



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 38 Years of Service

Issue # 395 • September 2021

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TYNGSBOROUGH TOWN CLERK NEWS

• **2021 Dog Licenses** are now available at the Town Clerk's office or by mail. The license is now late and payment must include a \$25.00 late fee. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. **If renewing by mail, please enclose a stamped envelope for the license.** Please contact the office at 978-649-2300 extension 129 or email to jshiffes@tyngsboroughma.gov with any questions.

TYNGSBOROUGH TO PARTNER WITH HELPSY FOR CURBSIDE TEXTILE PICK UP

Tyngsborough, Massachusetts- Town Administrator Matthew Hanson announced this month that effective October 1, 2021, the Town of Tyngsborough will partner with HELPSY to offer free curbside pick-up of clothing and household textiles to residents. Pickups will happen weekly. Residents can schedule their pickup online by visiting helpsy.co/tyngsboroughma. Clothing and other textiles should be bagged and left on the curb by 7:00 AM on the day of the scheduled pick up. HELPSY will begin pick up the first week of October. HELPSY is the largest clothing and textile collector in the Northeast and partners with municipalities and organizations across ten states to collect unwanted clothing and other textiles. Through a combination of clothing drives, home pick-ups, thrift store partners and clothing receptacles, HELPSY has helped communities divert nearly 30 million pounds of textiles from landfills last year.

According to the EPA, textile waste is one of the fastest growing waste streams in the United States...occupying nearly 5% of all landfill space. The U.S. throws away 36 billion pounds of textiles each year which equates to nearly 100 pounds per person. Each pound that is discarded in Tyngsborough's waste stream costs the tax payers money by increasing our bill for trash removal. Using HELPSY to divert these textiles is not only the right thing to do for our environment, but for our wallets as well.

HELPSY accepts clean, dry, and bagged clothing and fashion accessories (stained, worn, and torn is fine). This includes dresses, shirts, pants, suits, coats, gloves, hats, belts, ties, scarves, wallets, purses, backpacks, totes, shoes, towels, bedding, costumes, curtains, placemats, tablecloths, and throw rugs. They will not accept breakable houseware or glass, electronics, furniture, building material, scrap metal, appliances, mattresses, encyclopedia sets, phone books, or magazines.

HELPSY will replace the current textile pick up program offered by Simple Recycling. All curbside pickup effective 10/1 will be handled through HELPSY at the link above.

For more information about other recycling programs available to Tyngsborough residents, please contact the Board of Health by phone at 978-649-2300 x118 or visit them on the web at <https://www.tyngsboroughma.gov/departments/inspectional-services/health/trash-and-recycling/>

IN MEMORY OF

Leo P. Chasse Jr.
Hildegard (Hartmann) Scott
Franklin J. White
Joan L. (Grenier) Bouthillette
Peter John Georges
Nora (Kelley) Clifford
Judith A. (Philbrook) Fennell
Florence M. (Blades) Gallagher
James F. Foley
Richard P. Leaver
Norman C. Lombardi
Joseph A. L. Marchand
Jeffrey D. Sasek
Charlotte Surprenant Jones
Harold "Hal" Sargent Jr.
Sandra Marie (Berry) VanDinter
George L. "Buddy" Elston Jr.

Rita A. (Charest) McInerney
Christine C. (LaRochelle) Mallette
Paul C. Dragoli
Doris M. (Lambert) Garipey
Susan C. (Provost) Bahrakis
Catherine Mary (Warner)Curtis
Theresa (Saffy) Chemaly
Candice T. Callahan Connor
Nancy L. Norton Dube
Andre B. Giguere
Joseph R. Griffin
William Lyons Kelley
Janet (Clarke) Lorman
Francesco A. Maglio Jr.
Medora M. (Leclair) Riley
Robert P. (Bob) Roy Jr.
Donald W. Tessier

SIGN UP

Tyngsborough News Updates and Emergency Alerts

Subscribe to Town news updates by providing your email address. Updates may include: COVID-19 Alerts, Town News, Town Calendar Events, All Meeting Minutes, and more! You can unsubscribe at any time and your email address will not be shared with anyone.

No longer using a landline? Add your cellphone number to continue to receive emergency communication from the Town. Once you've signed up for Smart911, first responders will be aware of important information you have provided that will locate and help you in an emergency.

To sign up, please visit www.tyngsboroughma.gov



TYNGSBOROUGH TOWN HALL HOURS

Please Note New Town Hall Hours
Through October (Trial)

Monday & Tuesday: 8:30AM to 4:30PM
Wednesday: 8:30AM to 7:00PM
Thursday: 8:30AM to 4:00PM
Friday: Closed



First Day of Fall
September 22!



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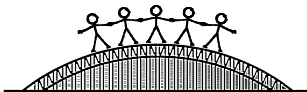
Friday 8:30 a.m. to 12:30 p.m.

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

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



TYNGSBOROUGH RECREATION AND PARKS 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

Tyngsboroughma.myrec.com/info/activities

Friend us on Facebook. Seeking new members. Join us!

... FESTIVAL OF TREES 2021 PLANNING COMMITTEE...

We are looking for new members to join our sub-committee to plan the Festival of Trees Event specifically (December 2-5, 2021). You do not need to be on the Recreation Committee. Contact the Rec. Office apage@tyngsboroughma.gov, send a message on FB or call Theresa 978-828-6589 if you have questions.

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 6,578 which includes Dunstable and Tyngsborough, MA.

TYNGSBOROUGH BOARD OF HEALTH

MOSQUITOES

WEST NILE VIRUS (WNV) AND

EASTERN EQUINE ENCEPHALITIS (EEE)

The Massachusetts Department of Public Health (DPH) on Sept. 1, 2021 announced the first human case of West Nile virus (WNV) in the state this year. The individual is a female in her 80s who was likely exposed to the virus in Middlesex County, an area known to be at moderate risk.

"This is the first time that West Nile virus infection has been identified in a person in Massachusetts this year," said Acting Public Health Commissioner Margret Cooke. "Risk from West Nile virus has been slow to increase this year. This is an important reminder that we all need to continue to take steps to protect ourselves and our families from mosquito bites."

Although late in the season, the substantial amount of rain in the region in July and the recent hot weather have resulted in an increase in the population of the Culex species of mosquitoes, known to spread West Nile virus and breed in places where standing water accumulates.

People have an important role to play in protecting themselves and their loved ones from illnesses caused by mosquitoes.

Avoid Mosquito Bites

Apply Insect Repellent when Outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [p-menthane 3, 8-diol (PMD)], or IR3535 according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during the evening or early morning.

Clothing Can Help Reduce Mosquito Bites. Wear long-sleeves, long pants, and socks when outdoors to help keep mosquitoes away from your skin.

Mosquito-Proof Your Home

Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or discarding items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools and change the water in birdbaths frequently.

Install or Repair Screens. Keep mosquitoes outside by having tightly fitting screens on all of your windows and doors.

Protect Your Animals

Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools – especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week during the summer months to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent WNV and Eastern Equine Encephalitis (EEE). If an animal is diagnosed with WNV or EEE, owners are required to report to DAR, Division of Animal Health by calling 617-626-1795 and to the Department of Public Health (DPH) by calling 617-983-6800.

More information, including all WNV and EEE positive results, can be found on the Arbovirus Surveillance Information web page at www.mass.gov/dph/mosquito or by calling the DPH Epidemiology Program at 617-983-6800.

