



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 # 390 • March 2021

POSTAL PATRON
TYNGSBOROUGH, MA 01879

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TYNGSBOROUGH TOWN CLERK NEWS

• **The Town Hall is open by appointment only.** Most services can be provided through the mail including birth, death, marriage and business certificates. Voter registration and party changes can be completed on-line at Mass.gov and searching for voter registration. *Applying for a marriage license is one of the few things that still requires the applicants to appear in person. Please call the office to set up an appointment.*

• **2021 Dog Licenses** are now available at the Town Clerk's office or by mail. Based on the current restrictions on residents entering the building, you are encouraged to renew your dog licenses by mail. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. **If renewing by mail, please send to Tyngsborough Town Clerk, Town Hall, 25 Bryant Lane, Tyngsborough, MA 01879. If renewing by mail, please enclose a stamped envelope for the license.**

• **Offices to be elected in 2021 Three Year Term:** Board of Selectmen (2), Assessor, Board of Health (2), Cemetery Commission, Constable (2), Finance Committee (2), Library Trustee (2), School Committee (3), Sewer Commission, Town Clerk

Two Year Term: Cemetery Commission

Five Year Term: Housing Authority, Planning Board

Last day to take papers is March 26th and they must be back to Town Hall by March 30th.

At this time the Election is scheduled for May 11th.

• **Census Forms** were sent early in January. Please make changes, sign and return. The census form does not register you to vote nor does it change your political party.

Stay safe!

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



NOTICE

TYNGSBOROUGH WATER DISTRICT

The Election will be held on **Tuesday, April 6, 2021 from 5:00 PM – 7:00 PM at the District office.** All registered voters residing in the District are welcome to vote at this time.

The Annual/Special Meetings of the District will be held on **Tuesday, April 13, 2021 at 7:00 PM** at the District Office. Warrants and additional information will be available at the Water District Office.

Signed: Board of Water Commissioners

Tyngsborough Water District, 87 Progress Ave, Unit 2,
Tyngsborough, MA 01879 978-649-4577

IN MEMORY OF

Ralph J. Reedy

Rita J. (Coakley) Long

Patricia S. (Flanders) Shaw

Brian Douglas Yates

Gertrude L. (Saucier) Webster

Gary Steven Crockett

Gerald Dunn

William M. O'Flahaven

Rosemary A. Dailey Trainor



FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

March is **membership month! Each household in town will receive a membership application in the mail. Please watch for this and return it completed with your membership dues for April. This is one of the major sources of revenue for our nonprofit organization, and we sincerely appreciate your contribution. If you are wondering why you should be a member, watch this: <https://youtu.be/bAu.be/> Be sure to include an **email address** on the application. We are missing many members' email addresses and want to reach you with the few emails we send. You may also notify us of your address at tynglibfriends@gmail.com. Thank you.

Once again, the Friends plan on awarding a **scholarship to a high school senior who is a Tyngsborough resident. Find the application on the website at <http://www.tynglib.org/index.php/friends-of-library>. **The completed application is due by Friday, March 19, to the Library or to tynglibfriends@gmail.com.**

The Friends will fund a presentation on **Thursday, March 11, 7-8pm of a memoir, **The Call of Kilimanjaro**: Finding Hope Above the Clouds, with a multimedia tour of Tanzania and Kilimanjaro. Contact the Library for more information.

The Friends will also fund **Creepy Crawly Creatures, for kids ages 4-12, on **Saturday, March 27, at 11a.m.** Discover some of our fascinating, local bugs, and receive a copy of the book *Bugs A to Z*. Register through the Library.

The **spring book sale is again canceled. With an uncertain covid situation, we cannot properly plan and make preparations ahead of time, but we can all hope for a sale in the fall.

The Friends recently made a \$500 contribution toward **children's books. Normally, a percentage of the money raised during the fall book sale goes to the Children's Library, but without the sale last year, we wanted to continue the tradition of giving for the kids. Some great new fiction books are coming in and newly published books on all the major sports have been ordered.

The Library is still accepting **puzzles for kids and adults that will be offered for a \$1 donation to the Friends. Donate puzzles for this good cause, then look for another to enjoy with family.

Like us on Facebook at <https://www.facebook.com/FOTPL>.



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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.

SUSTAINABLE TYNGSBOROUGH UPDATES

Free Home Energy Audit for all Tyngsborough Residents

The Tyngsborough Sustainability Committee is partnering with HomeWorks Energy, a partner of the Mass Save® program, to help people access no-cost home energy and HVAC assessment appointments. HomeWorks Energy is committed to helping residents save money on their utility bills. One way to take action is through a home energy assessment performed at no cost through the Mass Save® program. Homeowners and renters are eligible for an assessment every three years.

Program benefits include:

- Air-sealing selected areas of your home at no-cost
- 75% off the cost of approved insulation for single family homes
- Rebates of up to \$2,750 on qualifying heating and cooling system upgrades
- Eligible LED light bulbs, thermostats, showerheads, and power strips at no-cost
- Mass Save® has also increased rebates for landlords and residents of multi-family houses.
- Renter-occupied units are now eligible for a 100% incentive
- Multi-family homes up to 4 units are now eligible for a 100% incentive if every unit moves ahead with recommended insulation measures

For every home energy or HVAC assessment appointment, HomeWorks will donate \$25 to the town. These funds will be used by the Sustainability Committee to support efforts to make our town more sustainable.

To confirm that you qualify and to set up an appointment, please visit: hwe.click/Tyng, or call 781-528-0822, Option #2 and say you were referred by Tyngsborough Sustainability.



2/28/21 TOWN HALL

PLASTIC FILM COLLECTION ENDED

Over the past year, residents have brought 1,200+ pounds of plastic bags and film to Town Hall for proper recycling. In return, the Town is receiving two benches from Trex. The benches will be placed at Long Pond Trails as part of the trail improvement project. The Sustainability Committee wishes to thank everyone who participated in this program.

As of February 28, 2021, the Town stop accepting plastic bags or film at Town Hall. This was a volunteer program, aimed at reinforcing the messaging that flexible plastic is not accepted for curbside recycling and instead should be brought to a special collection drop off. Volunteer Sustainability Committee members have made hundreds of trips, sorting out any non-recyclable bags, weighing the plastic and delivering it to a partner retailer. **Residents are encouraged to continue to recycle these plastic films by bringing them to a participating retailer, such as Market Basket, Hannaford, Shaw's, Target and Walmart.** Look for a collection bin at one of the entryways.

