



# Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

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[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

Celebrating 38 Years of Service

Issue # 398 • November 2021

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## TYNGSBOROUGH TOWN CLERK NEWS

• 2021 Dog Licenses are 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 [jshifres@tyngsboroughma.gov](mailto:jshifres@tyngsboroughma.gov) with any questions.**

## ADOPT-A-FAMILY

*Tyngsborough Public Schools ~ School Committee*

It is that time of year again, and the Tyngsborough Public School's sponsored *Adopt-A-Family* program is beginning its annual efforts as we approach the 2021 holiday season.

The *Adopt-A-Family* program has been in existence for over forty-five years and provides assistance to needy families within our community during the holidays. The continued goal of the program is to assist those in need within our community by providing a meal, as well as gifts for children and teens who might otherwise go without. Last year this *Adopt-A-Family* program was able to assist over 100+ needy families and elderly with help from students in our schools, private citizens and a few community businesses. This year will be no different, times continue to be difficult for a growing number of families.

In order to continue to provide assistance, we are reaching out to community members and businesses in the greater community for support. At this time the program is in need of the following:

Family and children sponsors, please email our Family Liaison Melissa Mallous at

[Melissa.Mallous@tyngsboroughps.org](mailto:Melissa.Mallous@tyngsboroughps.org)

Gift cards to local businesses (Walmart, Target, Market Basket, Old Navy, etc.)

Monetary donations (checks made out to Tyngsborough High School, memo: Adopt A Family Program) can be sent to Tyngsborough Public Schools, 50 Norris Road, Tyngsborough, MA 01879, ATTN: Sharon Fairbanks

If you are interested and able to make a donation, sponsoring a child/family yourself, or as a group, or offering support in another way, please contact one of the *Adopt-A-Family* committee members listed below. We look forward to establishing new partnerships within our community. Your contribution, along with the combined efforts and generosity of many, will ensure another successful season of giving for our neighbors in need.

Warm regards, **Sarah Lewenczuk**, 978-649-8914, Adopt-A-Family Secretary & Treasurer, [Sarah.lewenczuk@tyngsboroughps.org](mailto:Sarah.lewenczuk@tyngsboroughps.org), **Sharon Fairbanks**, 978-649-7488, Adopt-A-Family Community Liaison, [Sharon.fairbanks@tyngsboroughps.org](mailto:Sharon.fairbanks@tyngsboroughps.org), **Melissa Mallous**, 978-649-3115, Family Liaison, [Melissa.Mallous@tyngsboroughps.org](mailto:Melissa.Mallous@tyngsboroughps.org)

## IN MEMORY OF

Robert G. Dufault Sr.  
Maureen Donaher Haugland  
George Pappas  
Joseph R. Jean  
Albert D. "Al" Arigo Jr.  
John A. McIsaac  
Mollie Gilmore Chun O'Dea  
Jeannine T. (Marion) Michaud  
Francis "Frank" D. Nicosia  
Maria do Rosario (Azinheira) Custodinho

Colette J. (Latour) Murray  
Mary A. (Manning) Lessard  
Arthur Richard Boulanger  
Louis R. Leakeas  
Patricia A. (McEnany) Richer  
Helena (Saunders) Riney  
Thomas P. Straughan  
Joan E. (Kenney) Vinal  
Robert J. Michaud

## TYNGSBOROUGH BOARD OF HEALTH HOUSEHOLD YARD WASTE COLLECTION

**If you missed the collection on Saturday, November 6<sup>th</sup>, remember you can get your bags ready for pick up on Saturday, November 20<sup>th</sup>**

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.**



## VETERAN'S DAY 2021

The Town of Tyngsborough with the American Legion, Amvets Post 247 and Sons of the American Legion will hold the Veteran's Day ceremony at the Tyngsborough American Legion Post #247, 90 Pawtucket Blvd., **Thursday, November 11, 2021, 11:00 AM.** At the close of the dedication, there will be a flag retirement ceremony to properly dispose of worn & tattered flags, followed by refreshments. You can drop off your flag at the American Legion/Amvets Post #247 or town hall Veteran's office.



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## CHEMICAL RESTRAINTS IN NURSING HOMES

*By Edward H. Adamsky, Attorney at Law*

Every resident of a nursing home is entitled to appropriate physical and medical care. Each person should be treated as an individual and given only the care that meets their needs. But in the real world, some nursing homes are understaffed and overcrowded, and cannot keep up with the needs of the residents. This leads to the overuse of antipsychotic drugs, not to treat a medical diagnosis such as Schizophrenia or Bipolar Disorder, but to control behavior (often called "chemical restraints" as physical restraints have been outlawed for many years). The use of drugs helps to "calm" the residents allows the staff to handle them more easily. This isn't the proper use of medication and violates the rights of the residents. Many antipsychotic drugs are contraindicated for elders with dementia and can lead to an increased risk of death.