NOTE: A hard or killing frost will kill virtually all exposed mosquitoes. A hard frost is defined as 2 consecutive hours at a temperature below 28 degrees Fahrenheit. **A female mosquito can live up to 100 days and lay anywhere between 200 and 300 eggs, so she is continually feeding.**

FRIENDS OF THE TYNGSBORO ELDERLY, INC

Friends of the Tyngsboro Elderly, Inc. cordially invite all seniors to FALL FESTIVAL, on Friday, September 24, at 11:30AM, at THE OLD TOWN HALL, Kendall Road. A lunch will be served, followed by a 50/50 Raffle and entertainment provided by Singer/Songwriter/Storyteller, Kate Chadborne.

Tickets are of no cost and will be available at the Tyngsboro Senior Center on Thursday, September 2, from 8AM to 4PM. You may also reserve your ticket by calling Joe Jacoppi, President, at 978-649-9076.

The Friends of the Tyngsboro Elderly, Inc. a 501 C3 Non Profit (Formally, Friends of the Council on Aging) was established in 1984 to defray the cost of programs, activities, luncheons, and lectures as well as assist in payment of capitol expenditures. To date the Friends of the Tyngsboro Elderly, Inc have donated \$47,000 for those expenditures in the new building.

Membership dues are \$10 per year. Forms are available at the senior center or by calling Elaine Rivard (978-649-7689). Thank you for your continued support.

TEXTILE RECOVERY: WORN OR TORN, DONATE IT ALL! *Sustainable Tyngsborough*

Don't throw that single sock or ripped towel in the trash, it has more life in it! Nearly 6% of the waste delivered to combustion facilities for disposal is clothing, curtains, towels and other fabrics. That's 230,000 tons of textiles, annually.

Did you know that 95% of unwanted textiles can be reused or recycled for other purposes? A ripped towel will likely find a new life as an industrial wiping rag, while your gently used jeans will be sent to a thrift store to be worn again.

Clothing reuse is a big deal. It reduces the enormous environmental burden of the second most polluting industry in the world.

Waste Ban updates now include textiles.

MassDEP has added textiles to the state-wide list of waste ban materials. This means that clothing, rags and other fabrics are no longer allowed to be landfilled or incinerated under state law and must be diverted from the trash. You can help by separating these materials and donating them for reuse or recycling.

Where to donate your textiles.

- Schedule curbside pick-up by Helpsy at www.helpsy.co/pickup or 800-244-6350 (Helpsy is replacing Simple Recycling for curbside pick-up. Questions? <https://www.helpsy.co/home-pickup-faq>) Helpsy collection bin (blue container) at Tyngsborough Middle School, 50 Norris Rd
- Baystate Textiles collection bin at Greater Lowell Tech, 250 Pawtucket Blvd
- Planet Aid collection bins at Pondview Place parking lot (18 Pondview Place) and Tyngsboro American Legion (90 Pawtucket Blvd) *Fall Zero Waste Day (see below)*
- You favorite charitable organization (typically items in wearable condition only, check website)
- For additional donation locations, use the MassDEP Beyond the Bin Directory at <https://recyclesearch.com/profile/ma>

Accepted materials - Clean, dry and bagged - Clothing (men's, women's and children's), Shoes (including singles), Bedding (pillows, comforters, sheets), Towels and Curtains, Jackets, Backpacks, Stuffed Animals.

Sustainable Tyngsborough is a subcommittee of the Board of Selectmen. We meet the third Tuesday of every month, beginning at 6:30pm. You are always welcome to join us and share your sustainability ideas and concerns. Like us on Facebook @Sustainable Tyngsboro.

SAVE THE DATE: We will be hosting a Fall Zero Waste Day in October. Watch the town website or our Facebook page for details.

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Tyler's Timely Technical Tips

By Tyler Denomme

September is the month to book your annual heating system service. Many are not aware of the importance of maintenance, until an HVAC breakdown happens on a very hot, or very cold day.

Think of this: Your home is getting colder and colder, the thermostat keeps falling no matter what you try. A miserable, sleepless, night follows. Hopefully, a technician can come and get things started again soon.

Another scenario: You're feeling dizzy, lethargic, or perceive your house is haunted. Headaches, nausea, vomiting, along with hallucinations are all symptoms of a dangerous carbon monoxide leak. A faulty furnace or boiler could be the cause.

This is why professionals advise having your furnace checked in the fall, and conversely, your air conditioning unit in the spring. That way, you stay ahead of any potential issue that may be lurking.

Until next month, stay comfortable!

Tyler

Got a question? Drop me a note!

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TYNGSBOROUGH VETERAN'S AGENT

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 have 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, hearing aids, monthly healthcare premiums and hospital/doctor bills not covered by your Medicare or other insurance. Even if the applicant lives with their son, daughter or other family member or friend they may still qualify.

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. If I cannot personally 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



TYNGSBORO GARDEN CLUB



Hope you were able to enjoy this different summer as much as possible. The Garden Club will be meeting again in the lower level of the Evangelical Church on 23 Kendall Rd. Our first meeting was scheduled for Tuesday, September 7th at 6:45pm. Our guest speaker Michael Potsaid was to speak on wildflowers before our meeting. If you are not a member you may attend a meeting for \$5.00. Refreshments served and masks are strongly suggested.

The Garden Club usually meets the first Tuesday of the month September-November and February-April. If you are interested in joining the group, find us on Facebook at Tyngsborough Garden Club or call Deb Schneider at 978-649-6362.

✿✿ Making Tyngsboro beautiful with flowers ✿✿

TYNGSBOROUGH-DUNSTABLE

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.

...SENIOR / VETERAN BREAKFAST We are sponsoring this breakfast on Thursday, September 16th, 8:30-9:00 Start your day off with a FREE healthy breakfast with friends at the Tyngsborough Senior Center, 169 Westford Rd.

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.

ST MARY MAGDALEN PARISH

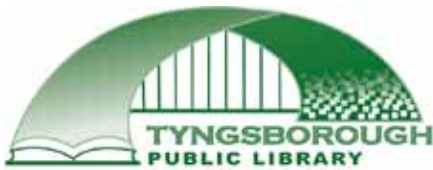
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LIBRARY HOURS: Mon. & Wed. 10:30 a.m. – 8 p.m.
Tues. & Thurs., 9 a.m. – 5 p.m.
Sat., 9 a.m. – 2 p.m., **Fri. & Sun. Closed**

CLOSED Monday, October 11, in observance of Columbus Day

• **Plan ahead for the Friends Fall Book & Jewelry Sale**, to be held on Saturday, October 16 (preview on Friday evening, October 15, for Friends members). Donations of books, DVDs, CDs, puzzles and gently used jewelry are being accepted.

