



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 37 Years of Service

Issue # 385 • October 2020

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TYNGSBOROUGH TOWN CLERK NEWS

PRESIDENTIAL ELECTION is **November 3rd**. Voters in

Precincts 1 and 2 vote at the Tyngsborough Middle School, 50 Norris Rd and voters in Precincts 3 and 4 vote at the Tyngsborough Elementary School, 205 Westford Rd. The hours are 7:00am to 8:00pm. Masks will be required. We will sanitize during voting hours.

The Secretary of the Commonwealth's Office will be sending the Vote by Mail applications for this election to any voter who did not request one previously. The application is also available on both the State and Town websites. **The deadline to register to vote is October 24th**. All Early Voting will be held at Town Hall. **In person early voting hours are as follows:**

Saturday, October 17th, 12pm – 4pm, October 24th, 12pm–4 pm
Sunday, October 18th, 10am – 2pm, October 25th, 10am–2 pm
Monday, October 19th, 8:30am–4pm, October 26th, 8:30am–4 pm
Tuesday, October 20th, 8:30am–4pm, October 27th, 8:30am–4 pm
Wednesday, October 21st, 8:30am–4pm, October 28th, 8:30am–4pm
Thursday, October 22nd, 8:30am–4pm, October 29th, 8:30am–4pm
Friday, October 23rd, 8:30am–12:30pm, Oct. 30th, 8:30am–12:30pm

The deadline to submit a Vote by Mail application or absentee ballot application for a mailed ballot is Wednesday, October 28th. The last day to Early Vote is October 30th. The deadline to vote absentee in person is Monday, November 2nd at 12:00.

Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions.

TYNGSBOROUGH VETERAN'S AGENT

The Veterans Day program is still being discussed under the current circumstances. At this time, no final decision has been made with regards to putting on a public program or not. Please check with the Town web site for updates.

Over the past few years this office has seen a sharp increase in Veterans benefits claims.

This is a result of legislative changes and many other demographics. Those affected by the Vietnam "Blue Water" rule as well as amendments to V.A. laws has opened the door for Veterans to receive more of what they deserve.

Do you know a neighbor or friend who may be a Veteran, Veteran widower, widow or dependents of a Veteran that may be eligible for financial assistance from my office? I may be able to help them with basic living expenses, rent or mortgage heating cost, prescriptions, monthly healthcare premiums and hospital/doctor bills not covered by your Medicare or other insurance. The Massachusetts Chapter 115 program is a for low income applicants with an asset and income limit. Call or email and see if you qualify. I can also assist with filing or questions about V.A. disability and pension claims.

The Veteran's Office is a confidential office where your identity is completely confidential. Please call or email the office to schedule an appointment. If I cannot assist you I will direct you to the resources available to you.

Sincerely, Christopher W. Dery, Tyngsborough Veteran's Agent,
25 Bryants Lane, Tyngsborough MA, 01879
978-649-2300 X131 veteransagent@tyngsboroughma.gov

IN MEMORY OF

Charles G. Russell
Judith Ann Barr Biggs
Raymond J. Lussier
Diane Rondeau Gelinas Cass
Robert A. "Bob" Harger
April Marie Toupin

Ernest F. Day
Estelle Dronseiko
Patricia L. "Pattie" Gauthier
Dorothy M. Daley Greenwood
Ann Marie McShea McCarthy
Richard J. Stimpson

Robert Alvin Wright

TYNGSBOROUGH BOARD OF HEALTH

HOUSEHOLD HAZARDOUS WASTE DAY IS

SATURDAY, OCTOBER 31ST

Please refer to the green sheet which is the back page of this issue.

Items can be From the Workbench, From the Garage, From the House, From the Yard. Charged Items Pay with cash only for Tires and Propane Tanks. Items not to bring are also listed.

Latex Paint is non-hazardous and should be dried out in the can and put in your trash. Alkaline Batteries can also be put in your trash. Please read the note on how to safely transport your Hazardous Waste.

HOUSEHOLD YARD WASTE

Please mark your calendar. Collection will be held on two Saturdays in November. **They will be Saturday, November 7th and Saturday, November 21st**

Place all yard waste in open barrels or yard waste bags. Twigs and sticks (less than 4 inches in diameter) may be tied and bundled. Yard waste in plastic bags will not be collected.

Leaves and grass clippings must be placed in compostable PAPER LEAF BAGS (available at local stores such as Home Depot, Walmart, Market Basket, True Value Hardware stores, etc.), dry cardboard boxes or trash barrels. Boxes and barrels will be emptied and left at the curb.

..Do NOT place yard waste in plastic bags! .. Leaves and grass clippings in plastic bags or wet cardboard boxes will not be collected. ..Flower and vegetable garden waste may also be included. Grass clippings may be included with leaves or may be bagged separately. ..Pinecones, pine needles and small twigs that are raked up with leaves may be included. ..Paper leaf bags do not need to be closed at the top, **but please do not let them stand in puddles of water.**



• **Saturday, October 31st Halloween - Trick or Treat, 6-8pm**

You can see the Police Chiefs' entire message here.

<http://www.tyngsboropolice.com/trick-or-treating-saturday-october-31-6-8pm.html>

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TYNGSBOROUGH PUBLIC LIBRARY

25 Bryant Lane, Tyngsborough, MA 978-649-7361 www.tynglib.org

The Library is now open, on a limited basis, for browsing the collection and computer use.

Hours for visiting:

Monday, Tuesday & Thursday	10 a.m. - 4 p.m.
Wednesday	10 a.m. - 7 p.m.
Saturday	10 a.m. - 1:30 p.m.

Please note that on **weekdays 10-11 a.m.** is reserved for high risk and senior patrons. Please see the TPL website for safety protocols and guidelines for visits. Programs will remain virtual until further notice.

Curbside pickup of materials will continue as follows:

Monday, Tuesday & Thursday	9 a.m.-5 p.m.
Wednesday	9 a.m.-8 p.m.
Saturday	9 a.m.-2 p.m.

CLOSED on Mon., Oct.12, in observance of Columbus Day.

• **Felted Leaf Pin Workshop, Wednesday, October 14, 1:30-3 p.m. via Zoom** - Take It & Make It! TPL provides a kit & you attend the virtual class! Learn the basics of needle felting and create a lovely fall pin. Ages 16 to adult. Instructor: Rachel Benson. Registration required by October 7. Complete kits for this project will be available for pickup at TPL on Saturday, October 10.

• **Organizing Workshop, Thursday, October 22, 7-8 p.m.** - This fun and informative Zoom seminar will provide attendees with simple things they can do to conquer clutter, tackle the paper, and make easy changes to their spaces. An inspiring organizing workshop all from the comfort of home! Participants will be entered into a drawing for useful organizing products.

• **Open Minds Literacy Yoga, Tuesdays, Oct. 13, 20 & 27, 1-1:45 p.m. Ages 3-5.** Registration required. Yoga movement and breathing using simple literacy activities in the Library garden. Social distancing & safety protocols will be maintained.