Sometimes those with dementia are unable to find the words to express themselves and so act out their needs. A person might moan to show pain, or shout to show anger or frustration. These actions should not be dismissed as meaningless and should be evaluated and dealt with appropriately. Actions such as distress, agitation, screaming, hitting, confusion, fear, crying or anger may all indicate that the person needs care, not shutting up.

Sometimes medical conditions or other medications might show up as adverse behavior. The behavior needs to be reviewed and the cause determined so the person can get the right treatment. But in many cases, the choice is to just give drugs that will calm the patient down and stifle the behavior rather than finding the cure to the actual problem. This is not an appropriate treatment of the resident.

You can try to determine if your loved-one is a victim of over-medication by looking for the following symptoms (among others): Difficulty waking to eat or to speak; disordered thinking, hallucinations, depression, or delusions; dry mouth, decreased appetite; repetitive, and involuntary movements of the head, tongue, fingers, and toes.

You should review your loved-one's medication list and ask why any particular medicine was ordered and what symptoms or behavior prompted it. Ask if the medication is specifically directed to the symptom or cause of the illness and if there are other non-drug options. Ask what might have been done to treat the symptom before trying the medication in question. Ask for the plan of use and ending the use.

Some of the common antipsychotic medications are (brand name/generic name): Risperdal/Risperidone; Zyprexa/Olanzapine; Seroquel/Quetiapine Fumarate; Abilify/Aripiprazole; Haldol/Haloperidol; Clozaril/Clozapine; Depakote/Divalproex; Ativan/Lorazepam; Paxil/Paroxetine. Many come with a "black box" warning that says they should not be given to patients with dementia.

If you suspect your loved-one in a nursing home has been given drugs for an inappropriate reason you should speak with the medical director of the facility and consider contacting the state ombudsman for nursing homes. In Massachusetts call (617) 727-7750.

## POLICE & FIRE EMERGENCY 911

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

**TOWN OF TYNGSBOROUGH**  
TOWN HALL, 25 BRYANTS LANE

**Mon. & Tues., 8:30AM to 4PM • Wed.: 8:30AM to 7:00PM**  
**Thurs.: 8:30AM to 4:00PM • Closed Friday Until Further Notice**

*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 the **first Wednesday of the month at 7pm**. Additional information may be found on our website at

**TyngsboroughRec.com** Friend us on Facebook. Seeking new members. Currently two open seats. Join us!

• **Tyngsboro Youth Basketball:** The 2021-22 basketball season is on-schedule and registration is open for girls and boys from pre-school thru 8th grade. **This is not a school league**, all youth athletes can participate in most programs. Details, options, deadlines, and sign-ups are online: [www.TyngsboroughRec.com](http://www.TyngsboroughRec.com)

• **Community Service Hours Available for Students**

Do you need community service hours? Contact us, we have many opportunities at our various events and programs.

• **Mark Your Calendar for the 12th Annual Festival of Trees!**  
**Thursday, December 2nd - Sunday, December 5th, 2021**

Celebrate the season by visiting a country town whose energy and spirit captures the holidays with true New England charm. The Tyngsborough Festival of Trees is a community celebration featuring a spectacular display of uniquely decorated holiday trees and seasonal displays set in Tyngsborough's historic "Old Town Hall" built in 1834! Open free to the public, you will delight in the live holiday entertainment, workshops and events. Raffle tickets will be available to purchase your chance to win any one of these beautiful trees plus raffle items generously donated by local businesses and families. Tyngsborough's Festival of Trees is a benefit event which provides funding for the many youth programs supported by the Tyngsborough Recreation Committee.

• **Time to start thinking about your tree entry!!**

Yes, time to start brainstorming! What kind of tree will you bring to the Festival this year? Judges award ribbons for the winning entries. People's choice award ribbons awarded each day.

• **Volunteers needed during the Festival of Trees!**

Every good event has many enthusiastic people who chip in to help make everything happen. We need you to help make this Festival of Trees the best ever! Please consider helping with set-up, general running during the Festival hours, activities and breakdown. Email at [HolidyFestivalofTrees@gmail.com](mailto:HolidyFestivalofTrees@gmail.com) or message us on Facebook. Join us and get into the holiday spirit!

**Festival 2021 Schedule**

*Subject to Change, Check Website, FB and Instagram for updates*

**December 2 - December 5, 2021**

**Festival Hours & Schedule of Events**

*Join us for all the fun, special events, register in advance to participate.*

**Entry to the Festival is FREE.** Raffle tickets are \$20 for 25 or \$10 for 10. Music performances and Boutique are open daily at 216 Meeting House. Candy Cane Cafe is open at Old Town Hall daily with light refreshments (cash) and children's crafts daily while they last.

