabrielle Lewis, Gavin Lilly, Allison Loverin, Anne Madden, Jessica Madigan, Ian Maguire, Lauren Maloomian, Isabella Mancini, Timothy Manugian, Zara Masino, Henry McCarthy, Caroline McCretton, Aidan McDonough, Finn McGillivray, Kelly McGuinness, Ethan McNamara, Joshua McNeil, Theodore McSweeney, Diana Mendel, Katherine Milano, Andrew Miller, Benjamin Miller, Emily Miller, Kaitlyn Miller, Lily Miller, Olivia Miller, Jacob Morrill, Alec Moulton, Bronwyn Mulligan, Carolyn Mullins, Marissa Nardone, Declan Nash, Ari Navetta, Phong Nguyen, Jessica Nolan, Joseph O'Malley, Thomas Orcutt, Lillian Orlando, Christina Pappas, Clio Pappas, Ainsleigh Patten, Derek Pei, Murphy Peisel, Kara Peters, Jared Phelps, Claire Puranananda Ali Qattan, Megan Quinn, Olivia Ray, Chad Remillard, Bianca Resca, Anna Rimkus, Eugenio Rivera, Mark Saitta, Douglas Schwefler, Charlotte Sekera, Enya Selders, Nathan Sickles, Rachel Silva, Kirsten Sioberg. Caroline Slattery, SamuelSmethurst, Alexandra Smith, Liam Smith, Julie Somma, Noelle St Germain, Timothy Stark, Lara Stecewycz, GrahamStelzer, Ivan Sturm, Sean Sullivan, Nicole Tammaro, Amanda Taylor, Bradley teDuits, Colin teDuits, Audrey Temple, Trent Tessier, Benjamin Toebes, Pedro Torres-Paraizo, Paige Tribick, Jillian Van Pelt, Samuel Volante, Sydney Walsh, Jessie Wang, Erin West, Jared Whitby, Paige Wilkins, Charles Willis, Riana Willsie, Emma Wilson, Hallee Wilson, Shawn Wright, Natalie Young, Kvle Zimmer.

Please send in your news and updates for the July/August issue by June 17th.

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 1264.

More articles posted on the website.

www.neighbortoneighbornewsletter.com

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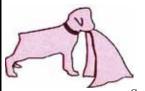
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## Neighbor to Neighbor

**Published by Anne M. Paquin Since 1983** 64 Hardy St., Dunstable, MA 01827

Please call or email now for the July/August issue.

Leave your name and message at (978) 419-1914 E-mail: anne@neighbortoneighbornewsletter.com www.neighbortoneighbornewsletter.com

If your organization or non profit group has some news for July or August, please send the information in by June 17th.

Articles are placed on a first come, first served basis. News can be sent in a word file or in the body of an email. If you call, *please leave a message as my phone goes to voicemail*, and I will get back to you as soon as possible. If you have a business, or your organization would like to have a display ad, not just a paragraph, email me and I will forward the rate sheet to you. *The July/August issue will be delivered after the 4th of July holiday. to cover information for the months of July and August*. If you need a few more days please let me know and I will hold a place for you, as there will not be a separate issue published for August. *However, updates will be posted on the website during July and August.* So continue to send in your information this summer.

Total printed circulation each month including Dunstable and Tyngsborough is 6,331 issues. More news is posted on the pages of the website. Current & past issues are available by clicking on "Neighbor to Neighbor Newsletter issues" in the heading on the website.

www.neighbortoneighbornewsletter.com

Let **Neighbor to Neighbor** help spread the word!

I look forward to hearing from you, Anne

#### UPDATE FOR AMERICAN LEGION

- The American Legion Post 247 Inc. Of Tyngsboro is looking forward to the the date of June 29th, as given by the State of Massachusetts Governor Charles Baker as a reopening date. The Post will be pleased to welcome back all Post 247 Members, Family, & Guest. There are no meetings scheduled at this time.
- Much renovating, sanitizing, and improvements have been conducted while the Post has been closed. We look forward to welcoming every one back to their Home Post soon. Please be well and STAY SAFE.
- Also as per notification from our American Legion & American Legion Auxiliary National Head Quarters All Officers will maintain their Elected Office Until 2021.