• **NEW! Halloween Hocus Pocus! Thursday, Oct 29, 1:00 p.m. Grades K-4. Drop-in.** Wear your costume & pick up a goodie bag! Storytime in the Library garden, weather permitting. Social distancing & safety protocols will be maintained.

• **Read to Enzo the Dog via Zoom, Monday, October 19, 2-3 p.m. Grades K-6. Registration required.** Read to Enzo one-on-one for 15 minutes. Bring your own book or borrow one of ours. Great for struggling readers.

• Tewksbury Public Library invites residents of Tyngsborough to join their newly launched **Greater Lowell 50+ Job Seekers Networking Group**, created to support those searching for a new job, changing careers or reentering the workforce. **Virtual meetings will be held via Zoom on Wednesdays, 9:30-11:30 a.m. on Sept., 16 & 30, Oct. 7 & 21, Nov. 4 & 18, Dec. 2 & 16,** Each meeting will feature different job skill topics presented by expert guest speakers. **Registration is required via 50plusjobseekers.org.**

• **Storytime with Ms. Sam! Ages 3-5. Wednesdays, October 7, 14, 21, 28 at 10 a.m.** Check the TPL online calendar for details!

• **Board of Library Trustees** Meetings are generally held monthly 3rd Thursday, but the pandemic has altered this schedule. Check the TPL or Town websites for scheduled meetings.

• **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.

• **Register for TPL programs by calling the Library or using the contact form on the website. Like us on Facebook.**

Follow us on Instagram @tyngsboroughpubliclibrary and Twitter @tyngsboroughlib

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www.beaverbrook.org

Please go to the website to see what programs are available, and to register.

You can read issues and see announcements and articles on line at www.neighbortoneighbornewsletter.com

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

E-mail: anne@neighbortoneighbornewsletter.com

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Total circulation is now 6,481 which includes Dunstable and Tyngsborough, MA.



Tyler's Timely Technical Tips

Whether using a furnace or boiler to heat a home, it's crucial to understand its efficiency. AFUE, or Annual Fuel Utilization Efficiency measures the percentage of heat produced for every volume of fuel consumed per year.

For example; furnaces with AFUE rating of 80 can convert 80% of its energy into usable heating purposes, while the remaining 20% is lost via exhaust. The higher the number, the better the percentage of fuel the system converts into heat.

However, efficiency is not the same as cost. Different fuels can be combusted at different rates. Electricity, with an AFUE rating of 100, is one of the most expensive to use. Also, the more efficient a system is, the higher its initial cost is likely to be.

With expert guidance from professional heating contractors, homeowners can be assured heating systems are properly sized, energy efficient, Energy Star-labeled, and best suited to meet long-term goals.

Tyler

Got a question? Drop me a note!

[tyler.d@denommeplumbing.com](mailto:tyler.d@denomme Plumbing.com)

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HOW IS YOUR RECYCLING IQ?

by Sustainable Tyngsborough

The Recycle IQ Program began in late July. Cart checkers have been consistently checking the recycling carts of the same roughly 600 houses and all multi-family developments served by the Town. After checking these carts, the checkers are getting to as many other carts across town as possible, putting a new informative sticker on the cart lid and checking to see if there are items that do not belong in the cart.

If yours is one of the carts we check consistently, you've learned what should not be going into your recycle cart. If you are not on our route, you might still be unknowingly putting in things that will not get recycled and thus become contaminants. Recycling contamination costs everyone money. When the wrong items arrive at the sorting facility, it is very costly and time consuming for the processor to deal with. These costs are passed on to the town and ultimately to the residents who pay taxes. We can all do our part to keep these costs down by making sure only clean recyclables are being sent for processing.

Top contaminants in Tyngsborough:

- 1) Plastic bags, film, wrap, air pillows, mailers
- 2) Styrofoam, including large blocks, meat trays, takeout containers and to-go cups
- 3) Scrap Metal
- 4) Trash, including: snack packaging/bags, such as chip, cookie or Ziploc bags
- 5) To-go Beverage Trash: straws and to-go paper cups
- 6) Single Use Food Items: paper plates, napkins, paper towels and plastic utensils
- 7) Cartons: juice, milk, broth
- 8) Electronics/Small Appliances: Anything with a plug or batteries!
- 9) PPE: Disposable masks, gloves

Please keep these items out of your recycling bin!

Another common practice we observe is putting a paper or plastic bag filled with recycling into the cart. This makes it hard for the materials to get sorted properly at the facility. Collecting your items in a bag? **Empty the bag into the cart.**

Recycling is a good thing. It reduces the use of natural resources. But recycling is getting more expensive. We can rein in our costs by ensuring each item we put in our recycling cart is clean and dry. The correct materials that are prepared properly for recycling will be sorted and sold in a secondary market and actually recycled into new things. If you are just starting out, keep it simple and stick to the basics - bottles, jars, jugs and tubs, metal cans, plus paper and cardboard. **If you have additional questions, visit www.recyclesmartMA.org to learn more.**

Sustainable Tyngsborough is a subcommittee of the Board of Selectmen. We meet the third Tuesday of every month, beginning at 6:30pm, in Meeting Room #1 if Town Hall is open, or via Zoom if Town Hall is closed. You are always welcome to join us and share your sustainability ideas and concerns (Zoom access can be found on the online town calendar).

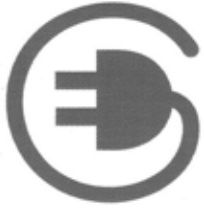
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FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

** With the continuation of safe social distancing practices, the Friends will not have a fall used book sale. If you want to **donate books**, we would love to have them, and donations are being accepted as space permits. Contact the library, or check the website, to see if books are being accepted. Otherwise, please keep the books until the library has a place for them. Jewelry will always be accepted.

** The library is open more limited hours, but you can still **buy books** at book sale prices inside the library. There is a variety of fiction, nonfiction and children's books to be purchased for you and your family. Come with exact change, or even make a donation to the library.

** The **pass program** is still active, so if you are interested in visiting a museum in the area, go to the Library's website to make your reservation. Check the museum's website first to confirm that it is open since there may be special hours and requirements. The Friends continues to fund passes for this program.

** The **Friends' meeting**, the last for this year will be held on **Monday, November 2, at 6:30pm**. Normally they are held at the Library, but for now, we will **meet using Zoom**. If you are interested in attending, please let us know by email so that we can send you the Zoom invitation. tynglibfriends@gmail.com

** You may apply for or renew **your membership** to the Friends by using the application on the website at <http://www.tynglib.org/index.php/friends-of-library>. You can stay ahead of the spring membership drive and continue your support for the Library. Thank you.

** Supporting local businesses is great as is ordering from Amazon when you designate Friends of the Tyngsborough Public Library as your favorite charity. Use smile.amazon.com/ch/22-2986749 and Amazon will donate a percentage of eligible Amazon Smile purchases to the Friends. Thank you for your support! Without the book sales, every little bit helps since we are still funding items for the library.