• **Thursday: December 2, 1-8pm**

1:00-8:00pm Opening Night

Children's free craft activities

7pm Paint Nite, Paint while enjoying some cheer. Sign up with a friend or two for this popular event! (must register on-line)

• **Friday: December 3, 1-8pm**

1:00pm Senior Citizen's Tea (must register in advance on-line)

Children's free craft activities

4:00pm Cookie Decorating for Children - (must register in advance on-line)

6:00-11:00pm ICE HOUSE OPEN with Music, food and spirits

• **Saturday: December 4, 10-8pm**

Children's free craft activities

4:30pm Common lighting with Santa's arrival, Carolers and THS Holiday Ensemble

5:30-11:00pm ICE HOUSE OPEN with Music, food and spirits

• **Sunday: December 5, 10am-5pm**

1:00pm Holiday Workshop (must register in advance on-line)

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FOR THE DECEMBER ISSUE.**

If you want to submit an article for an organization or an upcoming event please email the information to me.  
If you have a business and you would like to know more about advertising, and you would like to speak with me, please call 978-419-1914.

If you would like to receive the rate sheet please email me at [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)  
I will get back to you as soon as possible.

Thank you, Anne



## Tyler's Timely Technical Tips

By Tyler Denommee

No one wants to start the year with boiler troubles. How do you know whether to repair or replace? Let's look at some of the factors to consider in making a decision.

**Age:** On average, boilers have a service life between 10 and 15 years. Older boilers are more prone to problems such as leaks and malfunctions, as well as increased energy use.

**Safety:** For any decision regarding an existing system, safety needs to be top priority. Repairs may be an option, but may not improve the safety of the boiler.

**Repair Needs & Costs:** If the cost of repairing is relatively low, or the repair is simple, then this may be the best choice.

**Efficiency & Energy Costs:** Wear & tear over the years reduces efficiency & performance. New, high-efficiency units use much less fuel.

Taking these factors into account, if an old boiler breaks down often, energy bills are higher, and your home doesn't feel as warm as it should, it might be time to consider boiler replacement.

Until next month, stay comfortable! *Tyler*

**Got a question? Drop me a note!**

[tyler.d@denommeep plumbing.com](mailto:tyler.d@denommeep plumbing.com)

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Email: [thechristians@juno.com](mailto:thechristians@juno.com)

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## THE MERCY OF GOD'S CORRECTION

**By Nathan Combs**

It is often uncomfortable to receive reproof, especially in our American culture which focuses so much on the autonomy of the individual. For a variety of reasons, it is easy for us to view correction as inherently unkind, unnecessary, and oppressive. How can the Scriptures unashamedly declare that God disciplines the hearts of those who submit to his lordship? Why should we submit to the Lord's correction? Hebrews 12:7-11 reveals three main ideas.

First, God's discipline demonstrates his love. Perhaps this seems counter-intuitive at first. Surely love means allowing people to exercise their free will, not interfering with their choices. However, the Hebrew Christians are told in verse 7: "God is treating you as sons. For what son is there whom his father does not discipline?" As a father of a young toddler, I would not show love to my son if I allowed him to naively choose playing in a busy road rather than in the safety of our yard. Therefore, out of concern for his wellbeing, I must prevent him from carrying out his choice and teach him a better way, despite his momentary disappointment. In the same way, God does not allow me to continue in character traits or beliefs that are harmful to me and to the lives of others.

Secondly, God always disciplines perfectly. Verses 9 and 10 tell us: "Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good." Although it's a no-brainer for me to gently teach my son not to play in the

road, there are a myriad of other parenting decisions that are not as straight-forward! Despite good intentions, I have certainly made many parenting mistakes, as my father also made with me. But fortunately for us, the training which the heavenly Father provides is always the best possible discipline. He never temporarily loses his temper, abuses his authority, or forgets his perspective on what we need. He is always moving us towards the goal of "sharing his holiness" (vs. 10).

Third, the end result of God's discipline is beautiful. Verse 11: "For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it." Perhaps you can still remember painful moments as a child when your disrespect or disobedience was addressed. Now, I regard the imperfect efforts of my parents as a mercy. I'm now thankful for the training, the chores, the schooling, and the many long conversations that shifted my perspective in needed ways. Likewise, the discipline of God is a mercy in far greater ways than we have the capacity to understand. Let's rejoice in it.

## 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](mailto:hrwhitehair@gmail.com) if you have questions or donations. All client information is kept confidential.

**Happy  
Thanksgiving!**







25 Bryant Lane, Tyngsborough, MA 978-649-7361 [www.tynglib.org](http://www.tynglib.org)

**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** Thursday, **November 11** Veterans Day  
Thursday, **November 25** Thanksgiving Day  
Saturday, **December 25** Christmas Day  
Saturday, **January 1** New Year's Day

**EARLY CLOSING Wednesday, November, 24** at 4:00 p.m.  
*The Library Staff, Trustees and Friends of the Library would like to wish all of our patrons a very Happy Thanksgiving!*

• **Felted Gnomes via Zoom, Tuesday, November 9, 2-3:30 p.m.** Artist Rachel Benson will lead patrons in creating these adorable felted gnomes. All supplies will be provided. Please let the staff know if you participated in a prior class and have your needles and foam. You have a choice of a red, blue or green felt hat. Kits will be available for pick up on Wednesday Nov. 3. Please call the library at 978-649-7361 to sign up by Nov. 2. Space is limited.