For more information about what type of material is accepted in these special collection bins, visit www.plasticfilmrecycling.org, contact the Sustainability Committee directly (please call Colin Loiselle in the Board of Selectmen's Office at 978-743-5339), or visit us on Facebook at Sustainable Tyngsboro.

The Sustainability Committee is a sub-committee of the Tyngsborough Board of Selectmen. We meet on the 3rd Tuesday of the month at 6:30PM in the Town Hall Community Room, or by Zoom when Town Hall is closed. The public is welcome.

EXTRA HANDS AND PAWS

Pet care-both day and overnight. Dog walking.

Cat care in your home. Vacation home checks, plant watering. **Please call Diane Nilsen at 978-649-8786 or email dianeinilsen@gmail.com.**

High school student available to
BABYSIT OR TO BE A MOTHER'S HELPER.
References available upon request.
Email Becca at beccaamelia7@gmail.com
for more information.

TYNGSBOROUGH SCHOLARSHIP TRUST

P.O. Box 547, Tyngsborough, MA 01879

1963 * Celebrating 58 Years * 2021

The Tyngsborough Scholarship Trust is going to do the **Annual Business Drive** in March. Local businesses can donate and contact us at scholarshiptrusttyngsborough@gmail.com. All donations are greatly appreciated.

Our **Annual April Scholarship Door to Door Drive** will also look different this year. Please stay tuned for more details and information on donation drop off points. Thank you for supporting the Class of 2021.

Calling all (High School Parents or anyone else interested). 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 58 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!

As of this writing there is no website. Please contact the Tyngsborough Scholarship Trust by email.
scholarshiptrusttyngsborough@gmail.com



**Read Dunstable and Tyngsborough issues
and other articles online at
www.neighbortoneighbornewsletter.com**

TYNGSBOROUGH VETERAN'S AGENT

Information About COVID-19 Vaccine for Veterans

If you are currently going to, or if you have ever received treatment at a VA facility, you are considered enrolled. If you want to go to the Bedford VA Hospital to be vaccinated, and you have never received treatment there, **you need to tell them at what VA facility you have received treatment.** They will then pull your records from there so you can receive the Vaccine at Bedford. This especially includes all of you Vets out there who have a disability but have not been to a VA facility in the past 20 or 30 years or since you received your disability assessment. You can call 1-781-687-4000

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.

I can also help 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.

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

THE STITCHERS

The Stitchers are still continuing to make items for those in need. Afghans, shawls, lap robes, baby Layettes, mittens, hats, and scarfs. All Stitchers are working from home at this time.

If you are interested in helping out with these projects, if you have yarn you would like to donate or have questions or comments, please contact Jean Jacoppi, Coordinator (978-649-9076).



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TYNGSBOROUGH PUBLIC LIBRARY

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

COVID-19 update: the Library is currently not open to visitors. Curbside pickup of materials is offered. Please see the TPL website for safety protocols and guidelines for these services.

• **The Call of Kilimanjaro via Zoom, Thursday, March 11, 7-8 p.m.** Jeff Belanger, author, TV producer and expert on legends will discuss his new memoir, *The Call of Kilimanjaro: Finding Hope above the Clouds*. Take a multimedia tour of Tanzania and the great mountain that has inspired so many. Spiritual, motivational, and uplifting, this program will take you up 19,341 feet to Africa's highest peak and back home again. See the TPL calendar for the Zoom link. Funded by the Friends of the Library.

• **Felted Bird Nest Workshop via Zoom, Tuesday, March 23, 7-8:30 p.m.** Registration required by Monday, March 15. Ages 16 to adult. *Take It & Make It!* Learn the basics of needle felting and welcome spring with a charming bird nest. Instructor: Rachel Benson. Complete kits for this project will be available for pickup on Thursday, March 18. Note: *The eggs are wet felted. Participants will need a hot glue gun, soap, warm water and a few towels.*

• **50+ Jobseekers Networking Group via Zoom, 9:30-11:30 a.m., on the 1st & 3rd Wednesdays, January-June.** Professional career coach will present on relevant topics and guide hands-on skills workshops. Meetings will also feature guest speakers and access to hiring managers. See the TPL calendar for topics and registration information.

• **AARP Tax-Aide Program** Free tax counseling and preparation for taxpayers with middle- and low incomes, with special attention to those 60 and over. You don't have to be a member of AARP or a retiree to use the service. Call 978-419-1514 or email the tax preparers at aarptaxaide.ma20@gmail.com for information or to set up an appointment.

• **St. Patrick's Day Paper Boxes! Saturday, March 13, 10:30a.m. via Zoom. Ages 6-12. Registration required.** *Take It & Make It!* Create a St. Patrick's Day themed paper box to store all your gold and shamrocks! Complete kits for project will be available for pickup at TPL on Wed, March 10.

• **Creepy Crawly Creatures! Saturday, March 27, 11a.m. via Zoom. Ages 4-12. Registration required.** Discover some of our fascinating local bugs, such as: beetles, worms, slugs, ladybugs and caterpillars! Learn about their importance to our lives and appreciate their role in our ecosystem! **Each attendee will receive a copy of the book *Bugs A to Z* by Caroline Lawton TO KEEP!** This program is aligned with the TPL/Sustainability Committee collaboration to promote *The City Nature Challenge*, an international effort for people to find and document plants and wildlife in cities across the globe.

• **Storytime with Ms. Sam! Ages 3-5. Wednesdays at 10 a.m. on Zoom.** Check the TPL calendar for more details.

• **Take & Make It Crafts! Ages 5-10. Thursdays.** Easy craft kits for kids available for pick-up every Thursday afternoon. A new craft every week with supplies included. Call to reserve or pick one up at the Children's Room entrance, for as long as supplies last.

• **Take a look at these at these NEW e-resources available to you 24/7 through the TPL website!**

Go to Reference>e-Resources & Databases for:

TumbleBook Library for e-books for kids with over 1100 titles, for grades K-6

• **Scholastic Teachables** for printable worksheets, lesson plans, learning games and more for any subject, for grades pre-K to 6

• **Hoopla** to stream or download movies, music, audiobooks, e-books, comics and TV shows to enjoy on your computer, tablet, phone or TV

• **SPORTDiscus with Full Text** for sports and sports medicine research; with hundreds of sports medicine journals, an essential tool for those interested in fitness, health and sports

• TPL staff are available for assistance via email (circdesk@tynglib.org) or phone with any aspect of using the online resources.