• **Kids & Teens** - Check TPL's online calendar for Fall events and activities. Highlights will include:

• **Monday Makes—Advanced Crafts for Older Kids, 6:30p.m. - 7:30 p.m. on Zoom, weekly starting September 20.** Every week, we will make a new mechanical model. You may pick up materials on the Tuesday before. (grades 3+)

• **Craftyng Tuesdays, 4 - 4:30 p.m. on Zoom, weekly starting September 14.** Every week, a new craft will be featured for at-home assembly. You may pick up materials on the Wednesday before. (grades Pre-K+)

• **Advanced Minecraft, 4 - 5 p.m. on Zoom, weekly starting September 15.** Learn how to use redstone, command blocks, and some simple programming to enrich your Minecraft experience. (grades 3+)

• **Kawaii Safari Thursdays, 4 - 4:30 p.m. on Zoom, weekly starting September 16.** Every week, we will learn to draw a new animal. (grades 1+)

• **Family Programming with Scratch, 11 a.m. - 12 p.m. on Zoom, weekly starting September 18.** Learn how to program a video game using MIT's free Scratch application. This program is intended for kids working with an adult. (grades 2+)

• **A Celebration of Animation Presentation: The 100 Greatest Cartoon Characters of All Time via Zoom, Tuesday, September 14, 6:30-7:30 p.m.** Join author Martin Gitlin as he hosts this fun and enlightening presentation for all ages based on his book, *A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History*. He will show funny cartoon snippets of characters from the past century, play trivia with patrons, discuss the criteria he used to rank the best of the best and speak about their impact on American pop culture. Funded by the Friends of the Library.

• **New England Road Trip with Ted Reinstein via Zoom, Wednesday, September 22, 7-8 p.m.** This talk takes folks along on an imaginary, rollicking ride around New England -- all in just one hour. Ted Reinstein is an entertaining guide as attendees go from Maine to Rhode Island, Mt. Washington to Mt. Mansfield and Berkshire foliage to Fenway Park. *Funded in part by a grant from the Tyngsborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

• **Nightmares: Your Darkest Dreams Interpreted via Zoom, Wednesday, October 6, 7-8:30 p.m.** Based on Jeff Belanger's book, *The Nightmare Encyclopedia: Your Darkest Dreams Interpreted*, this program dives into our sleep, our dreams, why we dream, and then explores the most profound and memorable of all of our dreams: our nightmares. *Funded in part by a grant from the Tyngsborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



Ongoing Programs

Outside storytimes in our garden area, weather permitting. Thanks to a generous donation from the Friends of the Library, we will provide socially-distanced sitting mats for the children. Please also feel free to bring picnic blankets or lawn chairs, and bug spray. **Storytime with Ms. Sam! Wednesdays at 10:30 a.m.**

Continued On Next Page

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www.neighbortoneighbornewsletter.com**

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TYNGSBOROUGH PUBLIC LIBRARY

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

Music and Storytime with Mr. Robert. Thursdays at 11 a.m.

Have you tried Hoopla yet? Go to Reference>e-Resources & Databases on the TPL **Hoopla** to stream or download movies, music, audiobooks, e-books, comics and TV shows to enjoy on your computer, tablet, phone or TV. *TPL staff are available for assistance via email (circdesk@tynglib.org) or telephone with any aspect of using the online resources*

Board of Library Trustees Meetings are generally held monthly 3rd Thursday. 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 or emailing (circdesk@tynglib.org) the Library or using links provided on the online calendar for virtual programs.

Like us on **Facebook**,

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MASSHEALTH ESTATE RECOVERY NOTICE

By Edward H. Adamsky, Attorney at Law

Over the Summer the MassHealth Agency, which is the part of the State that runs the Medicaid program, sent out notices to all those receiving benefits with copies often going to family members. These notices really frightened everyone who got one. What they were though was a standard review of the rules of "Medicaid Estate Recovery." There may have been some sort of provision in the recent Covid relief bills, or some new Federal rule, that made them send out the notices, but nothing about the Estate Recovery system was changed.

The rule is that if someone received MassHealth (Medicaid) benefits after the age of 55, and none of the exceptions apply, then whatever assets may be left in that person's name after their death will be subject to paying back the benefits received by that person. There is no recovery during life, it only happens after the person on Medicaid dies.

That means if your mother is in a nursing home on MassHealth, but she was allowed to keep her home, after her death, the Executor of her Estate will get a bill from MassHealth for whatever amount it paid the nursing home. That bill will need to be paid and the only way to pay it may be to sell the house. The bill might be bigger in value than the house value, but MassHealth can only get what there is and not more.

There are some exemptions and exceptions to the Estate Recovery rules. Certain people have protections after a family member has died that would allow them to avoid the recovery bill and to keep assets. The rules are complex, and the exceptions are very particular, so if you have a family member whose estate will be subject to possible Medicaid Estate Recovery, you will want to consult with an Elder Law Attorney to see if any of the exceptions might apply, and how to utilize the system to your advantage.

Do not worry that MassHealth is coming to take any assets away from you. They do not do that. They just send a bill and expect to be paid (and the estate of the deceased person may have to pay) but you won't have to pay with your own money if you weren't the one on Medicaid. If you need answers about Medicaid/MassHealth, please consult with an experience Attorney. Don't panic over a notice that you may have received in the mail.

**The deadline is the 10th
of each month, for the next month's issue.**

If you are running late please contact me as soon as possible.

Email anne@neighbortoneighbornewsletter.com or mail to:

Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.

Contact me, if you have a business and you would like to know more about advertising. Call and leave a message

at **978-419-1914**, I will get back to you as soon as possible.

CONGRATULATIONS TO

Timothy Mullin of Tyngsboro, for his accomplishment in receiving his Master's Degree in Financial Planning from Boston University.



TYNGSBOROUGH SCHOLARSHIP TRUST

P.O. Box 547, Tyngsborough, MA 01879



www.TyngsboroughScholarshipTrust.org
1963 * Celebrating 58 Years * 2021

Members of the Tyngsborough Scholarship Trust have begun planning for the 59th year of fundraising events and activities for scholarships for the Class of 2022.

Our popular **TST Gift Card Fundraiser** will begin in late October. Order forms will be available on the TST web site beginning in October. Gift cards will look just like those purchased in stores and will have the same terms and conditions. You receive dollar for dollar value on the cards you buy and TST receives a percentage of every dollar you spend.

The **Holiday Marketplace** has become an annual event and this year marks its 20th year. The Holiday Marketplace, which will take place on **November 7th**, features exhibitors of handcrafted items, gifts, and decorative items, as well as business services and representatives of the home based business work force.

Exhibitors wishing to reserve a table for this event may contact Rose Mitchell at mitchell6260@msn.com.

The TST is actively recruiting new members and invites you to join our meetings on the second Wednesday of the month at the Tyngsborough Town Hall at 7:00 pm. **Please send an email to info@TyngsboroughScholarshipTrust.org with any questions.**

NEW FREE MENTAL HEALTH SERVICES REFERRAL HELPLINE FOR TYNGSBOROUGH RESIDENTS

Tyngsborough Public Schools in partnership with the Tyngsborough community, is pleased to announce Project INTERFACE Community Resource & Referral HELPLINE available **now** (1-888-244-6843). The William James INTERFACE Referral Service is a mental health resource and referral Helpline available Monday through Friday from 9am to 5pm. This is available to residents and/or public school students in subscribing communities across Massachusetts to access outpatient mental health services. What makes INTERFACE unique is that they do not provide merely a list of providers, but rather matched referrals to mental health professionals and practices who best meet the caller's needs, insurance or fee requirement, specialty request, location and availability. The Helpline is staffed by mental health professionals, as well as graduate level students from William James College. For more information visit <https://interface.williamjames.edu>

BONE BUILDERS CLASS AT TYNGSBORO SENIOR CENTER

Tufts University Research on Aging is the model used for the Bone Builders Class, held at the Tyngsboro Senior Center. Specially designed exercises for those with Osteopenia or Osteoporosis will help bones gain strength. This class requires a doctor's note and a commitment of attendance twice a week.