## 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 2019-2021 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, <a href="www.AmericanLegionPost247.org">www.AmericanLegionPost247.org</a>
This website contains a wealth of information about the Post.
Please remember to be safe & keep our troops in your prayers.

#### 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 Dombrowski; 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/



## AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings NOW held the 2ndThursday of each month at 6pm.

Auxiliary Unit 247 Officers for 2019-2021:

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

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.

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#### STE JEANNE D'ARC SCHOOL ELISABETH BRUYÈRE AWARD DINNER

This year we are honoring James F. Linnehan Jr., Esq.

**The dinner had to be postponed yet again**. At this time it has been postponed until next April, no date has been set as of yet. More information will be posted as new date approaches. For more information or to register please visit <a href="www.sidarc.org/gala">www.sidarc.org/gala</a>.

Any sponsorships or tickets you have purchased will be honored for the date that will be set for April.

Contact Jacqueline Schnackertz at 978-454-7038 or jschnackertz@sjdarc.org for more information.

## GREATER MASSACHUSETTS SPECIAL-NEEDS EVENTS

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www.spedchildmass.com
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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.

#### Evangelical Congregational Church of Tyngsboro

Est. 1868

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For questions or more information, please call our office 978-649-2262 Pastor Denis Frediani 1-603-579-0904 www.tyngsborocongregational.org
E-mail ecctsect@yahoo.com

- At this time all activities are cancelled. We are limiting our in person services. If you go to the website and click on the sermons page you can find current sermons and songs.
- THRIFT STORE is closed until further notice. We would appreciate if you would hold your donations until we re-open.
- Please pray for the world and that the CORONA Virus is able to be controlled soon.
- **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: 1. Log onto the church website <a href="http://www.tyngsborocongregational.org">http://www.tyngsborocongregational.org</a>
  2. Click once on the word "SERMONS" 3. Sermons listed by date, passage, sermon title Click on date to listen to the sermon you desire.



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#### THE WISH PROJECT

166 Middlesex St., North Chelmsford, MA 01863

This is behind Hertz Car Rental

NOTE: Hours to drop off emergency donations by appointment (email <u>info@thewishproject.org</u> or call 866-947-4360 x2 or contact us on our <u>Facebook page</u>

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

As our daily operations drastically change, we continue to work hard to support those in our community most in need. It couldn't be done without the help and continued support from all of our donors. Thank you for your generous monetary donations and donations of new goods to support our emergency relief and Mother's Day Projects.

#### Phases of recovery

Just a few days ago Governor Baker introduced his multi-phase process of reopening the state. Things will not be the same for most of you and that's true for The Wish Project as well. We are working behind the scenes to prepare the warehouse for the new process of accepting donations, giving out furniture and household items and welcoming back our volunteers. We will make an announcement when we are able to take in used items. The inside of the warehouse may look different but our mission and commitment to our clients remains the same.

The longer the period of economic slowdown lasts the more clients are turning to us for assistance. In fact our core clients have now expanded to include those who have lost their job due to the safety measures put in place. These families living paycheck to paycheck have now depleted their resources and are now turning to us to help with diapers, wipes, toiletries and disinfecting supplies to help them make ends meet.

If you would like to help by dropping off an emergency item at the warehouse email Jill at info@thewishproject.org to arrange a time and day for drop off. Hours to drop off emergency donations: by appointmen or call 866-947-4360 x2 or contact us on our <a href="Facebook">Facebook</a> <a href="Page-2008">Page</a>

If you prefer to shop online from our emergency wish list on Amazon you can have the items shipped directly to us. If you prefer to make a monetary donation this will help us fill our clients' needs. So far we have successfully helped 397 families with emergency needs during these difficult times. Thank you for helping us to support our clients and community during these challenging times.

You can go to the Wish Project website <a href="www.TheWishProject.org">www.TheWishProject.org</a> to make a donation or to shop for the items on the Amazon Emergency Assistance Wish List. There is also The Wish Project's Covid-19 Relief Fund.