TYNGSBOROUGH/DUNSTABLE ROTARY CLUB

Rotary  **Rotary Motto** *Service Above Self*

The Rotary Club of Tyngsboro/Dunstable Rotary Club has been serving the Tyngsborough and Dunstable areas for 41 years.

Rotary is a global network of community volunteers. 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. For those interested, members can also choose to become involved in international humanitarian service efforts. More than 1.2 million men and women in over 200 countries and geographical areas belong to over 33,000 Rotary clubs.

Rotary builds international understanding through scholarships, exchange programs, and humanitarian grants. Throughout the world, Rotary clubs participate in a broad range of educational, intercultural, and humanitarian activities designed to improve the lives of others.

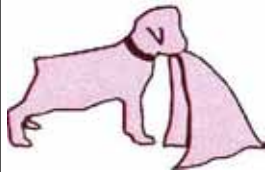
If you are interested in membership, please call Bob Guernsey at (508)380-4351 or Ron Keohane at (508)517-3895.

Want to join a meeting?

Currently we are meeting every Thursday at noon.

Local Rotary Events

- Fishing Day for Individuals with Disabilities of all Ages – Tyngsboro Sportsmen Club
- Senior meals for the Tyngsboro and Dunstable Councils on Aging
- Many other local service events



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Hours of Operation are Monday thru Friday 8-4. Bus 8:15-3.

REOPENING GUIDELINES: *SUBJECT TO CHANGE*

• **Open to the public** - number of staff, volunteers and visitors will be limited. • **All visitors to the center** will be redirected to the **main entrance**. • **Temperature** will be taken by the greeter and must be under 99F. • **Masks must be worn** (available at the greeter desk) • **Social distancing of 6 feet** at all times. No more than (3) people at each table in the dining room. • **Hand sanitizer available** at greeter desk, kitchen, exercise room, dining room.

SPECIAL ANNOUNCEMENT: A group of volunteers have stepped forward to create a new 501c.3 with the sole purpose of supporting the Tyngsborough Council on Aging through fundraising and volunteer efforts. We look forward to working together with the 'Tyngsborough Foundation for the Aging' for the mutual benefit of the senior citizens of Tyngsborough and neighboring towns.

DONATIONS / VOLUNTEERS NEEDED: The Center is looking for **Meals on Wheels Volunteer Drivers**. You will be compensated for your gas with a stipend. Doesn't need to be claimed on taxes. Call 978-649-9211. Once or twice a week. We really need your help.

WE ARE IN NEED OF: Masks / Hand Sanitizers, Bingo Helpers 12:30-2:30, Coffee ground and k-cups, 8oz., and 5oz.. Cups, Paper Plates Small and Large, Plastic Spoons, Forks, Knives, Napkins.

PROJECT LINUS PROGRAM The Center is in need of some yarn for our Project Linus Program which provides blankets for children who have experienced some kind of trauma. Volunteers make blankets from home and donate them.

FOOTCARE FOCUS Professional Nursing Footcare Clinic and Home Visits by Appointments Only. Tues November 17th, 8:30-1:00 Assessment/ Nail Clipping & Filing Reduction / Gentle massage. Call 978-649-9211 **Footcare new prices. At the Center \$40.00 House Calls \$80.00**

Wii BOWLING Free Every Friday 10:00-11:30 We have a ball.

COA BOARD MEETING Meeting October 20th , 3:30

MEDICARE OPEN ENROLLMENT DURING COVID-19 Medicare's Part C (Medicare Advantage) and Part D (Medicare Prescription) **Open Enrollment Period begins on October 15th and ends December 7th for 2021 plan choices.** The Tyngsborough Council on Aging "SHINE" (Serving the Health Insurance Needs of Everyone) Program will be scheduling telephonic appointments to review the Medicare coverage options for 2021. Contact COA "SHINE" office to schedule a telephonic appointment. SHINE Counselors are available via telephonic appointments to provide free and unbiased one on one counseling for Medicare beneficiaries, their family members, caregivers and representatives. The Tyngsborough Council on Aging "SHINE" office can be reached at 978-649-9211.

HOME DELIVERED NUTRITION MEALS (Meals on Wheels Program) Tyngsborough residents 60+ can call the Elder Services of the Merrimack Valley at 1-800-892-0890 to see if you qualify. The Tyngsborough Council on Aging distributes meals from our facility on behalf of ESMV. We deliver to homebound and clients who are on homecare short term. **BROWN BAG FOOD PROGRAM**— offers a FREE bag of groceries on the 4th Tuesday of each month. Each bag contains a variety of basic healthy foods: soup to cereal, meat to veggies, there may be a treat or two. To see if you qualify call **Laura Marsan 978-946-1303**, Applications also available at the Senior Center stop by or call 978-649-9211. **SNAP** (Supplemental Nutrition Assistance Program) To get help applying, call our outreach worker Charlene at 978-649-9211 for appointment.

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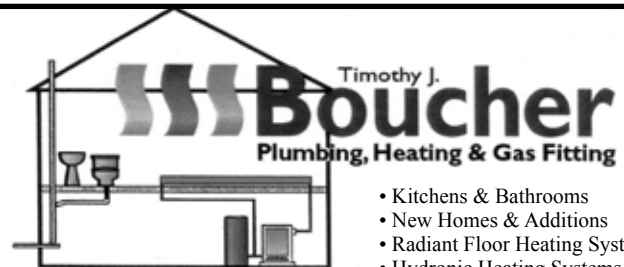
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When you contact a business, or organization, please tell them you've seen their ad or news in Neighbor to Neighbor. They would like to know. Thank you, Anne

HEALTH CARE AGENTS AND ANTIPSYCHOTIC MEDICATIONS

By Edward H. Adamsky

The Massachusetts courts have a procedure to deal with people with mental health issues for whom the medical professionals would like to prescribe anti-psychotic medications. Based on the 1983 case of *Rogers v. Commissioner of Department of Mental Health*, the system provides for a Guardianship proceeding. The Court may appoint a person with authority to consent to extraordinary medical procedures such as anti-psychotic medications to treat the mental health issues. The so-called Rogers proceeding uses the "substituted judgment" standard and requires yearly reviews at a minimum.

Massachusetts also has a Health Care Proxy law that allows a person (while competent) to appoint a person who will have authority to make medical decisions for them when they are no longer competent. The two systems were in conflict for many years as it was not clear if you needed a Rogers proceeding if there was an appointed Health Care Agent who could make those decisions. The Massachusetts Chapter of the National Academy of Elder Law Attorneys sought an answer in 1997 and received a letter from the Attorney General of Massachusetts who stated that Health Care Agents can consent to treatment without a Rogers proceeding. Some confusion still existed though, as civil commitment proceedings took place in District Court while Rogers Guardianship proceedings took place in Probate Court. The Probate Court often went through a careful analysis of the patient's condition and the need for medications. The District Courts could order a civil commitment to a state hospital or other locked facility, along with administration of anti-psychotic medications, if it determined that a person was a danger to self or others.