• **Cooking with Chocolate via Zoom, Monday, December 13, 7-8:00 p.m.** Chocolate is not just dessert; it's everything you need! Join chef Liz Barbour of The Creative Feast for this delicious class. Enjoy a cooking demonstration of two delicious chocolate dessert recipes you will love. *Funded by the Friends of the Library.*

**Register for TPL programs by calling or emailing (circdesk@tynglib.org) the Library or using links provided on the online calendar for virtual programs.**

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

• **PokeMondays, 4:00 p.m. – 4:45 p.m. on Zoom, Mondays throughout November.** Pokemon Trading Card Game Online. Learn to play and make new friends. We also have special bonus codes for registered players. Download a free game installer from [pokemon.com](http://pokemon.com). Make sure to play through the tutorial so you will be ready to challenge other players online. (Ages 7+)

• **CraftTyng Tuesdays, 4:00 p.m. – 4:30 p.m. on Zoom, Tuesdays throughout November.** 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, 4:00 p.m. – 5:00 p.m. on Zoom, Wednesdays throughout November.** Learn how to use redstone, command blocks, and some simple programming to enrich your Minecraft experience. (grades 3+)

• **Advanced Crafts for Older Kids, 6:30 p.m. – 7:30 p.m. on Zoom, November 10 and December 1.** We will make mechanical models using cardboard, popsicle sticks and paper clips. Low temp hot glue guns and pliers may be borrowed from the library. You may pick up materials on the Thursday before. (grades 3+)

• **Family Programming with Scratch, 11:00 a.m. – 12:00 p.m. on Zoom, November 6 and 13.** 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+)

• **Book Club, 4:00 p.m. – 4:45 p.m. on Zoom, December 2.** Dragons and Marshmallows, Book 1 of the Zoey and Sassafras series. We will discuss the book and make a craft. (grades K – 3)  
Ongoing:

• **Outside storytimes in our garden area, weather permitting.** Thanks to a generous donation from the Friends of the Library, we will provide 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.**  
• **Music and Storytime with Mr. Robert. Thursdays at 11:00 a.m.**  
• **Check out TumbleBook Library.** Go to reference>e-Resources & Databases on the TPL website>TumbleBook Library. TumbleBook Library has over 1100 titles for grades K-6, including animated, talking picture books, read-along chapter books, National Geographic videos, non-fiction books, playlists, as well as books in Spanish and French. Plus, the collection features Graphic Novels!  
**Board of Library Trustees** Meetings are generally held monthly 3<sup>rd</sup> 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.

Like us on **Facebook**, follow us on **Instagram** @  
tyngsboroughpubliclibrary and **Twitter** @tyngsboroughlib

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## STITCHERS AT TYNGSBOROUGH SENIOR CENTER

Masked, distancing, and still stitching, the group is in full swing getting knitwear ready for the cold months. The Stitchers meet every Monday at 10:00AM in the Arts & Crafts Room at the Tyngsboro Senior Center. Thank you to Jackie Dawson, Mary Teixeira, and Elaine Rivard for their donations of knit goods to Hospice of Southern New Hampshire. After many months of stitching, our Senior Instructor, Yolanda Carmona, has completed a full size afghan which will be raffled off. Raffle tickets will be sold at all the major events at the center. Please call Coordinator, Jean Jacoppi, (978-649-9076) for information or just join us.



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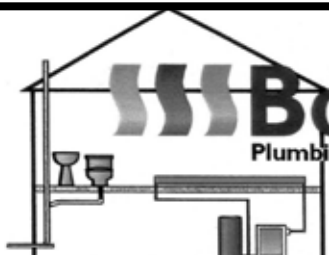
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## TYNGSBOROUGH COUNCIL ON AGING



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**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.