#### WISH LIST

Dish Soap, Hand Soap, Face Masks, 4T/5T Pull ups, Newborn & Size 6 Diapers.

Market Basket Gift Cards, Disinfecting Products, Shaving Cream, Hand Sanitizer, Paper Towels, Laundry Soap,

Conditioner, Toilet Paper, Toothpaste, Body Wash, Deodorant, Feminine Products, Shampoo and Razors

•••• PLEASE NOTE: Hours to drop off emergency donations: by appointment (email info@thewishproject.org or call 866-947-4360 x2 or contact us on our <u>Facebook page</u>

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.

#### 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.

Associated with Kitty Angels www.kittyangels.org Kitty Angels is An All-Volunteer. Non-Profit Shelter for Needy Cats

#### WEST CHELMSFORD UNITED METHODIST CHURCH

242 Main St., North Chelmsford, MA 01863 HANDICAP ACCESSIBLE 1-978-251-4834 www.wcumc.us Worship 9:30AM online

We are keeping all of you, of our community, in our prayers. Please check out our website www.wcumc.us for updates and general information. You can connect with us at 9:30 Sunday mornings going forward.

If you want to be on the church email list, for an invite to Worship, you can send your email addressed to the Administrative Assistant Roberta Strattion at office@wcumc.us.

If you have any news for the July/August issue, please send in your information by June 17th.

This issue should be delivered after the 4th of July. probably around the 12th. (Note this is the only issue to be delivered this summer. Next will be in September)

In the mean time please check for updates on line www.neighbortoneighbornewsletter.com

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.

#### DAYS TO REMEMBER

- Flag Day, Sunday, June 14th
- First Day of Summer, Saturday, June 20th
- Father's Day, Sunday, June 21st
- Independence Day, Saturday, July 4th



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#### EMANOUIL BROTHERS INC.

Emanouil Brothers, Inc. is a family owned and operated Landscape Contractor & Tree Service Company. Started in 1986 as a small landscape company and now has over 100 employees and can cover all aspects of landscaping and hardscaping from small install projects to multimillion-dollar projects or tree services from a small pruning to land clearing. No job is too big or too small. We are based out of Chelmsford, MA and will travel through the greater New England area.

Over the past 34 years Emanouil Brothers, Inc. has been proud to have worked with a range of: Home Owners, Developers, General Contractors, Property Managers and Commercial Property Owners. We hope to add you to our growing list of satisfied customers by providing exceptional service to you as we are dedicated to enhancing the look, value, and enjoyment through maintenance upgrades, tree services or new installations at your Home, Commercial Property or New Construction Project. We are fully insured and pride ourselves on completing all work safely and efficiently.

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**Ready to Care for You** 

As we begin to reopen services we want to stress that we are here ready to care for you and that you are **Safe with Us**. You may see some changes when it is time for your next appointment or visit to protect patients and staff. Some of these measures include:

- Screening guidelines and hospital entry protocols
- Patient and staff masking policies
- COVID-19 testing for all inpatients
- Continued visitor restrictions

- Waiting room reconfigurations to support social distancing
- Expanded appointment schedules to facilitate frequent cleaning and other infection prevention measures

We are constantly reviewing guidance from public health experts and updating our practices and protocols accordingly based on the most current information. We are blessed to have a team of incredible infectious disease specialists – physicians and nurses who are advising us every step of the way as we respond to this pandemic and begin shifting to our new normal operations.

For more information visit www.lowellgeneral.org/safewithus. For the latest updates and COVID-19 resources visit www.lowellgeneral.org/COVID-19.



Special thanks to the Lowell Sun for sponsoring this message to our community.