The question still remained whether or not the Health Care Agent could make the medication decisions even if there was a civil commitment. In a recent case, the District Court determined a person required commitment to the hospital and ordered the administration of anti-psychotic medications. The person had a valid Health Care Proxy and the named Agent argued in Court that the Health Care Proxy superseded the commitment proceeding. This case went to a higher court level where the Appeals Court ruled that the civil commitment by the District Court was a valid exercise of the Court's power, but that the Health Care Proxy was superior to the Court's order of administration of medications. Thus, the Agent under the Health Care Proxy was the person who would make the final decision on medications and not the Court.

The Massachusetts Health Care Proxy statute protects the right of a patient to autonomy with regard to the administration of antipsychotic medication even after the patient has lost the capacity to make personal decisions. By executing a health care proxy, an individual can determine in advance that a competent person of the individual's choice, rather than a judge or Court, will make such a decision on the individual's behalf.



46 Coburn Road
Tyngsboro

SHERBURNE NATURE CENTER & TRAILS

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

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

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

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TYNGSBOROUGH SCHOLARSHIP TRUST

P.O. Box 547, Tyngsborough, MA 01879



www.TyngsboroughScholarshipTrust.org
1963 * Celebrating 57 Years * 2020

Attention Amazon Shoppers! Please consider signing up for AmazonSmile.

When customers sign up for AmazonSmile, they're asked to select one of over a million charities to support. When customers click on our unique link, they skip this charity selection process. Instead, they're taken to smile.amazon.com and are automatically asked if they want to support Tyngsboro Scholarship Trust.

Our unique charity link: <https://smile.amazon.com/ch04-6757100>

Also, please be on the lookout for the Tyngsboro Scholarship Trust Fall Fundraiser coming next month. Another way to try and help make your shopping for the holidays easier, we will be hosting a Gift Card Fundraiser. More details to follow soon.

A reminder to the 2020 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 7pm. **(For the time being, we will continue to meet via Zoom).** 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!



TYNGSBOROUGH HIKES DAY for the month of October

Hosted by the Girl Scouts of Cadette Troop 68085.

DUE TO THE CORONAVIRUS AND SOCIAL DISTANCING, HIKES DAY WILL LAST FOR THE MONTH OF OCTOBER. THERE ARE NO GUIDED TOURS THIS YEAR.

Bell Trail - "Scary Nature" Hike with signage
Bryants Lane, park at Town Offices

Hunter Trail - "The New England Forest" with signage
River Road, parking lot past RR tracks

Long Pond - This trail is under construction Autumn Street at the end of the cul-de-sac

Shady Glade - Hike our most rigorous trail Primrose Lane

Sherburne Trail - Walk silently to see forest fauna 46 Coburn Road
Stay Safe. Follow the path arrows. Hike with household members only. Wear a mask if you are within 6 feet of other hikers. Don't stay if the parking area is full.

Scan QR Code for maps and updated information or go to www.tyngsboroughma.gov/residents/open-space-and-recreation/
Hosted by the Girl Scouts of Cadette Troop 68085



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Deadline for the November issue is October 18th.

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 at **978-419-1914**.

*Tyngsborough printed issues circulation is 5211 and
Dunstable printed issues circulation is 1270.*

www.neighbortoneighbornewsletter.com

TYNGSBOROUGH HIGH SCHOOL

is proud to announce Adhiti Ambati, Halle Bangura, Natalie Barros, and Kevin Carpenter as the September Students of the Month.

Adhiti Ambati, daughter of Rupali Pakala and Ramakrishna Ambati, is a member of the National Honor Society and the Spanish Honor Society. She is a recipient of the Outstanding Achievement Award, Outstanding Achievement in Science Award, Outstanding Achievement in Visual Arts Award, Outstanding Achievement in English Award and a three-year recipient of the Academic Excellence Award. In addition, she is a recipient of the George Eastman Young Leaders Award, the Massachusetts Foreign Language Association Award for Foreign Language Activities and a Letter of Commendation from the National Merit Scholarship Program. Adhiti is co-president of DECA and also a member of PALS, student council and theater. Her community service includes helping at the Nashua Soup Kitchen, Tyngsborough Public Library, Tyngsborough Elementary School, and Innovation Academy Charter School and is working on the Student Art Gallery in the library. She enjoys singing, playing piano, painting, listening to music, reading and driving around. Her favorite subjects are English, music, physical education and art, and she looks forward to either becoming a musician, psychologist or a lawyer, and also to travel the world and make a difference. Thinking about her days at THS, "I have learned a lot from my experiences in THS, one being that nothing is really handed to you, so if you believe in something, you have to work for and towards it. This school is where I made some of my lifelong friends, and amazing memories. I will always remember the New York trip, what a great view we got at the Top of The Rock (it wasn't foggy at all, don't worry), and each and every homecoming (are we ever going to win one). It's been a fun four (almost) years, and I'm going to miss the small school environment, and I'm so glad to have met a lot of really nice people, but I guess I'm ready for four more."

Halle Bangura, daughter of Claudia and David Bangura, is the president of the National Honor Society and a member of the Spanish Honor Society. She is a recipient of the University of Rochester Bausch and Lomb Science Award, Outstanding Achievement in Spanish Award, two-time recipient of the Outstanding Achievement in Math Award, and a three-year recipient of the Academic Excellence Award. She is a member of the student council, the yearbook club, and senior sidekicks. Halle is a captain of the girls varsity soccer team, a member of the girls varsity basketball team, and is a recipient of the Mid-Wachusett League Second Team All Star recognition for both sports as well as a Mid Wach League Academic Achievement Award recipient for basketball. She volunteers at the Tyngsborough Public Library, Habitat for Humanity ReStore and the Nashua Soup Kitchen. Halle's favorite subjects are math and science, and she enjoys playing sports and spending time with friends and family. She looks forward to attending college, entering the medical field and becoming successful. "During my days at Tyngsboro High, I have gained life long friends and valuable knowledge. There is a strong sense of community from being with the same people since elementary school. The overwhelming support from my peers and teachers is something that I will never forget and always cherish. This school has given me numerous opportunities and guidance through the years. Playing sports with my best friends has given me some of my most fond memories. I will take memories of playing soccer games at night under the lights on Pierce Field with me."