• **Board of Library Trustees** Meetings are generally held monthly 3rd Thursday. Check 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

We are open! Please call before coming.

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Please send in your news for April.

Have questions about submitting news?

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 and I will get back to you as soon as possible.

www.neighbortoneighbornewsletter.com



**TYNGSBOROUGH
RECREATION**
Call 978-649-2300 Ext. 150

The Recreation Committee meets at the Old Town Hall 10 Kendall Road. **Meeting dates and additional information may be found on our website at TyngsboroughRec.com** Friend us on Facebook. Seeking new members. Join us!

• **THE SHAMROCK BALL is Cancelled for 2021**

Sorry to say the Father-Daughter Dance for Daughters of all ages and their Dads (or Grandfather, Uncle, etc.) that was to be held on Saturday, March 13, 2021 had to be canceled. **We look forward to next year!**

• **GIRL'S SPRING SOFTBALL registration now open.**
www.tyngsboroughRec.com

• **COMMUNITY SERVICE HOURS Available for Students**

Do you need community service hours? Contact us, we have opportunities. We are very grateful to all our student volunteers.

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)

**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.*

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

We welcome all who support the Tyngsboro Senior Center activities and fundraisers through your membership in the Friends of the Tyngsboro Elderly, Inc. It is through your yearly (\$10) membership that we are able to provide special dinners and lunches, speakers, and entertainment throughout the year.

Members of the Board met recently to decide on the next activity, when allowed. Board members include: Joe Jacoppi, President; Elaine Rivard, Clerk; Carol Sides, Treasurer; and Leon Poirier, Elaine Franks, Mary Basiliere, and Joanne Jean.

The Friends of the Tyngsboro Elderly, Inc. is a 5013C NonProfit Organization of over one hundred members. Please call Elaine Rivard (978-649-7689) for a membership form to be mailed to you. Again, thank you for your support.

FACE COVERINGS MANDATORY

Everyone is required to wear a face covering, whether indoors or outdoors, in all public places, even when able to maintain 6 feet distance from others. Exceptions for children under 5, 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 coverings" or for the order, mass.gov/doc/covid-19-order-55/ download**

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SOMETHING FOR ROVER/KITTY PROJECT

I'm going to trial a project in Tyngsboro to help seniors and others with "pet insecurity". I would like to collect donated items such as pet food, leashes and lightly used toys to give to Tyngsboro residents who have a pet, but are having trouble keeping it due to financial constraints. Pets are so vital to our health at this time helping owners to maintain happiness, security and love during not only the COVID-19 epidemic, but all the time. Please consider emailing me at hwhitehair@gmail.com, or contacting me at 978-846-2254 if you have questions or donations and we will see where this project goes from here. Thank you for your consideration! Heidi

TYNGSBOROUGH COUNCIL ON AGING



**169 Westford Rd. Tyngsborough, MA
978-649-9211**

Mailing Address: 25 Bryants Lane, Tyngsborough, MA 01879

Email: Broche@tyngsboroughma.gov

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

Snow Cancellation Policy: IF SCHOOL has CANCELLED

The Center will still be **OPEN**. If Town Hall offices are closed in Tyngsborough due to a snow storm the Tyngsborough COA will be closed. *When in doubt call 978-649-9211 and see if we're open.*

From Barbara We are still in this pandemic and closed to the general public. We are providing Meals on Wheels to homebound seniors, van service for medical (including appointments for the vaccine), shopping and outreach for those in need. Please feel free to call the center and we will do whatever we can to help!!

As you all may be aware, I had been working on my Director Certification through the Massachusetts Councils on Aging. The certification program was on hold for several years so that the process could be revamped. The new process was introduced in the fall of 2018 with letters of intention due in January 2019. The entire process was time consuming and very educational. I worked with my board and others to develop long range goals, strategies and more.

I submitted my final notebook in December of 2019 and in December 2020 I received a phone call letting me know that my certification was complete and has been accepted

I would like to share some statistics with you all. At the time the new program was announced, there were 12 Certified Directors in Massachusetts (of all the 350+ cities and towns in the state). There were 41 cities/towns that expressed an interest in getting certified. Of the 41, the committee received 15 certification notebooks, only 5 received certification of which I am one of them.

It is truly an honor to serve this community as a "Certified" Director of Elder Services. I will continue to look for ways to improve programs, services and activities through partnerships.

• **COA Meetings** are the third Tuesday of each month. Next meeting is March 16th, at 3:30.

• **ST. PATRICK'S DAY CELEBRATION, Thursday, March 18th, at 11:30** Traditional corned beef and cabbage dinner. \$5.00 per person. Must sign up by March 11th. This is to be picked up for you to enjoy at home. In partnership with a donation from the Browning Family.

• **Caramel Popcorn Day, Tuesday, April 6th, 11:30.** Call the center if you want to sign up to pick up a bag of popcorn. 978-649-9211

• **MEALS ON WHEELS DRIVERS 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.

• **PROJECT LINUS PROGRAM** The Center is in need of some 2 ply 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.

• **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.

• **Need Help Paying Your Heating Bills? Help is available!** The Fuel Assistance Program run by Community Team Work, helps income-eligible households pay part of their winter heating bills and a small % of your electric bill. If your gross household income falls within the limits, you may qualify for fuel assistance. Set up an appointment with Charlene Muscato call 978-649-9211,

MOVING IN WITH ADULT CHILDREN

By Edward H. Adamsky

If you are realizing that it is getting difficult to live alone as you age, should you ask to move into the home of your adult child? Or, if you notice your parents are having a hard time alone, should you ask them to move in with you? This is a difficult and delicate topic. There are many things to consider.

How will the living arrangements work? Is there room for everyone? How will a new person in the house change the dynamics of those living there now? Will everyone get along? Are their lifestyles compatible? Does one smoke while the others don't? Does one make a lot of noise while the others might want quiet? Will someone lose living space? There's a lot to think about.

Is the home compatible with the needs of the elders? Is the house accessible for those with mobility issues who might use a cane, walker, or wheelchair? Or can it be made accessible? Are there adequate bathroom facilities that meet the needs of elders (walk-in showers with handholds and seats)? Will there be enough room for everyone's furniture and other belongings? Will someone have to give up some things to make it work?