**NOW OPEN to the public, must wear a mask.**

**CENTER CLOSED: Veterans Day –Thursday, November 11th  
Thanksgiving Holiday–November 25th, 26th**

- **DONATIONS / VOLUNTEERS 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 Tuesdays, 12:00-3:00, NEEDED BINGO CALLER Tuesday afternoons 12:30 –2:30**
- **WELLNESS CLINIC** Tyngsborough Council on Aging 169 Westford Rd 978-649-9211 Wednesday, once a month **November 10th**, 0:00-1:00 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.
- **VETERAN'S DAY CELEBRATION—Wednesday, November 10th at 11:30.** Come and join us for a free light lunch followed by a presentation: "Reconstructing History & Genealogy: Mom's WWII Letters". In May 2017, Corinne Smith found her mother's stash of more than 80 letters from 16 servicemen she had corresponded with in 1944-1945. Corrine began to trace the soldiers' family trees with one goal in mind; to return the letters to their families.
- **FIRE DEPARTMENT SAFETY Friday, November 12th at 11:00** "Once a month on Fridays the Tyngsborough Fire Dept. will be at the center giving tips on how to keep safe. If you would like to stay for Lunch, cost \$3.00. Must call to be added to the lunch list. 978-649-9211.
- **COA Board Meeting November 16th, 3:30**
- **BOOK CLUB (Monthly) The COA BOOK GROUP Wednesday, November 17th, 10:00 in the Activity Room.** The 3rd Wednesday of each month the group will get together to discuss the book of the month. We have openings to join the group. The Instructor of this group is Carol Sides. Book of the month...
- **ANNUAL THANKSGIVING CELEBRATION** Friday, November 19th, at 11:00a.m.~1:30p.m. at The Tyngsborough Council on Aging. **Sign up now! Sponsored by the Tyngsborough Council on Aging \$5 per person. Come and gather with your friends to enjoy a scrumptious Turkey dinner with gravy and stuffing, cranberry sauce, potatoes, butternut squash and dinner rolls. Absolutely delicious! Dessert: seasonal pie with coffee. Must come in to sign up. see the greeter.**
- **Outreach Worker Call for an appointment 978-649-9211** Charlene Muscato works collaboratively with many agencies serving seniors.
- **TEXAS HOLD EM Every Thursday, 12:00–3:00** Everyone invited.
- **BINGO Every Tuesday 12:30-2:30** Keep your mind stimulated.
- **Wii BOWLING .. Every Friday 10:00-11:30** Come join the fun!
- **CRIBBAGE Instructor, Bob Guernsey Tuesday Mornings at 10:00 - 12:30** We have openings for cribbage players.
- **CARD MAKING WITH Rep. COLLEEN GARRY 1st Wednesday of each month at 10:30a.m.** Rep. Colleen Garry will be here to teach card making kits are available for purchase. Donations are accepted.
- **BONE BUILDERS – FREE Mondays at 9:00** Bone Builders, using the model from Tufts University Research on Aging, provides exercises especially designed for those afflicted with osteopenia or Osteoporosis. Also benefits anyone looking for a gentle exercise program. Please call Jean Jacoppi (978-649-9076)
- **The Friends of The Elderly, Inc. is a 501.C.3 Non-Profit Organization.** For more information or membership forms please contact; Elaine Rivard (987-649-7689)
- **CHRISTMAS PARTY** Friday, December, 17th at 11:00 "Senior Center Christmas Party". Join us for good food and holiday fun \$5.00pp. Sign up at the Center **starts Monday November 22nd.**



## FOOD WASTE AND SUSTAINABILITY

*by Sustainable Tyngsborough*

Food waste is an extremely important sustainability issue. According to FoodPrint (<https://foodprint.org/>) Americans waste roughly 40 percent (125 to 160 billion pounds) of their food. Food waste causes unnecessary greenhouse gas emissions and water consumption as well as energy waste.

**Greenhouse Gas Emissions:** According to FoodPrint, only five percent of food waste is composted in the US and as a result, uneaten food is a large component of municipal solid waste. In landfills, food gradually breaks down to form methane, a greenhouse gas that's up to 86 times more powerful than carbon dioxide.

**Water Consumption:** Food waste is responsible for more than 25% of all freshwater consumption in the US each year, and is among the leading causes of freshwater pollution.

**Energy Waste:** Household food losses are responsible for eight times the energy waste of farm-level food losses due to the energy used along the food supply chain and in preparation.

**How to Reduce Food Waste:** Try not to over-buy. This will help eliminate food spoilage and the amount of food you would dispose of. Try not to over-prepare. The upcoming holiday season means holiday dinners with friends and family. We also know that means a lot of leftovers. Can you reduce leftovers by reducing how much you prepare? If you do end up with more leftovers than you anticipated, turn them into new meals. Homemade soups, stews, and casseroles are very popular dishes that use leftover food.

**What to do with your Food Waste:** Turn food scraps and food waste into rich compost! Consider beginning your own composting effort. You can purchase a compost bin from the Board of Health. If you aren't able to compost, you could subscribe to a curbside food waste collection service from a company such as Black Earth Compost ([blackearthcompost.com](http://blackearthcompost.com)). With services like this, you receive compost in return. A win-win situation!

*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.*

## TYNGSBOROUGH VETERAN'S AGENT

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.

The Veteran's Office is a confidential office where your identity is completely confidential. Call or 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](mailto:veteransagent@tyngsboroughma.gov)

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## TYNGSBOROUGH HIGH SCHOOL

*... is proud to announce Karen Akwaboah, Wilson Gramer, Meredith Hoole, and Carter Times as the October Students of the Month.*