Natalie Barros, daughter of Susan and Dan Barros, is a member of the National Honor Society and a recipient of the Massachusetts Association of School Superintendents' Award, Outstanding Achievement in Business Award, the Salve Regina Book Award, the Salem State University Book Award, HOBY Leadership Award, Student Governor Selection, and a three-year recipient of the Principal's Award. She is a four-year class officer, currently serving as class president. Natalie is also a member of PALS, senior sidekicks, yearbook club and a two-year student council officer. She is a captain of the THS girls varsity tennis team, a recipient of the Team Coach's Award and winning league records playing in the second singles position and advanced into the second round of the MIAA state tennis tournament. Along with tennis, Natalie also played soccer and basketball. In addition, Natalie is the Student Representative to the School Committee, chaired Tyngsboro Fall Fest,

Organ Donation Awareness Day and Warm Winter Wish Project. She organized the Play4TheCure cancer fundraiser, and has volunteered at Trunk-or-Treating, Festival of Trees and the Birthday Party Project for Community Teamwork Inc. She loves going to the beach, playing tennis, shopping and spending time with family and friends on Cobbetts Pond. She also loves singing, is a National Voice Competition winner, sings the National Anthem at sporting events and sings carols with the theater group. Her favorite subjects are English, public speaking and yoga. She looks forward to pursuing a childhood dream of becoming a teacher and principal by obtaining a degree in elementary education and a master's degree in educational leadership. "I have been surrounded, these past four years, by classmates who have become great friends. Attending THS has instilled the mindset in me that every great accomplishment begins with the decision to try. I have gained confidence in myself as a student, athlete, friend and leader at THS. My favorite high school memories are attending THS sporting events, Fall Fest, Ms. Bensaia's yoga field trip, the New York trip & all of the homecoming events." She is thankful to have a strong faith, amazing friends and a loving and supportive family.

Kevin Carpenter, son of Deborah and Jeffrey Carpenter, is a member of the National Honor Society and is a recipient of a Letter of Commendation from the National Merit Scholarship Program, the Outstanding Achievement in World Language Award, is a three-year recipient of the Academic Excellence Award and is also a Quest-Bridge Prep Scholar. He is a member of the student council, PALS and senior sidekicks. Kevin is a three-year captain of the THS golf team and was named Most Dedicated Player, twice-named Most Valuable Player, a Lowell Sun All-Star Athlete First Team and two-time honorable mention, and three-time Mid-Wachusett League All-Star. Kevin was the 2nd player in THS history to qualify for the Division II All-Star golf tournament, he finished 3rd place in the summer NEPGA Junior Tour, is a two-time Groton Country Club Junior Champion and qualified for the 2021 Massachusetts Junior Amateur Championship. He is also a member of the THS track team and qualified for MIAA Division II district and state for discus, finished Mid-Wach 2nd in league, and is a Mid-Wach League All-Star and Lowell Sun All-Star honorable mention. In addition to golf and track & field, Kevin was a member of the swim & dive team, earning him a Lowell Sun Winter All-Star Boy's Second Team and is a 200 medley relay school record holder. His numerous community service activities include The Lighthouse School, The Wish Project, Big Red Wrestling Tournament, Tyngsboro Block Party, Adopt-a-Family, and Merrimack Valley Food Bank. His hobbies include playing guitar and piano, as well as weightlifting. His favorite subjects are Spanish, math and psychology. Kevin would like to become a clinical psychologist. "Looking back at the past three years at THS, it makes me think of the saying, 'You never know how much you have until it's gone.' This year will definitely be different, but it's taught me to value every minute spent with my friends, coaches, and teachers. I'll miss Friday night games, Homecoming week, sport practices, and the bus rides to matches and meets. But I won't miss wearing a mask!"

Congratulations to all four of these students.

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for everyone's health and safety.

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- On **Saturday, October 31st** "Fall Back" Remember to turn clocks back 1 hour at bedtime
- **Sunday, November 1st** **Daylight Saving Time Begins** *This is also a good time* to test hard wired smoke detectors and change batteries in others.



GRACE LUTHERAN CHURCH

130 Spit Brook Rd, Nashua, NH 1-603-888-7579
www.GraceLutheranNashua.org

Pastors George Ruwisch and Rev. Bryan Stecker

The church is open for Services. Masks required.

Please go to the website to watch our reopening video for instructions prior to selecting your seats.

Online Videos: Weekly on-line 9:30 am Sunday Live stream Services, Morning Minutes of Grace, Evening Prayers, Afternoon Bible Study & Grace Kids. Visit our channel GraceLutheran.TV on (youtube.com)



TYNGSBORO GARDEN CLUB



The Garden Club wishes everyone a safe and healthy fall season as the air will become crisp, the leaves turn beautiful colors, and apple desserts warm our kitchens. The garden club continues to tend the plantings around town at the Fire Station, Brinley Terrace, Sherburne House, and Coburn St triangle. Please enjoy these areas as you drive around town. We will be, as we are sure many of you will also be, preparing our gardens for the cold winter months.

The Garden Club was meeting the **first Tuesday of the month** September-November and February- April at the Tyngsborough Evangelical Congregational Church on Kendall Rd, at 6:45PM. **However no meetings are scheduled at this time.**

We are hoping that we will be able to resume meetings in the spring of 2021.

If you love gardening, want to learn about gardening or just want to join a group of great people, new members are always welcome! For more information **find us on Facebook at Tyngsborough Garden Club** or call **Deb Schneider at 978-649-6362.**

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Fire Dept. 978 649-7671 Police Dept. 978 649-7504

TOWN OF TYNGSBOROUGH

TOWN HALL, 25 BRYANTS LANE

OFFICES OPEN

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

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

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

Town Hall Directory Main Number 978-649-2300

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

Highway Dept. 978-649-2310

GRACE LUTHERAN CHURCH

130 Spit Brook Rd, Nashua, NH
1-603-888-7579

DRIVE-UP FOOD PANTRY AVAILABLE

We have a free, drive-up, food pantry for any of our neighbors who may be in need of food during this difficult time. It is our sincere prayer that we can be a blessing to our community as we get through this pandemic together.

We do require that you make an appointment by calling the church at 603-888-7579 and ask for our Secretary, Dianna, who manages the schedule. We do have to space out our client visits. If you do not need help but know someone who does, please pass on this information. *The church is located between World Academy and the Fire Station at 130 Spit Brook Rd., Nashua, NH.*



TYNGSBOROUGH RECREATION

Call 978-649-2300 Ext. 150

The Recreation Committee meets at the Old Town Hall, 10 Kendall Road, Tyngsborough. Additional information may be found on our website at TyngsboroughRec.com. Friend us on Facebook. Seeking new members. Join us!

Snowman & Tree Cutout Decorating Contest

Old Town Hall, 10 Kendall Road, Tyngsborough MA
December 5-18, 2020

Businesses, organizations or families pick up the unique 4ft or 8ft wooden snowman and/or Tree from the Recreation Department for a refundable deposit of \$30. Use your crafty side and paint, decorate, embellish your snowman into your work of art. All snowmen will be set-up on the common along Winslow Road by Friday, December 4 by 5:30 PM.

Beginning at 5:00PM on December 5th, the community is invited to participate by going to "Winslow Wonderland" at your leisure, for strolling and picture taking. Our unique snowman and trees are perfect for pictures of the season! Voting will take place between December 5-18 on our Facebook page (@TyngsboroughRec). Highest number of "likes" each snowman and tree picture receives, wins a category.

Winners will be announced on December 19th in the following categories. Plus \$25 gift card prizes will be awarded to 8 entries for the following categories: Best Traditional tree or snowman; Most Creative tree or snowman; Best of Show tree or snowman and Most "Tyngsborough" tree or snowman.