Classes which are open to men and women are held on Mondays and Wednesdays at 9 AM.

For further information or to observe a class, please call Jean Jacoppi, 978.649.9076.



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"I FELL ON MY FACE"

by Nathan Combs

History is full of human rulers who sat in majestic palaces and demanded the respect of those who entered their presence. But regardless of their ornate apparel and commanding voices, those human rulers were simply men. While men might have quivered in their throne rooms, they did not dissolve into dust by gazing at the glory of kings.

Beholding the Almighty King of the universe is a different matter entirely. When Moses asked to see the face of God, he was told: "you cannot see my face, for man shall not see me and live" (Exodus 33.20). The full glory of the King of Kings is such that mortal man is inherently unable to behold it without destruction. This point was so well understood that many in the Old Testament even feared to have conversations with angels (Genesis 32.20, Judges 6.22-23, 13.22). During the days of Moses, when God spoke to the people from Mount Sinai and revealed himself in a shrouded form of smoke and fire, the Israelites were amazed they lived to tell the tale: "Behold, the Lord our God has shown us his glory and greatness, and we have heard his voice out of the midst of the fire. This day we have seen God speak with man, *and man still live*" (Deuteronomy 5.24).

God gave several of his prophets diluted visions of his grandeur before sending them to preach his messages. Ezekiel is a good example of both the awesome glory of God and the proper human response. In Ezekiel chapter one, the prophet first saw a stormy wind coming from the north with flashes of fire and something like gleaming metal. Out of this ominous storm he saw four "living creatures" with wings and multiple faces. Beside the creatures was the appearance of wheels within wheels that were full of eyes. Above this remarkable picture was a throne, upon which God himself was seated in an appearance of fire, gleaming metal, and rainbow. All of this was described by Ezekiel as "the appearance of the likeness of the glory of the Lord" (Ezekiel 1.28). As glorious as this vision was, it was still several steps removed from the truest form of God's glory. But what was the prophet's reaction? "And when I saw it, I fell on my face."

Do you and I fall on our faces, too? Some people tremble with excitement and fear to shake the hand of a human celebrity, but they think of the God of the Bible with a yawn. Some people pour over magazines and internet articles to gain juicy details about Ben Affleck's current relationship status, but they have not given attention to the messages of the Holy One. If we are living on his earth, we are standing in his throne room. Those who accept his son's sacrifice on the cross are allowed to "behold the glory of the Lord" with "unveiled face," as we are transformed to reflect His glory (2 Corinthians 3.18). Have you trembled before your King?

TYNGSBOROUGH BOARD OF HEALTH

HOUSEHOLD YARD WASTE COLLECTION

Please mark your calendar. Collection will be held on two Saturdays in November.

They will be on Saturday, November 6th and Saturday, November 20th

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.**

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.

- **DONATIONS / VOLUNTEER NEEDED:** COFFEE (ground and k-cups), 12oz. and 8oz. Cups. Paper Plates— Small and Large. Plastic Spoons, Forks, Knives, Napkins. Backup Greeter at Front Desk Tues/Fri 12:00-3:00
- **WELLNESS CLINIC** Tyngsborough Council on Aging, 169 Westford Rd 978-649-9211. Wednesday, **September 8th & 22nd** 10:00-1:00 Outreach worker Charlene Muscato R.N. will be doing blood pressure readings, weight checks and medication reviews. **Sign up sheet at the front desk.** First come, first served.
- **TEXAS HOLD' EM** Every Monday and Thursday 12:00 –3:00 Everyone is invited. If you have a group of your own you're welcome to come to the center.
- **BONE STRENGTH...** Free, Doctor's note NOT required. Wednesdays 10:00 / Fridays 9:00
- **BONE BUILDERS...** Free Mondays 9:00 / Wednesdays 9:00 Special stretches and exercise for those with Osteoporosis. Arm and leg weights are available in the exercise room. Questions call Jean Jacoppi 978-649-9076
- **FRIENDS OF THE TYNGSBORO ELDERLY, INC FALL FESTIVAL**, September 24, 11:30 AM at the **OLD TOWN HALL**. (Free, Lunch) 50/50 raffle, and entertainment. Tickets are available at the Senior Center, from 8:00 AM till 3:30 PM. Tickets may be reserved by calling Joe Jacoppi at 978-649-9076.
- **CRIBBAGE** Instructor Bob Guernsey Every Tuesday Mornings at 10:00 - 12:30. We have openings for cribbage players.
- **GAMES (No fee)** Mexican Dominoes, Tile and Board Games, Video Games, Card Games, Dice Games and Indoor Games for Large Groups. We have plenty of room for more games. If you have a group and are looking for a place to get together come to the senior center, your more than welcome to use our space.
- **WALKING GROUP** Meet at the Tyngsboro Council on Aging. Wednesdays 11:00 and Fridays 10:00 after Bone Strength. Tired of walking alone? Come and join the walking group. It's a good way to expand your workout and improve your heart health.
- **COA BOARD MEETING** Tuesday, September 21st, 3:30
- **LUNCH T-Bones, Wednesday, September 15th, 11:30-1:45** Pick up starts at 10:30. If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus. Call 2 days in advance. 978-649-9211.
- **STITCHERS & KNITTING** Every Monday 10:00 - 11:30 Stitchers meet on every Monday from 10:00AM to 12:00PM in the activity room. Currently, we are working on projects for hospice of Southern N.H. Afghans, lap robes, shawls, and wheel chair covers, also warm winter wear. For questions please call Coordinator, Jean Jacoppi... 978-649-9076
- **TEXAS HOLD' EM** Every Monday and Thursday 12:00 –3:30 If you like poker come join us every Thursday. It's lots of fun!
- **FIRE DEPARTMENT SAFETY PRESENTATION PROGRAM** Friday, September 17th 11:00 "Topic, Fire Safety in the kitchen." Once a month on Fridays the Tyngsborough Fire Dept. will be at the center giving tips on how to keep safe. Their mission is to protect the lives and property of the citizens of our community. If you would like to stay for Lunch, cost \$3.00. Must call to be added to the lunch list. 978-649-9211. If you'd like a meal please order through the kitchen one week in advance. \$3.00pp
- **SENIOR/VETERAN BREAKFAST** Thursday, September 16th, 8:30-9:00 Start your day off with a **FREE** healthy breakfast with friends here at the Center. Food sponsored by: Rotary.
- **AUTUMN TEA GATHERING** Wednesday, October 6th, 1:00 Join us for one of our favorite gathering. Bring your favorite Hors d'oeuvre for everyone to taste.
- **CHAIR HIP HOP!!! NEVER TOO OLD TO BUST A MOVE** Instructor: Ronda Drafts, Ph.D.abd Thurs, Oct. 7th, 1–2 Hip Hop, dance for happiness & health! Dance & exercise can keep the mind active!

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Long Pond	
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	New ADA Trail
Bell Trail	Bryants Lane across from Town Offices
Sherburne Trail	64 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 info.

SOMETHING FOR ROVER & KITTY PROJECT

Are you a Tyngsboro resident, family, senior or veteran in need of assistance supplying food for your dog or cat? Or perhaps you are a resident who is willing to purchase new pet food or donate pet food you have that didn't work out for your dog or cat. Either way, I'd love to connect with you! Pets are so vital to our health and happiness. Please consider contacting me, Heidi at 978-846-2254 or hrwhitehair@gmail.com if you have questions or donations. All client information is kept confidential.