## 50 LEGS CHARITY- BOSTON MARATHON SEPTEMBER 14<sup>TH</sup>

HELLO TYNGSBORO AND DUNSTABLE NEIGHBORS, My name is Nick Coughlin and on September, 14<sup>th</sup> I will be running my first BOSTON MARATHON FOR THE 50 LEGS CHARITY. This great organization raises money for amputees who are in need of assistance obtaining prosthetics. I am a Junior ROTC student at UMass Lowell and I am in the Army National Guard. As a lifelong Tyngsboro resident, I am proud to represent our community for this cause and I would greatly appreciate your support. (This will now be a virtual event. I will actually be running the 26.2 miles, but not on the usual route.

Below is a link to my Go Fund Me page, no donation is too small. *Thank you in advance!* https://charity.gofundme.com/o/en/campaign/50-legs-in-50-days/nickcoughlin1

#### CHELMSFORD CATHOLIC COLLABORATIVE

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Staff Offices: 115 Middlesex Street, North Chelmsford
Office Hours: Mon, Tue, Thur: 9 am – 5 pm; Wed: 9:30 am – 5 pm;
Friday: 9 am – 3 pm; Sunday: 8 am – 12 noon

#### Our LIVESTREAM and OPEN CHUCH schedule has changed profoundly. Please go to our website <u>WWW.CHELMSFORDCATHOLIC.ORG</u>

please visit the website as there is so much going on.

- Daily and Weekend Masses are LIVESTREAMED
- · Saturday, 4 pm and Sunday, 11 am at St. Mary
- Sunday, 8:30 am at St. John the Evangelist Church AGAIN, WE ARE LIVESTREAMING MANY DEVOTIONS There are too many to list here, so please refer to our website.
   Parking Lot Confessions

4:00 - 6:00 pm (weather permitting) until ban is lifted

- · Mondays at St. John Parking Lot
- · Wednesdays at St. Mary Parking Lot

As we are still required to practice social distancing, we ask that you please remain IN YOUR CAR. Our priests will be close enough hear your confession, yet remain at a safe distance to avoid spread of illness. And other cars will be kept at a distance so that your confession will be heard by only the priest. If there are multiple people in the car, arrangements will be made.

## CHURCHES ÅRE OPEN WITH RESTRICTIONS WEEKEND MASS SCHEDULE

St. Mary: 4 pm on Saturday/ 7 am and 11 am on Sunday St. John: 4 pm on Saturday/ 9:30 am and 6 pm on Sunday

RESERVATIONS ARE ONLY OPEN FROM Monday 9 am - Thursday 3 pm for the upcoming weekend! If you have access to a computer, please do NOT phone in your reservation, but rather use the link and access code provided via previous flocknotes. We highly recommend that you thoroughly read the guidelines—set forth by both Governor Baker and the Archdiocese—that need to be strictly followed for both registering for and attending Mass. (Go to our website for details.) Being well-versed in what is expected, you can make better make a decision as to whether or not Mass attendance at this time is right for you.

## <u>Phone-In Reservations</u> we ask only those who DO NOT HAVE ACCESS TO THE WEBSITE use this option.

Call the parish offices between the hours of 9 am - 12 noon, Monday and Wednesday, and between the hours of 2 - 5 pm on Tuesdays and Thursdays. phones will NOT be answered outside of these times; we remain lightly staffed. Reservations will NOT be accepted via voicemail or email messages.

<u>Don't Make Reservations</u> Those in vulnerable populations are highly encouraged to remain at home and join via livestream. We would love to see you but value your health and safely first and foremost. <u>DISPENSATION FROM THE OBLIGATION TO ATTEND SUNDAY MASS HAS BEEN EXTENDED INDEFINITELY BY CARDINAL SEÁN.</u>

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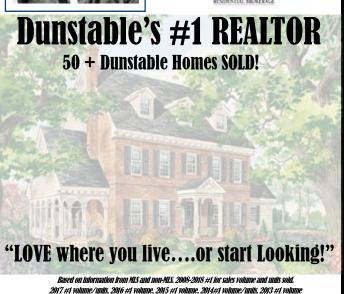
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## PET HEALTH DUNSTABLE ANIMAL CLINIC

#### SAFE SUMMER FUN

Tara M. Sacramone, DVM



As warmer weather lures you and your pet outside there are several things you can do to keep your pet safe.