**Karen Akwaboah, daughter of Oliver and Gloria Akwaboah,** is a member and vice president of the National Honor Society. She is a recipient of the Outstanding Achievement in Science Award, the Commitment to Learning Award, the Academic Excellence Award, and a two-time recipient of the Principal's Award. She is a member of the medical professionals club, yearbook club, baking club, PALS, and the varsity tennis team. Karen is also a member and vice president of DECA; Two years in a row, she and her team received the DECA District V Award and the State Career Development Conference (SCDC) Award. She volunteers at the African Community Center of Lowell, the Lowell African Festival, the Lowell Folk Festival, the spring food drive, and the Camp Kiwanis trail clean up, and has received "Devotion to Children's Sunday School Service" for four years of service to the program. Her hobbies include volunteering, watching Netflix, painting, and listening to music. Her favorite courses are science courses, which has led to her future goals of attending college pre-med and onto medical school to become an emergency room physician, all the while continuing her volunteer work. When looking back on her days at THS, "I would say that THS has taught me how to be comfortable in my own skin and who I am as a person. Everyone is different and carries different experiences and backgrounds with them and it's important to embrace that in all the things you do. I will definitely be taking away all the memories of laughter I had with my friends during class and the bonds that I was able to create with my teachers."

**Wilson Gramer, son of Jazmine and William Gramer,** is a member of the National Honor Society and a recipient of the National Merit Scholarship Letter of Commendation. He is also the recipient of the University of Rochester Frederick Douglass and Susan B. Anthony Award, the AP Scholar Award, the Core Values Award, the Outstanding Achievement in Mathematics Award, the Outstanding Achievement in Computer Science Award, the MIAA Academic Achievement Award, as well as a three-time recipient of the Academic Excellence Award. Wilson has been chosen to participate in both Student Government Day and the Hugh O'Brien Leadership Conference. He is a member of the robotics club, High School Quiz Show team, student council, and has earned a varsity letter for cross country. As a member of Tyngsborough Troop 46, he holds the rank of Life Scout and volunteers at Eagle projects, food pantries, and conservation efforts. His primary hobby is computer programming, which includes working on his two apps, SuperHomework and RetailBox, his programming language, Wipple, and his website, all the while working part-time as a developer building solutions for the healthcare industry. His favorite subjects are computer science, mathematics, and creative writing, and he plans to major in computer science and study programming language theory in college. "I don't think there's been a single boring moment of my high school career — whether it's partaking in homecoming frenzy in autumn, enjoying morning holiday tunes from the balcony come winter, or wrangling with Zoom in our pajamas during Covid spring, each day at Tyngsborough High School is filled with excitement and possibility. I will never forget the unwavering kindness and support of our teachers and everyone who makes it possible behind the scenes. Even though I'm still stuck at home attending classes virtually, I am eager to come back in person again and exchange a smile as we pass each other in the halls."

**Meredith Hoole, daughter of Sharon Hoole and Thomas Hoole,** is a member of the National Honor Society, and a member and two-year officer of the International Thespian Society. She is a recipient of the Assumption University Book Award, the Outstanding Achievement in Social Studies Award, the Outstanding Achievement in World Language Award, and a three-time recipient of both the Academic Excellence Award and the Outstanding Achievement in Theater Arts Award. Meredith is also a recipient of the METG Technical Excellence in Movement Design Award, the METG Excellence in Acting Award, and a two-time recipient ITS Solo Musical Theatre Performance Excellence Award. Meredith is a member of PALS, and a member of the theater program as a

performer and as head choreographer, as well as interns at Weston Drama Workshops in the choreography department. In her spare time, she volunteers at UVI Covid Response Assistance and as a political outreach volunteer. Her hobbies include singing, dancing, and yoga, and her favorite subjects are social studies and English. Meredith's future goals include majoring in musical theatre/acting and pursuing a career in the performing arts and choreography. "Thinking back on my time at THS, I will take with me the fond memories of working on many theatre productions and forming friendships that I hope will last a lifetime. I will always remember the teachers who helped to guide me through high school and allowed me to grow into the person that I am today."

**Carter Times, son of Brenda and Doug Times,** is a member of the National Honor Society. He is a recipient of the Outstanding Achievement in Wellness Award, the Outstanding Achievement in Business Award, a two-time recipient of the Core Values Award, and a three-year recipient of the Principal's Award. Carter is a member of PALS, DECA, and also of the varsity soccer team, with the team making it to the semifinals his junior year. He volunteers as a coach for youth basketball, and enjoys playing a multitude of instruments (piano, accordion, trumpet, guitar), playing pick-up basketball, and working on the family farm. His favorite subjects include math and music, and he hopes to have a successful senior year, with future goals including building an elaborate repertoire of piano songs, and to be head of their family business someday. As he looks back on his days at THS he said, "I have gained many different friendships from THS through different classes, clubs, and sports. School has prepared me for the future and given me countless memories over the last four years including the playoff win against Littleton and all of the crazy homecoming activities and events that go on during that week. The people and memories created at THS will always have a special place in my heart."

***Congratulations to all four of these students.***

## FREE CURBSIDE TEXTILE PICK UP

The Town of Tyngsborough partnered with **HELPSY** to offer **free curbside pick-up** of clothing and household textiles to residents. Pickups will happen weekly. **Schedule curbside pick-up at [helpsy.co/tyngsboroughma](https://www.helpsy.co/tyngsboroughma) or 800-244-6350. Questions? <https://www.helpsy.co/home-pickup-faq>**

Only 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 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. 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/>

## 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>





## GIVE-A-CLICK FOR ALTRUSA

Every quarter, Jeanne d'Arc Credit Union's *We Share A Common Thread Foundation* donates \$1,500 to a worthy, non-profit organization, through its "Give a Click" program.