ALTRUSA

On September 14, 2021, the Altrusa Club of Merrimack Valley will kick off the start of a new year of service in the community by celebrating World Literacy Day. Members will sort and label more than 200 children's books which will be a free "take away" distribution at local laundry mats. The meeting will take place at the Tyngsborough Senior Center, 169 Westford Road, Tyngsborough, MA at 6:30 p.m.

Having received a grant from the Altrusa International Foundation, Altrusa is able to continue to provide birthday parties for the children living with their teenage mothers at Brigid's Crossing in Lowell. The children celebrating birthdays in July and August each received an educational toy and an age-appropriate book. The other children received age appropriate books instead of goodie bags. And of course there is always cake, juice and hoodsies.

Altrusa is looking forward to another successful year of service in our communities.

Our mission is to promote literacy and to make a difference in the lives of the less fortunate. Altrusa meets the 2nd and 4th Tuesday of the month. Please email altrusamv@gmail.com if you are interested in joining other volunteers in making a difference in the lives of others in our communities.

STITCHERS

AT THE TYNGSBORO SENIOR CENTER

Welcome to Stitchers at the Tyngsboro Senior Center, Mondays from 10 to 11:30AM. If you need lessons, materials, or information about new projects, stop in. There will always be someone there to help you. Our projects center around the needs of hospice right now.

If you wish more information, please contact Coordinator, Jean Jacoppi, at 978-649-9076.

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Pastor Denis Frediani

Worship 10AM at the church.

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.

• If you attended the Tyngsboro Summer Block Party on August 29th hopefully you stopped by our booth and learned about our church and the many activities and classes we offer starting in September.

• **SUNDAY SCHOOL** - All aboard for a new Sunday School year!! RALLY DAY Held September 12th for Nursery, Elementary and High School children.

We offer a great **Elementary Sunday School Program** during church time using music and fun filled lessons. We offer our **High School** age youth appropriate Bible lessons every week during church except on Communion Sunday which is the first Sunday of every month.

Help us reach the next generation of children. One of the most important things a parent can do is introduce their children to the Lord! PLEASE JOIN US!!

• **MEN'S BIBLE STUDY** - Beginning Monday, September 13th - 6:30 pm - 8:00 pm. This is a NEW program our church is offering!!! We will be studying the Book of Hebrews. Please call our Office and leave a message and we will return your call (please speak clearly leaving your name and phone number) or stop in to sign up.

• **LADIES BIBLE STUDY** - Begins Tuesday, September 21st - 9:30 am - 11:30 am. Again, call and leave a message or stop by to sign up. We will be studying the Book of Esther.

• **All Executive Boards will begin meeting in September.**

THRIFT STORE

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NOTE: THRIFT STORE CLOSED Thursday, November 25 and Saturday, November 27 (Thanksgiving Holiday) also CLOSED Saturday, December 25th (Christmas Holiday)

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Ray Hamelin and John Burke. Bartenders (Volunteers) Matt and Bill

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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, October 16th and October 23rd** from 10 AM to 2 PM. The program is for those who have left the Catholic Church, for any reason, and might be feeling the calling to return.

All of the Team members have left the Church at one time and have returned, providing a comfortable and understanding atmosphere for others looking to return. The program is designed to answer most of the questions returning Catholics might have and some discussion to address any individual concerns (don't worry; participants can share as little or as much as they'd like).

Anyone interested can contact the parish office at 603-882-7793, or visit our website www.stkathryns.org/chc.

Registration is required. Feel free to bring a friend.

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Budget Buddies helps women regain control of their finances, reduce financial anxiety, increase economic self-sufficiency and transform their lives by teaching core money management skills.

Join an upcoming financial education program, and along with your own personal coach, you will begin your journey to financial independence. Programs are virtual! Workshops run weekly for 1.5 hours/week for approximately 13 weeks.

Email bwheeler@budgetbuddies.org

Visit www.budgetbuddies.org

**FIND OUT ABOUT
THE REAL DANGERS OF VAPING
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MASS.GOV/VAPING

FACTS. NO FILTERS.

It's summer, the Commonwealth is opening up, people are socializing and now is a good time to talk with your teens about vaping.

The MA Department of Public Health, in collaboration with the Office of Consumer Affairs and Business Regulation, recently launched a vaping education campaign for youth: *Facts. No Filters.* The campaign gives youth facts about the dangers of vaping, tips to help them talk to friends, and resources to quit.

This campaign builds awareness and offers adults a jumping off point for conversation about youth vaping. The campaign includes paid ads that use a series of short digital videos on Instagram, Snapchat, Connected TV, Google, and other websites. Young people will hear how vapes have nicotine in them and are highly addictive and how this leads to negative impacts on the brain, as well as their physical and mental health. Teens will be encouraged to support their friends who may be struggling with vaping and to connect them to free quit services for youth.

The videos are fun, fast-moving and colorful. They were tested with Massachusetts youth of different ages with the goal of encouraging young people to quit.

Help spread the word and the videos this summer by going to mass.gov/vaping, to find the facts and resources.

A corresponding parent education campaign will launch soon at GetOutraged.org. Learn more about the youth campaign at mass.gov/vaping and [@GetTheVapeFacts](https://www.instagram.com/GetTheVapeFacts) on Instagram or contact me for more information: Ashley Hall, Northeast Tobacco-Free Community Partnership, at (978) 722-2864 or ashley.hall@glfhc.org.

**TYNGSBOROUGH
DUNSTABLE HISTORICAL
SOCIETY**



8th Annual AACA Bean Pot Region Car Meet
Saturday, October 16th • 9 a.m. to 1 p.m.

Rain Date Sunday, October 17th • 9 a.m. to 1 p.m.

This will be held at the Little Red Schoolhouse,
64 Main St, Dunstable, MA (Route 113).
Not far from the Dunstable/Tyngsborough
town line near Route 3

Come see a field full of beautiful antique cars.

Hot dogs and homemade chili and beans are available.

For information. Please contact Sue Psalidakis, 978 649-6005.

We look forward to seeing you there!

**Please note that we will observe any new health requirements
if they become mandated for functions like ours.**

Thank you to those who have renewed their membership and
made donations so far this year! We appreciate your kind support.

Membership forms and more info is available at

www.tdhistoricalsociety.org

Email address: tyngsboroughdunstablehs@gmail.com

**LOWELL GENERAL HOSPITAL
TEAM WALK FOR CANCER**

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TeamWalk.org](http://www.TeamWalk.org). Follow TeamWalk on Facebook to see videos from
special guests, fundraising tips, profiles of walkers, teams, and
sponsors, and contests to win fun prizes. Once your Team decides
on a date to walk, please email [Andrea.jackson@lowellgeneral.
org](mailto:Andrea.jackson@lowellgeneral.org) prior, so she can get you your TeamWalk to Go Box. It's filled
with great things to make your walk day fun!

**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
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online at www.sjdarc.org or contact the Admissions Office at
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We look forward to seeing you. CDC protocols for Covid-19 followed.

***** FOOD IS BEING SERVED ~ COME ENJOY! *****

**Hours are Tues, Wed, Thurs 12pm to 8pm and Friday and
Saturday 12pm to 11pm. Closed Sunday and Monday.**

**The menu includes Appetizers, Subs, Hamburgers, Pizza
and more.** Stop in we'd love to see you. Please be well. *If you are
interested in joining, or want more info about what is happening at the
Post, please get in touch with the person noted for each organiza-
tion or call the Post at 978-649-7540.*



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**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>

**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.

Officers for the 2019-2020 Lions Year
President: Mark Alexander, 1st Vice President/Membership Chair: Joseph Ward, Treasurer: Bob Reich, Secretary: Laura Ward, Tail Twister: Meghan DeMonico.