Is the new neighborhood good for elders? Are there safe side-walks and outdoor areas? Are there neighbors and people with whom the elder can socialize? What will happen to the elder's social life if they leave their current home and friends?

What sort of financial arrangements have you considered? Will the elders pay the children rent or share in expenses? How will that be accounted for? If upgrades are necessary to the house, who will pay? Will this make another sibling upset or lead to accusations of financial abuse? Financial issues often lead to fights among siblings when one starts dealing with the parents' money and perhaps even getting paid for services provided to the parents.

The care needs of the elders need to be considered. Is it something the children can do, or will there need to be paid caregivers? How does that fit into the financial plan? How will even more people in the house effect others' lives? What if the care needs of the elder change?

Are there other choices instead of moving in with an adult child? You should look at senior house options such as apartments, assisted living, and retirement communities. There are many new offerings today with various costs and amenities that make senior living possible without needing to move in with adult children.

The old-fashioned extended family has great benefits for everyone involved and should be considered. Elders living with children and grandchildren can provide a great life experience for everyone involved. But it can be stressful and perhaps even a source of tension and strife for a family. The negative and positive aspects should be considered before you make such a big change in everyone's life.

NATIONAL NUTRITION MONTH® 2021: EAT RIGHT FOR LIFE STAGES.

National Nutrition Month® 2021, the Academy of Nutrition and Dietetics recommends people adjust their eating habits to address the nutritional needs of their bodies during all stages of life.

This year's theme, Personalize Your Plate, promotes creating nutritious meals to meet individuals' cultural and personal food preferences. The Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. MyPlate recommends visualizing your plate as nutrient-rich sections with one quarter reserved for grains, another with protein-rich foods and the remaining half with fruits and vegetables along with a serving of low-fat or fat-free dairy.

60s and beyond — Continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which is a concern for some older adults. Foods also may be fortified with vitamin B12 or a supplement may be recommended by your health care provider. Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

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TYNGSBORO GARDEN CLUB



Here is something to mark on your calendar. We are planning our Driveway Plant Sale to be held on May 22. There will be two locations, one on each side of the river. More details will be given in the April issue. Please stay safe and try to enjoy the beauty in nature all around us.

The Garden Club usually meets the first Tuesday of the month September-November and February-April. **Meetings will be on hold until further notice.**

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.

Making Tyngsboro beautiful with flowers

COMING HOME TO CATHOLICISM

Coming Home to Catholicism is a program offered by **St Kathryn Parish, 4 Dracut Rd., Hudson, NH** as a two Session Retreat on consecutive Saturdays. **For those of you who signed up for the March Retreat**, the second session is on Saturday, March 13th from 10 AM to 2 PM. The program is for those who have left the Catholic Church, for any reason, and might be feeling the calling to return. All of the Team members have left the Church at one time and have returned, providing a comfortable and understanding atmosphere for others looking to return. The program is designed to answer most of the questions returning Catholics might have and some discussion to address any individual concerns (don't worry; participants can share as little or as much as they'd like).

If you are interested in this program, but couldn't take this session, another program will be held on October 16th and 23rd. Contact the parish office at 603-882-7793, or visit our website www.stkathryns.org/chc. Registration is required.

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 area 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.
Feel free to join in our weekly Zoom meetings held on Thursdays at noon.

Contact either member listed above to find out how to join in.

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•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)



Tyler's Timely Technical Tips

By Tyler Denomme

Many homes in our area were built before air conditioning came about. Bringing this modern convenience to older homes without ductwork can be challenging.

Ductless mini split systems offer owners of these homes a flexible means to add air conditioning, or supplement existing heat without adding ductwork. These heat pump systems, using variable refrigerant flow can relieve many home comfort issues. Each room, or zone, is operated independently of the other zones; so each room can maintain its occupant's ideal temperature.

Whether seeking a single system that can provide air conditioning and effective heating, or eliminating hot/cold spots in specific rooms, there is a ductless solution just right for any home.

These systems deliver savings too. Big time! Up to 40% greater energy efficiency than traditional furnace or boiler driven HVAC systems.

Tyler

Got a question? Drop me a note!

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TYNGSBOROUGH HIGH SCHOOL

is proud to announce Sarah Aldulaimy, Megan Murray, Panth Patel, and Daniel Paulauskas as the February Students of the Month.

Sarah Aldulaimy, daughter of Omar Aldulaimy and Zeena Alrawy, is a two-year member of the National Honor Society. She is a recipient of the Suffolk University Book Award, two-year recipient of the Outstanding Achievement in Social Studies Award, and three-year recipient of the Academic Excellence Award. Sarah is a member of PALS and theater, and volunteers at the Nashua Soup Kitchen, Tyngsborough Public Library, Tyngsborough Elementary School and at town meetings. In her spare time, her hobbies include writing, drawing, painting and reading. Her favorite subjects are English, math and history. Looking to the future, Sarah is interested in majoring in English literature and getting a career that surrounds the language such as a creative writer or publisher. Thinking back on her days at THS she said, "I have gained life-long friends and fond memories of spending my time with wonderful people. I will never forget the friendships I made here and the memories we shared."

Megan Murray, daughter of Susan and Joe Murray, is a recipient of the Core Values Award and a three-year recipient of the Principal's Award. Megan is the first feature twirler at THS, and her team Ameri-Kids was named Top 5 National Baton Twirling Champion. She volunteers her time at the Lowell Humane Society and promoted animal adoption through the Miss America's Outstanding Teen Organization. Her hobbies include baton twirling, competing in pageants, driving around with friends and listening to music. Megan's favorite subjects are chemistry and U.S. history. Her future goals include graduating college, finding a job that helps animals, and opening a cat cafe to promote animal adoption. When looking back, "THS taught me to advocate for myself and others. I will miss the memories from homecoming of running around the building with my friends and having a very involved administration."

Panth Patel, son of Raghunandan and Rohini Patel, is a member of DECA, PALS and Senior Sidekicks. He is also a member of the THS varsity football, lacrosse, soccer and basketball teams. Panth is named captain of the basketball team this season, and has also served as class president his sophomore year. He volunteers for Give Kids the World, Tyngsborough youth basketball, Bhakta Samaj, and Helping Veterans in Need. When he has a break in his schedule, he likes to hangout with friends, shoot hoops, and drink chocolate milk. Panth's favorite subjects are business and math. He looks forward to graduating college, working in the sporting industry, traveling the world and starting a family. "THS has given me more than I needed to surpass high school, teachers who wanted to see me succeed, friendships that will last a lifetime, and many moments of joy from the classroom to Pierce Field. A memory that will always be in my head would be the homecoming lip sync freshman year."