The snowmen will stay on display during December-January. Participants' deposits will be returned by mail once the decorated snowman is identified and returned to the common. *If a snowman or tree is not returned by December 4, 2020 the deposit will be forfeited and cashed.*

SNOWMAN CONTEST INFORMATION, RULES & GUIDELINES

Entrants must pick-up the Tyngsborough Recreation Snowman and/or Tree; these are available at Town Hall, 25 Bryant Lane between 8AM-4PM. Thursday, November 5, Tuesday, November 10, Wednesday, November 11, or request different date. Each entrant must register their entry <http://bit.ly/SnowmanRegistrationForm>. Each entrant must complete their snowman or tree any time prior to Tuesday, December 1 at 5:30 PM, and drop off at Old Town Hall gazebo location (at any day/time). Attach a printed copy of your registration to your entry for identification. All entries must be appropriate for public display. The Committee has the right to refuse to display entries. You may use any accessories to add to your entry. Entrants are encouraged to add their own creative touches that will make their snowman unique. By submitting an entry, contestants grant Tyngsborough Recreation Committee permission and authority to use pictures in any reasonable advertising or promotional activities. All Snowman and tree cutouts remain the property of the Recreation Committee

Community Service Hours Available for Students Contact us, we have great opportunities.

LOWELL GALLERY EXHIBIT FEATURES ELEMENTS OF

COLOR AS A THEME EXHIBIT. TITLE: "CHROMA"

38th Annual Exhibition of

The Brush Art Gallery Studio Artists

Show Dates: Through November 1, 2020

Gallery Talk with the Artists: Sunday, October 18, 1-3 PM

Gallery Hours: Tues-Sat 11am-4 pm, Sun 12 noon - 4 pm

www.thebrush.org 978-459-7819

Studio Artists Presenting "Chroma" Their work will be on view in the Brush Art Gallery as well as via a virtual online Gallery for the very first time. <https://thebrush.org/exhibits.htm>

Studio Artists, Medium, Hometown. Penelope Cox, Hand-made Jewelry, Lowell; Jenny Day, Quilter, Billerica; Lolita Demers, Ceramics and Mixed-Media, Methuen; Claire Gagnon, Painter, Dracut; Chrissy Theo Hungate, Sculptor/Painter, Lowell; Paul Richardson, Photographer, Lowell; Raksha Soni, Painter, Burlington; Chummeng Soun, Painter/Photographer, Lowell; and Will Winslow, Designer/Illustrator, Lowell.

AMERICAN LEGION NEWS

• American Legion Post 247 Inc. of Tyngsboro IS OPEN

The Post is pleased to welcome back all Post 247 Members, Family, & Guest. **No meetings scheduled at this time.**

If you are interest in joining, or want more info about what is happening at the Post, please get in touch with the person noted for each organization or call the Post at 978-649-7540.

• Much renovating, sanitizing, and improvements have been conducted while the Post has been closed. We look forward to welcoming every one back.

*****FOOD IS ONCE AGAIN BEING SERVED.** As of now **hours are Sun., Tues, Wed, Thurs Noon to 7PM and Friday and Saturday noon to 11PM. Closed Monday.** The menu includes Appetizers, Subs, Hamburgers, Pizza and more. Stop in we'd love to see you. Please be well and STAY SAFE.



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings held the 2nd Thursday 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 Oljey.

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

We also would Welcome New Auxiliary Members 18 and older. Contact Unit President or Treasurer.

•• The Unit Jr. Auxiliary is accepting new Jr. members. Contact 978-649-7540 if interested in joining.

AMVETS POST #247

ROBERT D. PELLETIER



90 Pawtucket Blvd. Tyngsborough, MA

We hold our meetings on the 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.

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AMVETS National Website: <http://www.amvets.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 2019-2021

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, www.AmericanLegionPost247.org

This website contains a wealth of information about the Post.

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

THE FRIENDS OF THE TYNGSBORO ELDERLY, INC.

The Friends of the Tyngsboro Elderly, Inc. would like to thank members who have renewed membership or recently joined the Friends. The mission of the Friends of the Tyngsboro Elderly, Inc. is to provide additional funds to the Council on Aging to help maintain the center facility as well as supplement funds for activities throughout the year.

Each year, the Friends of the Tyngsboro Elderly, Inc. raise funds through activities. This year the Board will decide on activities that fit the Phase we are in through Governor Baker's mandate.

If you are in need of any assistance during this pandemic or wish to be mailed a membership form, please feel free to call President, Joe Jacoppi 978-649-9076. Other officers include: Clerk, Elaine Rivard, Treasurer, Carol Sides, Board Members, Leon Poirier, Elaine Franks, Joanne Jean and Mary Basiliere.

THE STITCHERS

The Stitchers of the Tyngsboro Senior Center meet once a week to get supplies and patterns for the upcoming projects. Through efforts of the Stitchers we were able to provide a wide range of knitwear to agencies in the area. The Pregnancy Care Center of Lowell was the recipient of baby blankets, hats and mitties. Hospice in Merrimack, NH, a distribution center, was the recipient of lap robes, afghans, shawls, hats and scarfs.

We welcome all who wish to join us or just pick up materials and projects to stitch at home. Our volunteers will provide instruction for anyone wishing to learn stitching. For further information, please call Jean Jacoppi, Coordinator, at 978-649-9076.

You do not need to be a Tyngsboro resident to take part.

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)

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DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

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www.Dunstablechurch.org

978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

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

UPDATE - REOPENING FOR IN-PERSON WORSHIP

We now meet in person for worship at our usual 10:30am worship time. Here are a few things you need to know:

Please RSVP at your earliest convenience so we can have as much time as possible to plan. We expect to have kinks that need to be worked out so the more time the better. In fact, if you're planning to attend, please take a break from reading this, go to the website and scroll down the front page to see the sign up section right now, read the info, and sign up! **You will need to sign up on the website each week so the space can adequately planned.**

Finally, for those of you who are taking part in the Mark study on Sunday mornings, we will have a set-up in the fellowship hall which will allow you to join the class together with those who are remaining home on Zoom. Let Peggy Drew or Rodrigo Cardoso know if you plan on attending the class in person at the church before worship.

If you have any clarifying questions, please don't hesitate to ask! This is uncharted territory for us all so don't be alarmed if it seems a bit overwhelming. Many churches have successfully gone before us with very similar formats and things have gone well, Praise God!

At this point, we are still unable to provide childcare. However, families with young kids are welcome to attend. Hearing some baby cries and child sounds may be music to some over quarantined ears! Make the choice that best suits your family. Sign up.

Finally, let's remember 3 things: Everyone is approaching this strange season of life differently based on their life circumstances. Any who desire to worship in person are more than welcome (as space allows!). Any who desire to remain at home and worship with us via live stream, are more than welcome. Let's be gracious, patient, and loving towards each other.