Anyone interested in joining the lions is asked to contact Joseph Ward at 978-930-1153. 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, 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!

**AMVETS POST #247
ROBERT D. PELLETIER**




90 Pawtucket Blvd. Tyngsborough, MA

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"ALWAYS READY TO SERVE OUR VETERANS"
AMVETS National Website: <http://www.amvets.org/>

**AMERICAN LEGION
AUXILIARY UNIT 247**



90 Pawtucket Blvd. Tyngsborough, MA 01879

Auxiliary Unit 247 Officers for 2019-2021:
President: Linda Small; Sr. Vice: Ann Thellen; Jr. Vice: Joyce Ferreira; Secretary: Pat Modrich; Treasurer: Diane Dileo; Sgt-At-Arms: Deb St. Peters. Trustees: Michelle Lambert, Kathleen Oljey and Josephine Beauregard.

For information on the Auxiliary Unit contact Unit President Linda Small.

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We are keeping all of you, of our community, in our prayers.

Please check out our website www.wcumc.us for updates and general information. You can connect with us on Zoom at 9:30AM Sunday mornings. www.facebook.com/westchelmsfordumc

- To contact us for more information email to office@wcumc.us.
- West Chelmsford United Methodist Church is a family oriented church with something for everyone from tiny tots to seniors.

Our music program has six choirs to lift your spirit. We have a vibrant Sunday School program for all ages. the missions ministry will offer you many opportunities to give of yourself. We support Lowell Open Pantry, St. Paul's meals, Lowell Transitional Living Center and more. So come see what is happening.

DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

www.Dunstablechurch.org

978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

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

We are a caring community of faith where we are all on a journey together finding hope, purpose, connection and wholeness as followers of Jesus. Wherever you are in this walk of life, we invite you to join us. **Morning worship service begins at 10:30 AM.**

• Masks are optional. Social distancing is according to your comfort level. **You may also continue to worship online via our facebook live stream.**

• **Sunday morning adult Bible study 9 AM.** (Hybrid in-person and Zoom)

• **Starting September, 14th 7-8:30 PM Tuesday evening get-together. 3 times a month on Zoom.**

• **Sunday School/Nursery.** Starting again in September, nursery care will be provided for infants through preschool on Sundays during the service at 10:30 AM. We will use a one-room format for both nursery care and Sunday School children in kindergarten through grade 4.

For questions regarding Children's Sunday School/Nursery or to volunteer to help, please contact Shellyannross@gmail.com. Check in on our website for news to come regarding Adult classes.

Come visit your community church. Streaming is still available on our website, www.dunstablechurch.org.

**May the Lord walk between us while we are absent,
one from another.**



Rivier Institute for Senior Education (RISE)
Rivier University

420 South Main Street • Nashua, NH 03060

RISE FALL COURSES BEGIN OCTOBER 4th

Nashua – Due to COVID-19 pandemic restrictions, The Rivier Institute for Senior Education (RISE) is conducting the fall semester online via Zoom. The six-week semester begins Monday, October 4 and ends Friday, November 12. Each class session is 60 minutes and held between 9:30 a.m. and 4:00 p.m.

Seniors can choose from 35 courses. There are no learning prerequisites, no tests and no credits earned. Membership fee is \$50.00 for one or more courses. Course topics include literature, history, music, fine arts, genealogy, technology, philosophy, personal safety, personal growth, writing, politics and the world, health, arts and crafts, enrichment, and yoga.

Zoom is quite simple to use and RISE will provide support for individuals who might be hesitant to participate using this format. Zoom allows a continuation with lifelong learning and also provides a way to connect while RISE is off campus.

Information for the course listings and registration is posted at <https://rise-rivier.wildapricot.org>. Unfortunately the registration ends on Monday, September 13. The next session should be held in the Spring with an information session held in January. Around that time they will begin the registration period at which time you can set up your membership and then sign up for classes. There are more benefits than just the great classes. So look into this now if you are interested for the next session.

The RISE program, tailored for "learning in retirement," is in its twenty-fourth year. Individuals age 55 and over are invited to learn more about RISE from <https://www.facebook.com/RISE1997>. Additional information is available by calling (603) 897-8623.

**FRANK KING
PRESIDENT**



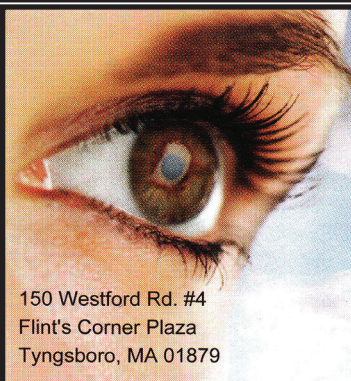
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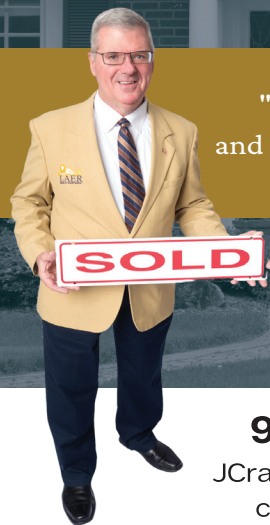
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Confessions

Mondays at St. John from 4:30-5:30pm
Tuesdays at St. Margarets from 4:30-5:30pm
Wednesdays at St. Mary from 4:30-5:30pm

• WEEKEND MASS SCHEDULE

St. Mary: 4pm on Saturday, 7am and 11am on Sunday
St. John: 4pm on Saturday, 9:30am and 6pm on Sunday
Also 12pm African Liturgy (2nd, 3rd and 4th Sundays)
St. Margaret of Scotland: 4pm on Saturday and 7:30 and 10am on Sunday

• DAILY MASS SCHEDULE Monday thru Friday

St. Mary at 7am • St. Margaret of Scotland 8am • St. John at 9am

MIDDLESEX CONSERVATION DISTRICT



Fall Bulb Sale Cancelled

Usually orders are accepted until the end of August and when orders are picked up in September, the extra stock is sold. Due to a confluence of unexpected circumstances, the Middlesex Conservation District has reluctantly decided to skip the Fall Bulb Sale this year. We will be back with both the Spring and Fall Sales next year and look forward to serving you. We look forward to serving you in 2022.

Seeking a Plant Sale Coordinator

MCD is looking for a new Plant Sale Coordinator. If you love plants, are interested in native plants, and are looking for a flexible part time opportunity that supports conservation.

For more information about the Middlesex Conservation District, please go to our website. <https://middlesexconservation.org>

CLOTHING SHED AT DUNSTABLE CHURCH



The clothing donation shed at the Dunstable Evangelical Congregational Church, **518 Main St, Dunstable MA**, is open to the public.

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. 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.

BEAVER BROOK NATURE CENTER

117 Ridge Road, Hollis, NH

Please go to the website for more information about Beaver Brook. Check out the programs offered. If you would like to attend an upcoming event, please register online at www.beaver-brook.org

Please read all details about what to bring or wear for weather and for COVID-19 protocol.