Daniel Paulauskas, son of Lisa and Richard Paulauskas, is a recipient of the Outstanding Achievement in Media Studies and a three-year recipient of the Principal's Award. He is a member of the THS varsity football team, a captain his junior and senior years, and recognized as a Mid-Wach and Eastern Massachusetts All Star two years in a row. Daniel is also a captain of both the wrestling and the lacrosse teams. His hobbies include hiking, camping and weight lifting, and his favorite subject is English. He looks forward to going to college to earn a degree, traveling, meeting new people, working hard and learning new things every day. When thinking about his days at THS he said, "I take with me memories that will last my entire life, from the first time I stepped on the football field with the varsity team freshmen year to a crazy, strange senior year we're currently experiencing. I will never forget everything I learned and everyone I met."

Congratulations to all four of these students.

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Who Is Jesus?

by Nathan Combs

Even during Jesus' own time, people were asking themselves this question. "Who then is this?" his disciples asked as they watched him wake from his nap and calm a violent Galilean storm with a simple rebuke (Mark 4.41). "Who is this?" the Jews asked themselves as they watched him forgive the sins of a woman who wept at his feet (Luke 7.49). Even officers sent to arrest him came back empty-handed, sheepishly telling their superiors that "No one ever spoke like this man!" (John 7.46). Clearly, Jesus was a man unlike any the Jews had experienced. But who was he?

Interestingly, that was a question Jesus himself asked his disciples. "Who do people say that I am?" (Mark 8.27-29). They gave him the various incorrect answers they had heard amongst their friends and acquaintances: "John the Baptist; and others say, Elijah; and others, one of the prophets." When Jesus asked them a follow-up question, "But who do YOU say that I am?," Peter correctly identified his teacher by declaring, "You are the Christ." Indeed, Jesus was the anointed deliverer that the Jews had long expected. But contrary to common expectations of the time, the kingdom Jesus created was never designed to conquer the world at the point of a sword. In fact, when Peter pulled out a sword on the night Jesus was arrested and attempted to fight with it, his master promptly told him to put it away (John 18.11). Because Jesus' kingdom is not of this world, his servants did not physically take up arms to fight (John 18.36).

Instead, Jesus set his eyes on conquering a much more formidable foe than the armies of Rome. Ironically, through the temporary humiliation of dying naked on a Roman cross, Jesus caused eternal humiliation to the devil and his followers. He "disarmed the rulers and authorities [in the spiritual realm] and put them to open shame" (Colossians 2.15). Because Satan is defeated, our spiritual debt of sin is now cancelled when we accept Jesus' lordship. Instead of simply spending his time addressing the surface problems of the world (poverty, disease, etc.), Jesus attacked the root cause of all suffering: sin and the one who brought it to Earth. This was precisely what God promised to do at the very beginning of Scripture after Adam and his wife committed the first sin. In speaking of the impending battle that would play out through the rest of time, God prophesied that a descendant of Eve would "bruise your head, and you shall bruise his heel" (Genesis 3.14). Now, ever since his resurrection from death, Jesus has been sitting at the right hand of God, reigning as King and putting all his enemies under his feet (Hebrews 1.3).

Who is Jesus in your life? Is he simply a famous historical figure with his own particular spin on proper religious life? Or do you recognize him as the person he truly is: the conquering King of the universe, full of grace for his downtrodden creation? Have you surrendered yourself completely to this King?



46 Coburn Road
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SHERBURNE NATURE CENTER & TRAILS

No activities are scheduled at this time.

However, if you are looking for some place special to walk, consider walking these trails. Remember these wonderful 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. It's a great place for outdoor exercise and to enjoy nature close to home. Also a great place to take some incredible photos. So bring along your camera, or use your cell phone. Just consider the weather and remember to be prepared with proper shoes, boots or snowshoes.

Please remember the tennis court area behind the Sherburne Nature Center is not part of the PUBLIC Nature Center property.

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

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

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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
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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."

We are grateful to be able to join in worship and learning with technology and well-spaced seating in our building, and we welcome all who wish to participate. **If you would like to join us in person, please RSVP on our website and we will have a socially distanced space for you and your family on Sunday morning. If you wish to stay home, simply click on the Facebook "f" on our home page on Sunday morning at 10:30 and we'll bring the service to you.**

As we've seen in the past year, global pandemics are not occasions for the Christian to grow stagnant. They're actually opportunities for the Christian, and the Gospel, to thrive! Let's not settle for a Christianity only lived and pursued on Sunday mornings from 10:30-11:30.

One of the goals we have as the church is to provide supplemental ways to pursue that growth, both individually and communally. The Christian life was never meant to be lived alone. In the first quarter of 2021, we have opportunities for you to connect in community and grow in faith. Please find some listed below, along with a description.

As you consider any of the below offerings, before you think of a reason why you can't do it, because those may be the first thoughts that enter your brain, try to think of a reason why you can and should!

• Mark Study Part 2

Sign up on the church website (dunstablechurch.org) for the weekly Bible study of the book of Mark (part 2) on Sundays 9:00-10:15 AM. The class is hybrid in-person and on Zoom. Please contact the group leader, Rodrigo Cardoso, with questions. (maximiliocardoso@gmail.com) Sign up at this link: [Bible Study of Mark Part 2 Sign Up on the website.](#)

• The Story of Christianity

The Christian message is embedded in human history. This is our story in all its variety, good and bad. The story has wisdom for our present challenges, and hope and inspiration found in the lives of Christians throughout the ages. Join us weekly on Tuesdays, for Part-One of the Story from the end of the New Testament time to the Protestant Reformation in 1500. All classes will be online with no homework or tests, just the pure joy of learning every Tue 7:30-9:00 PM, through Mar 30. A Zoom link will be sent to all registrants. Please contact Peggy Drew, with any questions. (peggy-j-d@hotmail.com). Register on the website at this link: [The Story of Christianity Sign up](#)

• The Soul Care Group has been postponed.

Lent began in February and continues through March with Palm Sunday commemoration on March 28th as the beginning of Holy Week. Easter Sunday will be celebrated on April 4th. Please watch the website for Holy Week service details.