**The Altrusa Club of Merrimack Valley is one of the featured non-profits this quarter.** The non-profit with the most votes will receive \$1,500 from the foundation.

The COVID Panemic has made it extremely difficult to fundraise for the past 18 months. Please help Altrusa fulfill its mission of improving the quality of life for the less fortunate in our communities by voting for Altrusa.

You can cast your vote here:

<https://www.jdcu.org/community-about/our-foundation/give-a-click/>.

It's that simple. We truly appreciate your help. Voting ends December 31, 2021.

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

## ST MARY MAGDALEN PARISH

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Mass times: Saturday 4pm. Sunday 7:30 & 9:30am

• Join us on Facebook! Search "Saint Mary Magdalen Parish Tyngsboro" & like our page. Daily meditation.

Read the bulletin online at RODMC.org

## THE FRIENDS OF THE TYNGSBORO ELDERLY, INC.

The Friends of the Tyngsboro Elderly, Inc. (originally Friends of the Council on Aging, established in 1984), is a 501 C3 Non Profit Organization whose purpose is to help fund the needs, activities, and programs for the seniors at the senior center. The Board meets once a month to plan activities that will bring seniors together. Recent gatherings include the Meet & Greet Luncheon in the summer, and the Fall Festival Luncheon in September.

Plans are underway for future gatherings which will include 50/50 Raffle, Silent Auction, and Raffle Baskets as well as a lunch. Board Members include: Joe Jacoppi: President, Carol Sides: Treasurer, Elaine Rivard: Clerk, and Board Members: Lee Poirier, Elaine Franks, Joanne Jean, and Mary Basiliere.

The Friends of the Tyngsboro Elderly, Inc. were pleased to honor First Responders, our new selectmen, and our retiring Library Director, Sue Arthur, at the recent Fall Festival.

Membership is well over one hundred seniors from the senior center. Become a member and support the efforts of this non-profit organization. **Please call Elaine Rivard 978-649-7689 for a Membership Form.**

## BONE BUILDERS

Did you just have a Bone Density Test that was not favorable? Maybe Osteopenia? Or worse, Osteoporosis? Tufts University Research on Aging is the model used in the **Bone Builders Class at the Tyngsboro Senior Center.** The gentle exercises, using weights of various sizes, build bones and help with balance. Men as well as women benefit from this class. **For additional information, please call Jean Jacoppi, 978-649-9076.**

When you contact a business,  
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please tell them you've seen their ad  
or news in **Neighbor to Neighbor.**

**They would like to know.** Thank you, Anne



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[www.TyngsboroughScholarshipTrust.org](http://www.TyngsboroughScholarshipTrust.org)  
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The Tyngsborough Scholarship Trust's 18<sup>th</sup> annual **Holiday Marketplace will be held on November 7<sup>th</sup> at the Tyngsborough Elementary school**. Don't wait until black Friday to start your holiday shopping – join us at this event and shop from local vendors! Our event features local exhibitors of handcrafted items, gifts, and decorative items, as well as business services and representatives of the home based business work force. Stay tuned to our Facebook page for more details!

Are you an Amazon shopper? Sign up for the **Amazon Smiles** program! When you shop at [smile.amazon.com](http://smile.amazon.com), Amazon donates 0.5% of your eligible purchases at no cost to you! Sign in using your existing amazon account to get started, and choose the Tyngsborough Scholarship Trust to benefit from this donation from Amazon.

TST information is available in the Community News portion of our public schools' weekly email blast. **The TST is actively recruiting new members and invites you to join our meetings on the second Wednesday of the month at the Tyngsborough High School at 7:00 pm.** If you would like to volunteer at one fundraising events, enjoy trivia competition, or can help remotely by updating our website or Facebook page, we need you! Please send an email to [info@TyngsboroughScholarshipTrust.org](mailto:info@TyngsboroughScholarshipTrust.org) with any questions.

## 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](http://www.tyngsboroughma.gov)

## TYNGSBOROUGH TOWN HALL HOURS

The town is now in the process of assessing the Trial Period.

Monday & Tuesday: 8:30AM to 4:30PM

Wednesday: 8:30AM to 7:00PM

Thursday: 8:30AM to 4:00PM

Friday: Closed (until a new or permanent arrangement is determined.)

Please visit for updates [www.tyngsboroughma.gov](http://www.tyngsboroughma.gov)

## *Neighbor to Neighbor*

Published by Anne Paquin Since 1983

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Total circulation is now 6,578 which includes Dunstable and Tyngsborough, MA.