KITTY ANGELS

is a no-kill shelter dedicated to rescuing stray and abandoned cats, furnishing them with treatment for injuries or other health problems, and placing them into life-long, loving, indoor homes with compatible owners. If you wish to make a donation you can use the PayPal link, or you can send your donation to Kitty Angels, P.O. Box 638 Tyngsboro, MA 01879. 501(c)3

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janeseeker@gmail.com <http://NewhouseWildlifeRescue.org>

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Buy local!

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HOW TO PREP FOR A SUCCESSFUL HOME SALE

Sponsored by Carrie Best Cyr

Are you thinking about selling your home?

Supply is low and demand is high right now, which means many sellers are seeing quick turnarounds and healthy profits. Still, despite the hot market, selling a home isn't easy. If you want the experience to be as smooth as possible, prepping early and enlisting help are key.

Want to make sure you're primed for a fast and profitable home sale? Here's what you can do:

- **Focus on curb appeal.** Curb appeal can make a huge difference, so spend time painting the shutters, power-washing the exterior and tidying up the landscaping to make sure your home catches buyers' eyes.
- **Declutter and clean.** Pare down your belongings and get the house looking cleaner than ever. You want it to be pristine for any listing photos and videos.
- **Have an exit plan.** Showings can be tricky, especially if you have kids or pets. Make sure you have a plan for how you'll keep the home clean, and know where you'll go when a showing is scheduled.
- **Know your next steps.** Where will you go after you sell? In a hot market, it may be hard to find a home to buy right away. Make sure you have a backup plan, like a friend's house or a rental you can use in the meantime.
- **Prep for the costs.** Selling isn't free. You'll need to budget for things like repairs, upgrades, staging costs and commissions. If you're buying a new home, you'll have additional costs, too.

Catie's Closet Second Annual Every Step of the Way Virtual 5K

**Will you join us this year? September 19th to
October 2nd**

Every adult \$30 registration fee funds the purchase of a new pair of sneakers for a local student living in poverty. Registration fee for ages 3-18 is \$15. Ages 2 and under are free.

As part of our Fill the Bus initiative, our goal is to provide 500 students in grades preK-12 with brand new sneakers to start the school year off on the right foot. Students are in great need of support as they enter yet another challenging school year. A brand new pair of sneakers allows them to feel confident from the feet up, so they can focus on learning, playing, and just being kids! **Every step you take makes a difference.**

Our 5K is for people of all ages and athletic ability. You don't need to be an avid runner or super athlete to join, and you don't have to do the 301 miles all at once! You can run, walk, hike, use a treadmill, or bike. You can also complete the 5K over the course of the two weeks at your pace. You can join as a runner, Join as a family, or Join as an individual. **How do you track your distance and time?** You can easily track your distance to make sure you hit your 3.1 miles and enter your completed time on our 5K website.

Free apps: Runkeeper or Strava. **Devices:** Fitbit, Apple/Android Watch, Garmin Watch, other fitness tracker wearables and watches. **Smartphone:** Health App on iOS or Google Fit on Android.

Go to the website www.catiescloset.org to learn more about Fill the Bus and about the importance of new sneakers for students in poverty. Make an impact from wherever you are with the new Catie's Closet app. Now available on iOS and Android devices. Make monetary donations to show your financial support. Request a prepaid shipping label to donate gently used items. Shop our Amazon Wish Lists to purchase new items. The Catie's Closet app makes it easy to support local kids in need anytime, anywhere. Download today!

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They would like to know. Thank you, Anne

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Neighbor to Neighbor

Published by Anne M. Paquin
Since 1983

64 Hardy St., Dunstable, MA 01827

Do you have news?

Is your organization hosting any meetings or events, virtual or in person? Do you have a fundraiser or activity coming this fall in October or November?

The news is placed FREE of charge
and on a first come first served basis.

If you are thinking about advertising your business, Please contact me by email if possible, so I can send you a rate sheet.

The total circulation each month is 6,578 issues and includes the towns of Dunstable and Tyngsborough, MA.

Issues are available to read on line at

www.neighbortoneighbornewsletter.com

There is also more news and articles posted there.

I look forward to hearing from you soon.

E-mail: anne@neighbortoneighbornewsletter.com

Call and leave a message at (978) 419-1914

THE WISH PROJECT

166 Middlesex St.

North Chelmsford, MA 01863

This is behind Hertz Car Rental

thewishproject.org

For information email: info@thewishproject.org



If you are donating 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.

• Lori is coming to you with a special request. **We need complete birthday bags** to help local families celebrate their child's special day. We are currently out of gender neutral themed bags and boy themed bags and are down to our last couple girl themed bags. Each bag contains: paper plates, cups, napkins, plastic utensils, table cloth, cake mix, party hats, frosting, and birthday candles. Awesome extras to include- decorations and party favors.

• **We are struggling to keep twin and queen sized mattress and box spring sets in stock and we would love your donations.**

If you have a twin or queen size mattress and box spring set to donate (in excellent condition, with no rips or stains) please stop by the warehouse Tuesday-Saturday 9:00-2:45.

CURRENT NEEDS

• **Cleaning & Hygiene Needs:** Body wash for adults and kids (we are OUT again), Children's toothbrushes, Shampoo and conditioner, Landry detergent pods (we are OUT again), Disinfecting spray cleaner, Spray bottles, Dish soap, Paper towels,

• **Furniture & Home Goods Needs:** Queen mattress and box spring sets (may be new or used in excellent condition with no rips or stains), Twin mattress and box spring sets (may be new or used in excellent condition with no rips or stains) ** we are in great need of twin beds**, Small kitchen tables (to seat 2 people) **we are in great need of small or lightweight kitchen/dining tables**, Toddler beds, Mixing bowls, Steak knives, Metal Bakeware, Cookie sheets, Mugs, Drinking glasses (we are OUT), Dish Towels, Pot holders, Laundry baskets.