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

DOWNLOAD YOUR FREE BOOK "LIVING WITH OUR WILD NEIGHBORS"

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

JAMES JACOPPI

MEMORIAL SCHOLARSHIP FOUNDATION

This is the 19th anniversary of the passing of our son, James. With help from all of you last year our raffle awarded \$10,300 in scholarships. We feel blessed to have the ability to remember Jim in such an extraordinary way. We are extremely grateful for your continued support.

This year will be our 9th annual raffle (Commonwealth of MA #36). Our fundraiser will be a Calendar Raffle with daily prizes for the month of April. Mondays through Saturdays, \$50 will be awarded daily. Sundays, a prize of \$100 and the Grand Prize of \$550 awarded on April 30th. 30 Cash prizes will total \$2,200.

Calendar Raffle Tickets are 1 for \$25 and 2 for \$35. They can be purchased by calling Cara Taylor (603-714-0135). Drawing results will be on our website. Winners will also be contacted by phone. All entries must have been received by March 31, 2021. We appreciate and thank you for any donation you can provide to the foundation. **For any other information you may need**, including access to scholarship applications, please visit the website at www.jamesjacoppischoolarshipfund.com or Facebook Page.

Thank you for your continued support. Sincerely, The Jacoppi Family

LIRA SPRING SEMESTER** RETIREES **

The Learning in Retirement Association (LIRA) invites you to enjoy their Spring semester classes.

All classes are via Zoom and can be accessed by LIRA members from anywhere.

A quick sample of the Spring class topics: The Business of Sports, The Federalist Papers, Nuclear Power, Law and the Legal System, How to Read and Understand Shakespeare, The Great Migration, Great Decisions – a world affairs discussion group, African American Poetry, Lowell's history through architecture, Sci Fi Illustration, and Garden Beauty with minimum maintenance. Also, Book and Movie discussion groups, and much more. For a complete list with detailed descriptions and schedule see link below.

Classes began on March 8th. If you are not a member, the half year membership fee is only \$75 or \$125/couple and you can take as many classes as you wish. A great way to stay engaged by continuing to learn while being Covid careful.

Detailed class descriptions & schedule, and information to join LIRA – www.UML.edu/LIRA/

LIRA a partnership project with the Offices of Community Relations and Alumni Relations at UMass Lowell. If this is of interest to you, check this out now. If it is too late to get in on this session, you may want to join now so you can take part in the next semester classes. Always so many great topics.

MIDDLESEX CONSERVATION DISTRICT SPRING PLANT SALE

Among items offered are Garden Supplies including Tick Tubes, Cedar Bluebird Houses, Black Gold, Neptune's Harvest Hydrolyzed Fish Fertilizer (Made in MA), Rain Barrels and Fertilizer Tablets 12-12-12. Also a selection of Shrubs and Trees as well as Fruits and Edibles, Groundcovers, Perennials, Daylilies and Hostas.

Please visit www.middlesexconservation.org to place an order by credit card. If you received the green flyer you may send in the form with a check to Middlesex Conservation District, 319 Littleton Rd., Suite 205, Westford, MA 01886. **Order deadline is March 31, 2021. Remember to order as early as possible as popular plants will go quickly.**

Orders may be picked up on Friday 4/30 from 3-6pm, or Saturday 5/1 from 8am to noon, at Kimball Farm, (Rte 110) 400 Littleton Rd, Westford, MA. Orders will not be shipped. You will receive a reminder by email and postcard – please make sure we have your email address!

The Middlesex Conservation District is a not for profit environmental agency dedicated to protecting soil and water in Middlesex County. We hold plant sales twice a year to raise money for our programs. If you are interested in volunteering at our sale which is April 26 to May 1, or if you have questions please email www.middlesexconservation.org.

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Please check out our website www.wcumc.us for updates and general information. You can connect with us on Zoom 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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90 PAWTUCKET BLVD. TYNGSBOROUGH, MA

IS OPEN

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We look forward to seeing you.

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As of now, **hours are Sun., Tues, Wed, Thurs 1pm to 8 PM and Friday and Saturday 1pm to 9PM. 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.

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.

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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.



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

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 contact Unit President Josephine Beauregard at 978-458-7015.

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

Contact anne@NeighborToNeighborNewsletter.com or
Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.
If you have any questions about how to submit news or ads
please leave a message for me at **978-419-1914**.
I will get back to you as soon as possible.

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For questions or more information
call our office **978-649-2262**

www.tyngsborocongregational.org

Pastor Denis Frediani

• **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 safeguards.

**We are adhering to CDC Safety Recommendations and
Restrictions with social distancing, hand sanitizing and
required masks.**

If you prefer to stay home, Services are available on line.

• **TO WATCH LIVE SERVICES,**

Log on directly to facebook and go to Ecct Church. You may
also log in at any time and watch the recorded services.

• **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. You may click on "Jump to the Current
Sermon. To find the most recent.

OUR Newly Renovated THRIFT STORE IS CLOSED AT THIS TIME DUE TO COVID

There are plans to open on **Saturday, March 20th and Saturday,
March 27th.** There are still limits on how many can enter the store
at one time and masks still required. **Donations will be accepted
starting March 14th.** On facebook.com Ecct Church

**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 look-
ing 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 distribu-
tion 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 Lake-
view Ave, 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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If you are donating **ONLY CLOTHING** we are open to accept those donations Tues-Fri, 9-2:45pm and Sat, 9-12:45pm no appointment necessary. If you are donating **HOUSEWARES AND FURNITURE** we will continue to schedule those drop offs through our email donategoods@thewishproject.org.

Basic Items for infant and Toddler Success

Our **BITS Bags** program was created over 10 years ago at the request of our partner agencies to address the need for age appropriate toys in their client's homes to help infants and toddlers with their development. Having access to these toys will allow for parent and child interaction and play at home. Poor and at risk children are far more likely to experience developmental delay due to lack of these simple interactive toys to stimulate them.

During our first year, we gave out almost 500 bags. Last year that number grew to 1,100 and we anticipate the need to be even greater this year. With the current COVID pandemic, many families are living in isolation, without access to much needed items to provide stimulation to the growing minds of their children. Our goal is to get these bags into the hands of all children that need them and with your help we can.