- Make sure your pet has some form of identification, such as tags on their collars and/or a microchip. All shelters and veterinarians have microchip scanners.
- Protect your pet from heat stroke.
   Never leave your pet in a parked vehicle.
   If your pet lives outside provide adequate shade and protection from the environment.
   Always have clean water available to all pets, whether inside or out.
- Prepare for special events well in advance. If you need to kennel your pet make reservations as early as possible. Also find out if any special vaccinations or other requirements, such as a fecal check, are necessary for boarding and check with your veterinarian to make sure your pet is covered.
- Another summer event is fireworks. While most of us humans enjoy them, some dogs are petrified of them. If you have one of these dogs some medications can sometimes help, but only if you give them to your dog about an hour or two before the fireworks. Other dogs can be helped with a "thunder shirt". You can also help your dog by absolutely ignoring his/her anxious behavior I know it's hard to do, but dogs don't understand "It's alright, it's ok", and our tone of voice when we are saying these things tends to make dogs think that there is in fact something wrong.
- Protect your pet from outdoor parasites. Give them their once a month heartworm preventative, most of them also protect against intestinal parasites as well. There are several really good products available now to protect against fleas and ticks. We really like the Seresto Collar, which lasts 8 months. For topical products we generally recommend Vectra or Advantix (once a month) or Bravecto (3 month topical for cats). There are even good oral options available now for dogs including Nexgard or Bravecto.

Have a safe and fun summer!

## DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827 <u>www.Dunstablechurch.org</u> 978-649-6251

Pastor Bobby Ross <u>pastorbobby@dunstablechurch.org</u>
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."

For pandemic reasons, all services at the Dunstable Evangelical Congregational Church have been moved on-line to a streaming format. If you would like to join us, please either email Pastor Bobby, or leave a message on the office phone to receive details on how to connect. (Info above)

We "meet" at 10:30 Sunday mornings for worship and at 8:00 on Wednesday evenings for prayer. Pastor Bobby is also available to meet with you individually on a Zoom conference call if desired.

For updates to our schedules and to learn where to access our recorded services, please see our website at <a href="https://www.dunstablechurch.org">www.dunstablechurch.org</a>. God protect and bless you!"



Bruce D. Stewart Dunstable, MA 01827

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



On June 1, another Altrusa year of service in the Merrimack Valley began. Because of the Covid 19 restrictions, new President Jackie Maciejewski of Nashua, NH and other club officers will be installed and new members initiated, when it is safe and feasible.

The Altrusa District One Spring Conference, which was scheduled to be held in April at the Wylie Inn and Conference Center, Beverly, MA was cancelled, but awards for service projects were announced.

The Altrusa Club of Merrimack Valley was very pleased to receive First Place honors from Altrusa International District One for our Dr. Nina Fave Calhoun International Award Submission; Creating Health, Dignity and Opportunity - Days For Girls Kits. The Merrimack Valley Club set out to change the lives of 50 girls in Guyana, by creating beautiful, washable and long-lasting kits that they can count on month after month during their menstrual cycles. Through our efforts, we hope that these girls will complete their educations; have access to income generating opportunities; and lead a dramatically better quality of life. (www.daysforgirls.org)

Currently, the Altrusa Club is meeting the 2nd Tuesday of the month via teleconference calls. For more information about Altrusa, please email: altrusamv@gmail.com or visit us at

www.altrusa.org or https://districtone.altrusa.org/

#### 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

#### Northeast -TOBACCO F **Community Partnership**

As of June 1st, 2020, flavored tobacco, including menthol cigarettes like Kools and Newports, will no longer be sold in Massachusetts stores. Last fall, the Fight All Flavors campaign and supporting partners worked to build grassroots understanding of a proposed flavored tobacco restriction that called out the tobacco and nicotine industries' targeting of menthol in communities of color.

The tobacco and vaping industries have targeted youth, LGBTQ populations and communities of color with their deadly products, causing many health consequences for these populations. Flavors, like mint and menthol, are a leading reason that young people start vaping and using tobacco.