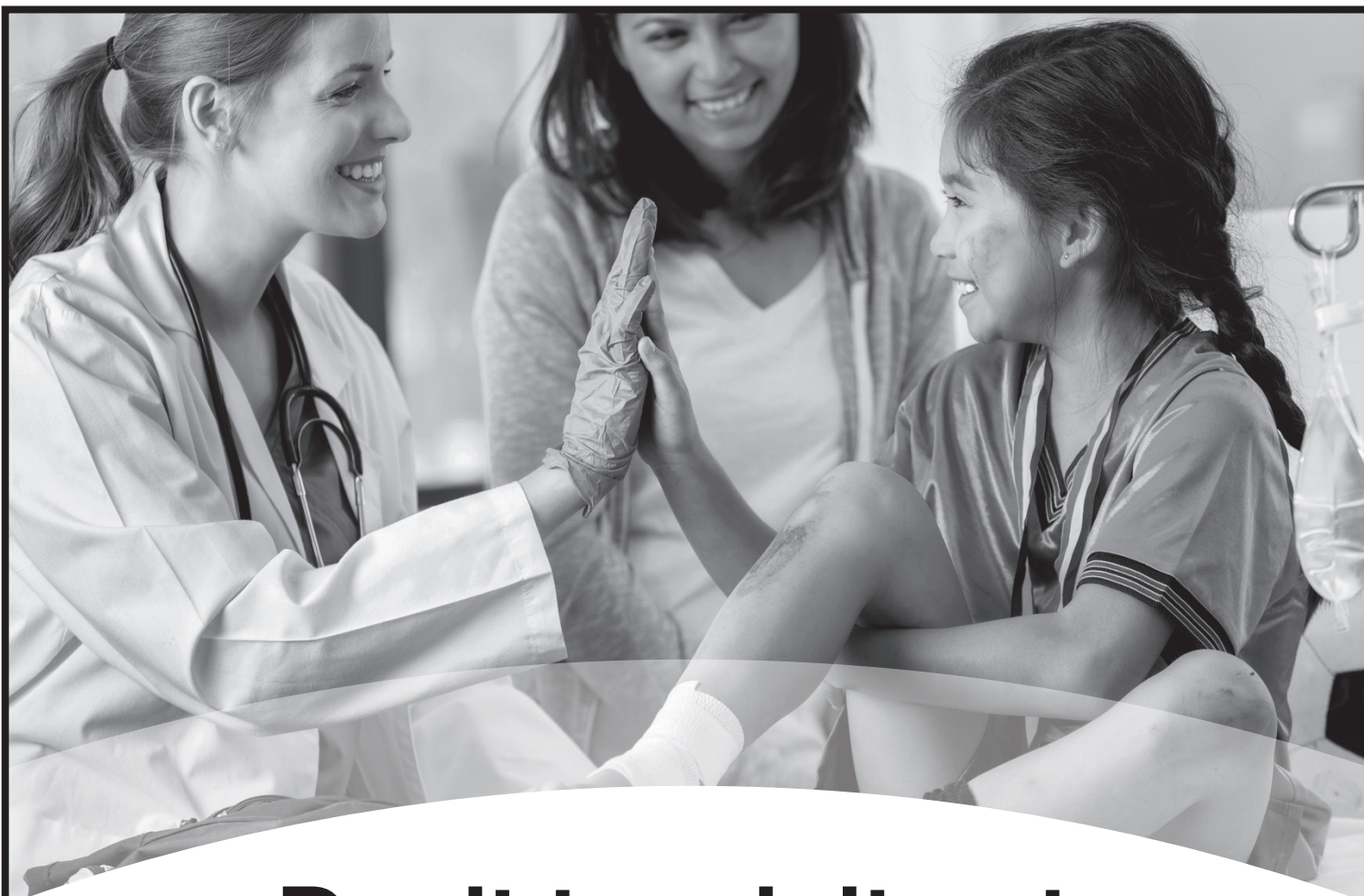
• **Baby Needs:** Infant travel systems (with the car seat less than 3 years from manufacture date), Infant car seats (new or used in good condition with no rips or stains and less than 3 years from manufacture date), Toddler car seats (new or used in good condition with no rips or stains and less than 5 years from manufacture date), Baby wipes, Pull-ups size 3T-4T & 4T-5T, Play mats, Diaper bags, Baby safety kits, Pack and Play sheets, Baby blankets, Baby gates, Baby carriers, Crib sheets, Tear free shampoo/wash for babies and toddlers.

• **Clothing Needs:** Boys PJ's in sizes 10 and up, Men's underwear in sizes medium and large, Boys underwear in all sizes, Women's underwear in sizes small and medium.

THE THRIFT SHOP AT THE WISH Thank you so much to everyone who has come out to shop to support our organization. Know that every purchase goes back to The Wish Project to help us help the community. Each and every purchase helps make a difference. Staff and volunteers have worked so hard to get items organized and priced inside the shop and we are The shop is still filled with items from kitchen wares to clothing to décor to toys, all prices are super low. So be sure to stop by and check it out.

The thrift shop is open Tuesday-Friday from 9 to 2:45 and Saturday from 9 to 12:45. We accept cash and Credit card payments. Be sure to follow The Wish Project Thrift Shop page on Facebook for regular updates on the awesome merchandise you can find in our store.

• **About Us:** The mission of The Wish Project is to help families in need in the Merrimack Valley. Find out more on our website www.TheWishProject.org or call us at (866) 947-4360. Our mailing address is: The Wish Project, PO Box 8693, Lowell, MA 01853.



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THE BRUSH ART GALLERY & STUDIOS

256 Market Street, Lowell, MA 01852

Exhibit Title: "The Lightness of Being"

(39th Annual Brush Studio Artist Exhibition)

Exhibition: **September 25 to November 7, 2021**

Reception: **Thursday, September 30, 5-7 PM**

Artist Talk: **Sunday, October 24, 1-3 PM**

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

www.thebrush.org 978-459-7819

Studio Artists Presenting "The Lightness of Being"
Lowell, MA -- Lighten your sense of being with our studio
artists at their 39th Annual Brush Studio Artist Exhibition,
"The Lightness of Being."

"The Lightness of Being" is a sacred journey to physical, mental, emotional and spiritual freedom. Take a break from the social stress of the times and witness the essence of "Lightness" through the artistic expressions of our 11 studio artists made especially for your viewing pleasure!

"The Lightness of Being" is an uplifting treat for both the eyes and the soul. The Brush Studio Artists invite you to explore their lightness of being art journey. Their work will be on display in the Brush Art Gallery & Studios as well as via a virtual online Gallery at www.thebrush.org/exhibits by September 25.

Studio Artists, Medium, Hometown

Donna Berger, Painter/Illustrator/Graphic Designer, Chelmsford

Penelope Cox, Hand-made Jewelry, Lowell

Jenny Day, Quilter, Billerica

Lolita Demers, Ceramics/Mixed-Media, Methuen

Claire Gagnon, Painter, Dracut

Chrissy Theo Hungate, Sculpture/Painter, Lowell

Gwendolyn Lanier, Visual Artist, Lowell

Paul Richardson, Photographer, Lowell

Raksha Soni, Painter, Burlington

Tom Whiting, Digital Painter and Drawer, Lowell

Will Winslow, Designer/Illustrator, Lowell

For more information about the Brush <http://www.thebrush.org>

Directions to the Brush <http://www.thebrush.org/contact.htm>

This exhibit is supported in part by a grant from the Lowell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency



The Brush Art Gallery and Studios is located in the Lowell National Historical Park across the courtyard from the Visitor Center. This dynamic and captivating place was originally founded by the Lowell Historic Preservation Commission, U.S. Department of the Interior in 1982. The Brush presents museum quality exhibitions, educational programs, and has collaborated with many other nonprofit groups. Artists occupy studio spaces to interact with and educate the public on a weekly basis. Currently, eleven studio artists produce paintings, illustration, photography, jewelry, sculpture, ceramics, quilts, and handwoven items. Associate artists display work in the common area. The Brush Art Gallery and Studios is a nonprofit, 501(c)(3) organization, and is supported by Lowell National Historical Park.

THE ARBORS AT DRACUT

is a third-generation family owned and operated assisted living community in Dracut. We offer Independent Living, Assisted Living, Memory Care and Trial Stays. In our elegant home-like setting, residents can enjoy many amenities, including dining on local culinary favorites, participating in engaging and enriching social opportunities, and quality personal care daily.

At the Arbors, residents enjoy their independence in a supportive environment surrounded by friends and neighbors, with the peace of mind that comes with knowing that 24/7 care is always available. It's a place where you can feel at home and be treated like family. The Arbors offers the perfect mix of the independence needed to live your own life along with a supportive community needed to help you thrive.

If you've been thinking about assisted living, but don't know where to start, give us a call! Deciding to help a loved one transition to a senior living option can be a little overwhelming. We can help you get the clarity, answers, and support needed to lessen your worries and take the next steps.

Contact Anne-Marie Sousa to start the discussion. 978-455-9182 or ASousa@ArborsAssistedLiving.com

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