There are several ways in which you can help. You can help by donating filled bags, collect items, or making a monetary donation to sponsor a bag. Your financial contribution will allow us to supply a bag in your name, to honor a family member, or the name of your company. If you prefer to shop online you can purchase items from our [Amazon BITS bag wish list](#) and ship your donation directly to us. The deadline to donate project goods is March 27th, so please have your items to us by then. (If you are reading this online) Follow [this link](#) for more information about the BITS Bags project. Please contact Lori at Lori@thewishproject.org with questions. If you prefer to make a monetary donation, follow the link to [Donate Now](#). With your support we can help prevent developmental delay in children in Merrimack Valley. Any help is greatly appreciated!

WISH LIST

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Pack n Play Sheets, Safety Gates, Play mats, Infant Swings, Disinfecting Cleaners, Lysol Spray, Spray Bottles, Paper Towels. **CLOTHING AND TEXTILE RECYCLING** Did you know that if you have clothing, bedding, shoes, curtains, or any cloth item that you don't think have any use, whether they are stained or ripped, we can still accept them and sell them by the pound? Just bag them up separately and write recycle on the bag. All funds raised will go into supporting our mission and our clients!

About Us: The Mission of The Wish Project is to help families in need in Merrimack Valley. Find out more on our website www.TheWishProject.org or call us at (866) 947-4360.

Our New mailing address is: The Wish Project PO Box 8693, Lowell, MA 01853



ALTRUSA

On January 18, 2021, the Altrusa Club of Merrimack Valley celebrated 45 years of service in the Greater Lowell/Nashua area and is very grateful to the individuals and businesses, which have supported our efforts over the years to help the less fortunate.

Altrusa Club of Merrimack Valley is collecting new towels to benefit the Lowell Transitional Living Center (LTLC). The Lowell Transitional Living Center (LTLC) is the largest shelter and support organization north of Boston, providing 90 beds for the homeless. In addition, the Winter Engagement Program provides overnight shelter from the cold for more 80 men and women. **To learn more or to donate, please email altrusamv@gmail.com**

Working with Paula Williams, Dean of Nursing and Health Professions, **the Altrusa Club of Merrimack Valley is offering a \$500 scholarship to a qualified student currently enrolled in the Bachelor of Science in Nursing Program at Rivier University.**

This scholarship is being offered in memory of Katherine M. Richo, deceased member of Altrusa and active leader in the Nashua Community. Selection of a qualified recipient is based on merit, financial need, and completion of the first year or more of the program with a minimum GPA of 3.0. The recipient will be selected in June 2021. Altrusa's mission is to promote literacy and to make a difference in the lives of those in need in our communities.

The Altrusa Club has been meeting virtually on the 2nd and 4th Tuesdays of the month. To learn more about Altrusa visit us at www.altrusa.org or districtone.altrusa.org

BRUSH GALLERY AND STUDIOS AND LOWELL NATIONAL HISTORICAL PARK ANNOUNCE INVITATION TO AN

ART EXHIBITION FOR SPRING 2021

Lowell, MA – Brush Art Gallery & Studios and Lowell National Historical Park announced their call for entries for a juried exhibition on the theme "What does community look like to you?"

Community will showcase artists at any stage in their careers and from across the United States. Those interested in exhibiting are invited to submit up to 3 images for consideration. Six hundred dollars in prizes will be awarded. The exhibition prospectus is <http://www.lowellartshows.com/NPS/>

Entries must be submitted online and received no later than 11:59 pm on Friday, March 26, 2021.

The exhibition will be on view May 1 to June 12, 2021, with the virtual opening reception on Saturday May 8 at 2:00 PM EDT.

Why this theme? Lowell National Historical Park is currently partnering with community members to develop a future exhibit in the Mogan Cultural Center about Lowell's cultural diversity. As another way to explore cultural expression we would like to see how artists from across the country experience or observe "community" for this juried exhibition at the Brush Art Gallery.

Community connections can be place-based (neighborhoods, businesses), practice-centered (sports, social clubs, virtual), and goal or belief-centered (religion, politics). Share what "community" looks like to you and show us how you represent it.

For more information, please visit: <http://thebrush.org>.

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Dates to Remember

Sunday, March 14 Daylight Saving Time Begins

Set clocks ahead one hour, before bed on Saturday.

Wednesday, March 17 St. Patrick's Day

Saturday, March 20 First Day of Spring

Saturday, March 27 Passover begins at sundown

Sunday, March 28 Palm Sunday

Friday, April 2 Good Friday

Sunday, April 4 Easter

CLOTHING SHED AT DUNSTABLE CHURCH IS OPEN!



The clothing donation shed at the Dunstable Evangelical Congregational Church, **518 Main St, Dunstable MA**, which was temporarily closed due to global effects of the pandemic, is now open to the public.

If you're not familiar with the clothing donation shed, it's designed to give community members a uniquely clean, convenient, and well-cared-for option to donate their used clothing to. St. Pauly Textile Inc., the company that has provided the shed, partners with a network of businesses and various organizations to distribute donated items both here in the U.S. and worldwide, where they're ultimately re-worn by people who need them. The Dunstable Church additionally has the option to use donations to serve community needs.

With over 1,300 clothing drop-off sheds in place, St. Pauly Textile Inc. collects over 90,000 pounds of clothing every day and estimates that this clothing ends up in 44 different countries (including the U.S.) yearly. In 2019, the company was able to help keep over 20 million articles of clothing out of landfills, which clothed an estimated 2.5 million people worldwide. The company was founded in 1996 and is an A+ rated member of the Better Business Bureau. Accepted items: clothing, shoes, belts, purses, blankets, sheets, curtains, pillowcases, and stuffed animals.

PLEASE tie your bags, and do not leave bags outside the box.

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Although Staff Offices are closed to the public, our phones are staffed between the hours of 9am-5pm on Mondays and Wednesdays and 2pm-5pm on Tuesdays and Thursdays. Phones are not staffed on Fridays or Sundays.

• Confessions

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

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

Please follow traffic flow and staff directives. **WEAR YOUR MASK**

CHURCHES ARE OPEN WITH RESTRICTIONS

• **WEEKEND MASS SCHEDULE** (reservations required)

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

• **DAILY MASS SCHEDULE** (reservations are NOT required)

Monday thru Friday/ St. Mary at 7 am/ St. John at 9 am

• **RESERVATIONS** can be made by calling into the parish offices between the hours of 9 am – 12 noon on Mondays and Wednesdays; 2 pm – 5 pm on Tuesdays; and 2 pm – 3 pm on Thursdays. Please do NOT leave reservation request via voicemail or email. Those in vulnerable populations, or those who have ANY COVID symptoms, are asked to please stay home.