Also, try to let go of what you believe to be the ideal worship experience in this season. In these unique days, whether we meet on a stream, or in person, there will be a sense of loss as neither option will be like "the way things used to be."

However, if we focus our eyes on Jesus, the author and perfecter of our faith, who loves us and gave his life for us, and who lives eternally, we can gather faithfully in worship, BEING The Church. **Head over to our website (www.dunstablechurch.org) for more details and to learn how to sign up!** In-person, on Zoom, or a combination.

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CATIE'S CLOSET

We are open to accept your gently used clothing and new toiletry donations at our **Dracut distribution site, Monday-Friday ONLY from 10am to 5pm.** 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. Please call 978-957-2200 prior to going. 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**

"THE GROTON COMMUNITY TOUR"
 A FAMILY FRIENDLY SCAVENGER HUNT
OCTOBER 17, 2020

Explore the community. Decipher clues. Support local businesses. Discover something new! Join us for a day of fun for all ages with a self-guided, driving tour, and community scavenger hunt. Gather your family and make your team! Start outside at GCS, 14 Main Street, Groton, collect tour materials, shop local vendors and buy tickets to take a chance on amazing prizes and then your adventure begins! Teams will decipher clues leading them to 20+ mystery destinations to collect kite stamps in their event guide book. Some locations may offer an outdoor activity or your team may be challenged to complete a task. **Community Tour attendees are encouraged to order tickets in advance online. Tickets on sale now at grotoncommunitytour.com.** Group tickets (\$50 per vehicle) will be waiting for you at the school on the day of the tour. All proceeds benefit our non-profit, early childhood center, which supports the growth and development of young children. Participants required to wear masks and must adhere to social-distancing mandates abiding by event markers separating parties. **Hours 10:00-4:00 with staggered start times and locations to allow space between groups.**

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

• **Church Services are now open to the public at 10:00 a.m. Sunday mornings.** Masks are required, distancing being followed. We will implement and honor all suggested safeguards.

If you prefer to stay home, Sermons are still available on line.
 • **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: 1. Log onto the church website <http://www.tyngsborocongregational.org>
 2. Click once on the word "SERMONS" 3. Sermons listed by date, passage, sermon title Click on date to listen to the sermon.

**MASKS REQUIRED AT ALL CHURCH ACTIVITIES
 EVEN SHOPPING AT THE THRIFT STORE**

- **EXECUTIVE BOARDS** are meeting again.
- **SUNDAY SCHOOL** - Classes have started as of September 20th. Elementary students should be dropped off at the lower level entrance by 9:30 a.m. Teens will be dismissed for their class during the 10:00 am church service
- **LADIES BIBLE STUDY** - Tuesday mornings - 9:30 am to 11:30 am Studying the Book of Psalms. There are still openings if you would like to attend.

We are attempting to make decisions adhering to CDC restrictions and safety measures for all upcoming activities.

PLEASE PARK BEHIND THE CHURCH

THRIFT STORE - OPEN for INDOOR and OUTDOOR SALES
MASKS REQUIRED Indoor sales will be allowed by restrictions and time limits. **Hours are 10:00 am to 2:00 p.m. - Thursday and Saturday.** **DONATIONS:** Limited donations at this time.
PLEASE ONLY ITEMS IN GOOD CONDITION!



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Fri 9:00 A.M. - 5:00 P.M.
Sat 8:30 A.M. - 11:30 A.M.

Dr. Tara M. Sacramone
Dr. Ann Sidley

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PET HEALTH DUNSTABLE ANIMAL CLINIC

LIPOMAS IN DOGS

Tara M. Sacramone, DVM



Lipomas are benign tumors made up of fat cells. They are extremely common in dogs, especially older female dogs, but are very rare in cats. They start off as small masses under the skin and grow slowly over time. They are soft, often oval-shaped and usually freely moveable. They can occur anywhere on the body, and most likely if your dog gets one, s/he will get others.

Lipomas are a benign form of cancer, meaning they do not spread to lymph nodes, lung or liver and tend to grow slowly over time. They can, however, bother your dog, either because of location, or because they grow too large. There are two other tumors that arise from fat; infiltrative lipoma, and liposarcoma. These are much less common, but are more aggressive cancers. They tend to be more firm, grow more quickly, and are not freely moveable.

Lipomas are diagnosed based on appearance, palpation, and sometimes fine needle aspirate (FNA). FNA involves inserting a needle into the mass and aspirating out some of the cells, which are then spread on a microscope slide. The material aspirated from a lipoma looks like clear droplets that do not dry. All lipomas float in water when removed from the body, so it is not usually necessary to submit them for histopathology. Submission to a lab is, however, the only way to definitively determine the nature of the tumor.

If your dog has one or more lipomas, you have two options. You can leave it on the dog and monitor for changes, or remove it surgically, which involves general anesthesia. Sometimes the best choice is to leave them alone, as some of you with very lumpy, bumpy dogs can understand. I generally advise leaving them alone, unless one of the following applies: 1. The lump grows quickly (e.g. doubles in size in a month or two). 2. The mass is bothering the dog, either because it is in an annoying location, such as on the leg, or in the armpit area or it is affecting how something else functions, such as a mass near the anal area, or ear. 3. The mass changes from being moveable to being attached to underlying tissues. When they are removed surgically they have a very distinctive appearance and float in water. I recently removed some relatively small ones from a patient at Dunstable Animal Clinic. I removed them because one of them was in a very poor location and it was much easier to remove while it was still small. We actually put a picture on our Facebook page if you want to see them for yourself. Of course we think they are cool looking, but not everyone agrees.

If you suspect your dog has one or more lipomas go to your veterinarian and you can both decide which course of action is appropriate for your dog.

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>

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



We will continue to schedule all donations by email. Email donategoods@thewishproject.org and let Grace know what you would like to donate and a potential day and time for drop off and she will get back to you to schedule a date and time. **Please do not leave donations when we are not open..**

You can go to the Wish Project website www.TheWishProject.org 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: Play mats, Baby Wash, Baby Wipes, Safety Gates, Baby Bottles, Size 5 & 6 Diapers Convertible Car Seats (less than 5 years old), Child Safety Door Knob Covers, Infant Safety Cabinet Latches, Adj Metal Bed Frames, Pack n Play Sheets, New girls infant bath towels, Laundry Soap Disinfecting Cleaners, Cookie Sheets, Large Pots and Pans, Small Kitchen Tables, Fall Clothing all sizes
New School Supplies, Single Subject Notebooks Copy Paper, New Headphones with Microphone, Computer Mouse

This year, what is turning out to be our clients' greatest back to school need, is **headphones with microphone** so they can participate in class and try and block out the sounds around them. Just this week we had a request from a mom of 5 children for headphones to help with their remote learning. We've had over 100 requests for headphones with microphone so far. If you have any new headphones with microphone to spare and can deliver them to the warehouse we would be very grateful for them. Please email donategoods@thewishproject.org and Grace will get back to you Tuesday-Saturday 9-3pm to schedule a day and time for drop off. If you prefer to shop online and ship direct to us we have an Amazon wish list with headphones on it **Amazon Wish list for Headphones**. Thank you for helping us navigate the needs of remote learning for so many parents and children this year. We couldn't do it without you.