The law, which goes into effect on June 1, 2020, means that: Menthol cigarettes and all other flavored tobacco products like flavored cigars, flavored chewing tobacco, and flavored e-cigarettes and nicotine vaping products will no longer be widely available in Massachusetts.

E-cigarettes and nicotine vaping products will increase in price. I'm excited to see that **No Menthol Know Why** builds on that work. I work with community-based organizations, youth advocates, public health and health care partners, churches, and more to support the communities most impacted by the new law. We all want to build awareness about the law and provide information about the resources available to help people quit smoking.

You can spread the word in your community. Visit NoMentholKnowWhy.org to learn more and find tools and resource to share.

Contact me at ashley.hall@glfhc.org or (978) 799-8643 to learn more about the law and how you can support people in quitting. Ashley Hall, MS Northeast Tobacco-Free Community Partnership, Program Manager Greater Lawrence Family Health Center



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For more information about COVID-19 from the Massachusetts Department of Public Health, https://www.mass.gov/resource/information-on-theoutbreak-of-coronavirus-disease-2019-covid-19 Text COVIDMA to 888-777, Or you can call 2-1-1 For the Centers for Disease Control. https://cdc.gov/coronavirus/2019-ncov/index.html

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#### **TYNGSBOROUGH DUNSTABLE HISTORICAL** SOCIETY



We are sorry to announce that the 48th annual Tyngsborough-Dunstable Historical Society Strawberry Festival scheduled for June 20 has been cancelled due to the Covid-19 pandemic. We hope that you and your families are safe during

these uncertain times.

For almost 50 years, the Festival has not only served up the best shortcake around, but has also been a fundraiser for the Society. So, we figured out a way you can still get delicious strawberries, help support us, and support a local business as well.

If you donate \$20 to the TDHS, we will send you a \$5 gift card to Parlee Farms in Tyngsborough, where you can use it toward picking your own strawberries or buying anything in their store.

To donate, make your check payable to TDHS and send it to TDHS, PO Box 87, Tyngsborough, MA 01879. Please include your name, address and phone number.

Questions? Call Lynda at 978-587-8423. Thank you for your support. See you at our 2021 Strawberry Festival!

#### www.tdhistoricalsociety.org

Email address: tyngsboroughdunstablehs@gmail.com

#### CATIE'S CLOSET

We are open to accept your gently used clothing and new toiletry donations at our Dracut distribution site, weekdays ONLY from 10am to 4pm. This is located at 19 School Street, Dracut, MA 01826. We are not open weekends at this time. Please bring your donations in household size bags or smaller for the safety of our staff and volunteers. If you have 5 bags or more, please call 978-957-2200 for an appointment so we can best accommodate you. Find out more about our needs.

Check out our website www.catiescloset.org/5-ways-to-help Contact us directly and we will be happy to share more detailed information about our immediate needs for the months ahead. Connections to large scale clothing and toiletry resources are appreciated! Want to know more about our work, who we help go to www.catiescloset.org/help-the-kids

#### **CATIE'S CLOSET** COMING OUT STRONGER

Our 10th Annual Gala, A Night To Open Doors has moved to a VIRTUAL EVENT.

Please save the date of June 25th at 6:00PM and join us for this very special night! Although we will not be gathered together in one room we can still unite virtually to help our local children living in poverty receive the essentials they need.

We are creating a live event that will entertain and inform.

SAVE THE DATE! When: June 25th - 6:00PM

Where: Your living room!

We will host a live event via Facebook Live and YouTube Live.

Covid-19 has increased the demand for basic necessities by 75%. We need your support!

If there's one thing we have learned during these challenging times is that there is nothing more powerful than a community who works together!

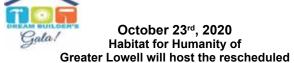
Please help us make our virtual gala a night of success and hope for future generations.