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<https://facebook.com/NewhouseWildlifeRescue>

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HOW TO MAKE YOUR BEST OFFER ON A HOME

Brought to you by Carrie Best Cyr

Making the right offer is crucial when you have your eye on a home. Offer too little, and you may get passed over for the next buyer. Offer too much, and you may need to reevaluate your budget for furnishings or upgrades. This can be one of the most challenging parts of buying a new property.

Want to make sure you have a strong offer at a price you can afford? Here's when you might offer above, below and at the listing price.

- **At List Price:** A home that's within your budget, move-in ready and comes with all the amenities you want could be worth an offer at the listing price. But you'll want to make sure there's not much competition for the property.
- **Below List Price:** Does the home need serious work? If so, you may want to offer below the selling price. In this case, bidding less money could free up cash for future repairs and necessary upgrades. You can also try a lower offer if there are tons of homes listed in your area (but little demand for them). Get in touch to learn about the properties for sale in your desired neighborhood.
- **Above List Price:** You may want to go beyond listing price if you're in a particularly active market or you know you're up against several buyers. Together, we can determine what other homes in the area are going for, and we'll make sure your best offer aligns with those bids.

RMV UPDATES

The Massachusetts Registry of Motor Vehicles (RMV) is pleased to announce it will continue to offer **designated Wednesday appointment hours for customers 75 years of age or older through March 2021**. Individuals in this age group are required by state law to renew their Massachusetts driver's license in-person. Beginning in February, the RMV will also be expanding the license renewal appointments available for these customers to include registration and title services and transactions.

Senior appointment hours for license renewals, and registration and title services appointments effective in February, will continue to be offered on Wednesdays **at the following 17 RMV Service Center locations (hours vary by location):** Brockton, Danvers, Fall River, Greenfield, Lawrence, Leominster, Martha's Vineyard, Nantucket, New Bedford, North Adams, Pittsfield, Plymouth, Revere, South Yarmouth, Springfield, Watertown, and Worcester.

Below are the options for seniors to schedule in-person appointments during designated service hours:

- If you are a AAA member, you may make a reservation now to renew your driver's license/ID or conduct certain other transactions at a AAA location. Visit aaa.com/appointments to schedule your visit.
- If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to renew or conduct most other transactions at an RMV Service Center. Visit the Make/Cancel a Reservation transaction tab in the MyRMV Service Center and select "Senior Transaction" for all available RMV transactions. Reservations can be booked two weeks in advance.

• **Email the RMV for assistance:** MassDOTRMVSeniors@dot.state.ma.us.

• **Call the RMV at 857-368-8005.**

General appointments for license and ID renewals or registration and title transactions, as well as other essential in-person needs including drop-off registration and title services, are available to all customers at select locations throughout the business week.

Additional information on RMV service offerings and appointments can be found at www.Mass.Gov/RMV, including more than 40 transactions that can be conducted online, by mail, or by phone. The RMV recommends that all customers get ready online before their appointment.

Anyone conducting in-person business at an RMV customer service location must wear a face-covering and will continue to be served by appointment only. Appointments for many RMV transactions can also be made at AAA customer locations if the customer is a member of AAA.

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Catie's Closet

I hope that you and your family have settled into this new year with health and a positive outlook on the future ahead of us.

The second half of this school year is well underway, as is our expansion into new communities, into new schools and into the lives of thousands of students. We will bring Catie's Closet to 7 new schools this month, which will serve an additional 4,500 children as we also continue to serve many of our students with our at-home delivery service.

Our continued ability to reach more students in need is because of your generous contributions!

The clothing and toiletries you allow us to provide not only meet children's physical needs, but they have a life-changing impact on their emotional and mental well-being. One of the factors we attribute this to is **the power of choice**.

Whether students shop in our closets or receive items at home, they have a say in the clothes they wear, the products they use and the shoes they slip on their feet. For many, it can be the first and only time they have a choice about the way they live their lives.

Here's an example of what's inside a special delivery when we get a request from schools, social workers or even from families directly. Children can request clothing and other items in their favorite colors, patterns, sizes and fit. The pack is filled with items that keep them warm and comfortable, but also match their correct sizes and fit their preferred styles. Truthfully, this world has always been uncertain and sometimes scary for the students we serve. The voice they have here, however, gives them a chance to identify themselves, find and nurture their self-confidence, and opens their eyes to new opportunities that improve their today and their tomorrows.

Clothing and toiletries are the foundation of our mission, but it's the students' complete transformation that fuels our work every day. Thank you for driving the transformation of so many.

Sincerely,
Mickey Cockrell
CEO

We're putting the finishing touches on our newest closets to start serving students this month in the following schools:

Gardner Pilot Academy, Mario Umana Academy K-8 – Boston, MA; H.B. Lawrence Elementary School and William R. Peck Middle School – Holyoke, MA; Milton Bradley Elementary School and Rebecca M. Johnson School – Springfield, MA as well as Parkside Middle School – Manchester, NH.

We are proud to be one of seven non-profit organizations to receive a grant from the Greater Lowell Community Foundation to continue our efforts with COVID-19 relief. With the \$3,000 grant, we will purchase gift cards to support the needs of our homeless students in several schools who continue to struggle as a result of COVID-19.

40 people lost their homes and everything in them when a fire destroyed three multi-family houses on Westford Street in Lowell. **Catie's Closet has joined forces with Community Teamwork, Inc., The Wish Project and Lowell Public Schools** to provide these families with critical items, including clothing and toiletries.

It's truly amazing to see the community come together in support of these families. www.catiescloset.org

STE JEANNE D'ARC SCHOOL NOW ACCEPTING APPLICATIONS

Ste Jeanne d'Arc School, located in Lowell, MA, is now accepting student applications for the 2021-2022 school year. Ste Jeanne d'Arc School is a Catholic, independent school accredited by the New England Association of Schools and Colleges. SJA offers accelerated classes in math and language arts, French program for grades K-8, state of the art technology, athletics, art, music, and extracurricular activities for all age groups. There is also a before and after school care program.

Financial Aid is available for new families. **Inquire/Apply online at www.sjdarc.org or contact the Admissions Office at 978.453.4114 for more information.**