This year our Magic of Christmas program is especially important. Many more families have found themselves in need, due to the current situations. These families, in addition to the many other families that we regularly support, will be turning to The Wish Project to ensure that their children are still able to wake up on Christmas morning to a surprise under their tree. We would not be able to do this without our many generous donors. Go to our website for more information on this.

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

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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 Stratton at office@wcumc.us.

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Tyngsborough

If you have any news for the November issue,
please send in your information.

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.

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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 CHURCH** schedule has
changed profoundly. Please go to our website

WWW.CHELMSFORDCATHOLIC.ORG

• 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

• **Confessions now held indoors**

• Mondays at St. John from 4:00-5:00pm

• Wednesdays at St. Mary from 4:30-5:30pm

Park in rear parking lot, wear mask, enter through front entrance

CHURCHES ARE 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. **No reservations needed for**

Daily Mass just weekend Mass.

Phone-In Reservations we ask only those who **DO NOT HAVE**

ACCESS TO THE WEBSITE use this option. Call the parish offic-

es 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. **Don't Make Reservations Those in vulnerable**

populations are highly encouraged to remain at home and join via

livestream. **DISPENSATION FROM THE OBLIGATION TO AT-**

TEND SUNDAY MASS HAS BEEN EXTENDED INDEFINITELY BY

CARDINAL SEÁN.

NEW HELP TO QUIT MENTHOL TOBACCO PRODUCTS



Smoking and vaping may put people at higher risk of complica-

tions from COVID-19, especially because they can weaken the

immune system and damage the lungs. With menthol tobacco

products unavailable and COVID-19 risks continuing, the Massa-

chusetts Department of Public Health has found a new way to help

people quit. The Massachusetts Smokers' Helpline is offering up

to three gift cards totaling \$50 to people who use menthol tobacco

products and the Helpline's free coaching services. Call the Helpline

1-800-QUIT NOW (1-800-784-8669) about the program and for

free coaching and support 24 hours a day, seven days a week. Or

enroll online at makesmokinghistory.org. Helping people who use

menthol products quit is especially important because the tobacco

industry has strategically and successfully targeted Black, Latinx

and LGBTQ+ people with menthol products. As a result of aggres-

sive marketing practices and pressures related to discrimination

and daily stressors, menthol tobacco use is high in these communities.

Massachusetts residents who use menthol tobacco products

who speak with the Helpline's supportive coaches can receive a \$10

gift card after completing the first coaching call, a \$15 gift card after

the second and a \$25 gift card after the third coaching call. In addi-

tion, up to 8 weeks of FREE nicotine patches, gum or lozenges are

also available to residents who speak with a coach (with medical

eligibility). For info contact Ashley Hall at Northeast Tobacco-Free

Community Partnership (978) 722-2864 or ashley.hall@gflhc.org

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TIPS FOR CHOOSING THE RIGHT NEIGHBORHOOD

Brought to you by Carrie Best Cyr

Finding a home that suits you is only part of the journey. Another big part? Choosing the right neighborhood. The number of bedrooms and square footage are certainly important when buying a home — but the community might be even more vital.

After all, it's where you'll likely exercise and socialize, where your kids will grow up and go to school and, ultimately, where you'll put down roots and build a life.

Are you ready to look for a new home? Here's how you can find the right neighborhood:

- **Know your needs.** If walkability is high on your list, make sure the neighborhood offers plenty of paths to explore. Is your commute to work a big factor? How long will it be? What are your thoughts on homeowners associations?
- **Do some research.** Take some time to look into the community. Check out school district ratings and look at nearby listings to see home values. Reach out to learn what else the community offers.
- **Check out online groups.** Pull up any neighborhood groups you can find on social media. Does the online community seem friendly? You can also search for a neighborhood newsletter or local events.
- **Take a self-guided tour.** Drive around the neighborhood at different times of day to get a feel for its character. Can you see yourself living there? If you're buying from out of town, you can hop on Google Maps and take a virtual walk.

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. Once we can meet again, we will let you know where, and when meetings will take place.

YOU CAN HELP BY DONATING THE FOLLOWING:

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

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

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

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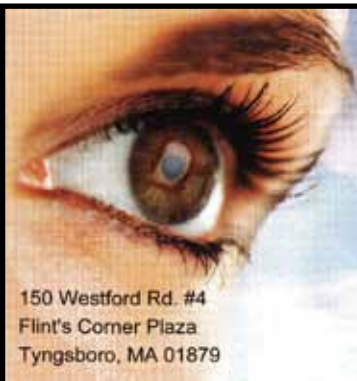


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HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

Saturday, October 31, 2020

9:00 AM – 1:00 PM

Tyngsborough Highway Department, 87 Kendall Road (Rte. 113)

Board of Health 978-649-2300 Ext. 118 or health@tyngsboroughma.gov

<http://www.tyngsboroughma.gov/departments/inspectional-services/health/trash-and-recycling/>

Proof of Tyngsborough or Dunstable residency is required: Driver's license or current utility bill

Board of Health DUNSTABLE 978-649-4514 Ext. 229 or jferrari@dunstable-ma.gov

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Chemical Fertilizers
Flea Control Products
Poisons, Insecticides
Fungicides
Moth Balls

From the Garage

Fuels/Gasoline/Kerosene
Engine Degreaser
Brake Fluid/Carburetor Cleaner
Transmission Fluid
Car Wax, Polishes
Driveway Sealer
Antifreeze
Roofing Tar
Swimming Pool Chemicals
Motor Oil
Car Batteries
Fluorescent Lights (no ballasts)

From the House

Rubber Cement
Airplane Glue
Fiberglass Resins
Aerosol Cans
Photo Chemicals
Furniture Polish
Oven Cleaner
Toilet Cleaner
Spot Remover
Rug & Upholstery Cleaner
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Batteries

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<i>No oxygen or helium tanks</i>	20 lbs\$ 2.00	30 lbs.....\$ 8.00	40 lbs.....\$12.00

WHAT NOT TO BRING:

Electronics	Metal items and Appliances	Latex Paint*
Ammunition	Fireworks	Alkaline Batteries*
Asbestos material	Empty Containers/Trash	Commercial or Industrial Waste
Radioactive Waste	Smoke Detectors	Infectious & Biological Waste
Syringes	Prescription Medicines	Explosives

*non-hazardous – can be discarded in trash (latex paint needs to be dried out before discarding)

HOW CAN I SAFELY TRANSPORT HAZARDOUS WASTE

Leave materials in original containers

Tighten caps and lids

Sort and pack separately: oil paint, pesticides and household cleaners

Pack containers in sturdy upright boxes and pad with newspapers

NEVER MIX CHEMICALS

NEVER SMOKE while handling hazardous material