#### ST MARY MAGDALEN PARISH

95 Lakeview Ave., Tyngsboro, MA 978-649-7315 •Join us on Facebook! Search "Saint Mary Magdalen Parish Tyngsboro" & like our page. See daily meditations 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)

#### Friday, June 19, 2020 Deam Builders: Hope at Home Virtual Auction. Join us at 7PM

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

Because of COVID-19 meetings are canceled at this time. Anyone interested in joining the lions is asked to contact Joseph Ward at 978-930-1153. By the time you receive this, we may have a project that you would like to get involved with. Once we can meet again, we will let you know where, and when meetings will take place.

#### YOU CAN HELP BY DONATING THE FOLLOWING:

- <u>Used Eyeglasses</u> are collected for refurbishment and distribution to less advantaged individuals around the world.
- <u>Used Hearing Aids</u> are collected refurbished or repaired and distributed to those individuals in need with limited ability to pay.
- <u>Can tabs</u> please place into bags before putting in the boxes. <u>Lion's collection boxes for eyeglasses and hearing aids and can tabs</u> 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!

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#### SHERBURNE NATURE CENTER & TRAILS

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

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.

#### **Ron Mikol**

#### Board of Selectmen Candidate for Re – Election Voting Day: June 16, 2020

Greetings Dunstable Voters,

I am a candidate for re-election to the Board of Selectmen. I do truly believe the election process whether it be for election or reelection is a healthy process for the municipal government. The Board of Selectmen are the executive officers of the municipal corporation of the Town of Dunstable. The individuals you elect to these positions should be the best possible candidates. To help you with this decision. Here's a little Bio on myself, plus a snap shot on the type of value I bring to this Board.

CBRE Boston MA

Managing Director, Facilities Engineering and Operations Twenty Three Years

Dunstable Fire and Rescue

Active Duty Firefighter / EMT Sixteen Years

Town of Dustable

Finance Committee Member and Chairman Eleven Years / Chairman Five Years

Commonwealth of Massachusetts
Department of Fire Services

Certified Publication Education Educator Twelve Years

Massachusetts Municipal Association, Member

Training Completed in Municipal Finance, Legal and Regulations Eleven Years

Massachusetts Association of Town Finance Committees, Member

Training Completed in Municipal Accounting and Forecasting. Eleven Years

Some of my assignments included,

Groton Dunstable Regional School District

Member / Superintendent Search Committee

Member / Capitol Planning Committee

Member / Business and Finance Manager Search Committee

Member / Unit A Union Negotiations Team

Town of Dunstable, Public Education Instructor Swallow Union School K thru 4
Public Education Instructor Maple Village Pre School

A few of the projects I have been intensely involved in ...

#### 11 Pleasant Street F/K/A Stone Works A/K/A The red house in the center of Town

At my request, the Board has begun the process of creating a sub committee to review what can be done to resolve the position of the property which has been falling into disrepair. This is a privately owned property which is vacant cannot stay in this condition. The Town needs to engage the owner in discussion to bring about a specific and measurable path forward.

#### Water Department Project

I have been and remain actively involved in this project. The project is in three phases: The first phase is completed, the second phase I have been involved with having the electrical feeder being replaced and the metering arrangement being reworked to insure reliability to the pumping systems. I have asked for the water tower to be provided with antenna brackets as part of the structural steel design. This will allow the Town to look at renting antenna space to help defer the project costs. Having the antenna brackets in place before the tower is erected is a major attraction to antenna installation.

#### LED Street Lighting

Almost two year ago I stated the process of getting the entire street lighting system converted to LED. Electric Companies are divesting themselves of outdoor lighting, we are currently in the process of taking ownership of the street lighting and having it all be made working and upgraded to LED. The savings to the town is seventy percent of today's cost.

#### Ancient Tree Program

We are gifted to have many ancient trees in the Town. An ancient tree is one that is aged over one hundred years. My program is to identify them by GPS address, index them, and place a necklace around the tree to provide identification to anyone looking at the tree. I have asked the Boy Scouts to assist with this endeavor.

It has been a privilege to be a member of the current Board of Selectmen. It has been a Board that has worked together and made some very difficult decision, in many cases when there were no good options and structured thinking was engaged.

We are in very uncertain times I will always work to having excellence in Municipal Government. I ask for your vote to allow this work to continue

#### Paid for by the Candidate