46 Coburn Road  
Tyngsboro

## SHERBURNE NATURE CENTER & TRAILS

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

**Sherburne Nature Center trails are open daily, dawn to dusk, for the residents of Tyngsboro and neighboring towns.** Traverse several woodland streams, go bird-watching, try to catch a glimpse of a beaver, observe the birds and notice what has changed since fall has come. It's a great place for outdoor exercise and to enjoy nature close to home. *Children under 16 must be accompanied by an adult.*

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

## 5 HOME FEATURES BUYERS ARE LOOKING FOR

*Sponsored by Carrie Best Cyr*

The housing market typically slows down in the fall, so if you're thinking of selling in the near future, it may take a little more effort to stand out from the crowd.

Knowing what buyers want and making a few smart updates can help make your home more marketable and improve your selling price. Are you considering a home sale soon? Here's what potential buyers might be looking for this fall:

- **Safety Features** You might consider upgrading your garage door, adding an alarm system or repairing your fence. Anything that improves the safety and security of your home is an automatic value-add.
- **Energy-Efficient Enhancements** Making your home more energy-efficient has a two-fold benefit: It helps the environment and cuts down on utility bills. Most buyers are happy to pay extra for both.
- **Plenty of Storage** Storage space is always worth a premium. If you can, find ways to add additional storage to your property before listing it, maybe with a set of garage shelves, a closet system or a more streamlined pantry.
- **Functional Fun** Can you make your home more enjoyable? This might mean adding an outdoor kitchen, building a theater room or installing a small fire pit in the backyard. As we've learned over the last several months, outdoor areas are practically essential.
- **Health-Forward Add-Ons** Homes equipped with no-touch faucets, mudrooms, air filtration systems and other health and comfort-focused items are sure to align with modern buyers' needs. Of course, it's always important to keep up with your home's general maintenance and perform any major repairs that may be necessary as well.

## 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](http://www.sjdarc.org) or contact the Admissions Office at 978.453.4114 for more information.**

## 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](http://www.beaver-brook.org)

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

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## DUNSTABLE TYNGSBOROUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men and women dedicated to serving communities locally and globally giving hope and impacting lives through humanitarian service projects and raising donations to support areas of need.

### 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.** 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!

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Please check out our website [www.wcumc.us](http://www.wcumc.us) for updates and general information.

If you prefer, you can connect with us on Zoom at **9:30AM Sunday mornings for Worship at**  
[www.facebook.com/westchelmsfordumc](http://www.facebook.com/westchelmsfordumc)

- To contact us for more information email to [office@wcumc.us](mailto:office@wcumc.us).
- West Chelmsford United Methodist Church is a family oriented church with something for everyone from tiny tots to seniors. 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. **Many programs are meeting In Person and Via Zoom at this time.**



## THE HOPE AND HEALING ADULT GRIEF SUPPORT GROUP

**ST. JOHN THE EVANGELIST CHURCH, OLD PARISH HALL**  
**115 MIDDLESEX ROAD, N. CHELMSFORD, MA**  
**WHEN SOMEONE IN YOUR LIFE DIES** When someone close to you dies everything changes in your family, in your life, and your dreams. Often this can turn your life upside down. Know you are not alone in your grief and loneliness. The Hope and Healing Adult Grief Support Group has resumed their monthly meetings. **Meetings are held on the last Saturday of each month, from 10:30 a.m. till 12:00 p.m.** All are welcome to a safe place to share your story, find comfort, hope and encouragement, as you continue a new path in life. Registration is not required.



## Evangelical Congregational Church of Tyngsboro

Est. 1868

Route 113, 23 Kendall Rd. Tyngsboro, MA 01879



Mail Address: P.O. Box 70, Tyngsboro, MA 01879

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

[www.tyngsborocongregational.org](http://www.tyngsborocongregational.org)

Pastor Denis Frediani

- At this time, we invite you to attend our **Annual Christmas Eve Candle Light Service (December 24th at 7:00 p.m.)**

a beautiful and meaningful service filled with music and prayer to celebrate the birth of Jesus Christ.

### 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.*

- **SALVATION ARMY DONATIONS:** *We are collecting items for the Salvation Army until November 14th.* All donations need to be new. We collect hats, mittens, gloves, socks, and scarfs for adults and children. You may leave your donations with staff at the Thrift Store.

- **OPERATION CHRISTMAS CHILD** (a project of Samaritan's Purse, Franklin Graham, President) : If you would like to donate items you may again, leave them with staff at our Thrift Store and we will fill shoeboxes to be sent along with the Good News of Jesus Christ to some of the most remote corners of the world! For the shoe boxes they **DO NOT ALLOW** chocolate or candy (not sure about toothpaste). They like things like pencils, pens, little toy items, sunglasses, socks, bar soap, toothbrushes, etc. (anything that will fit in a shoe box). People can leave their items with the thrift store staff (Charlotte) and we will see that they get placed in a shoe box. Thank you so much!

*Both of the collections above must be received  
and ready to go by November 14th.*

- **LADIES BIBLE STUDY** - Tuesday, 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.

- **YOUTH BIBLE STUDY** - Friday, 6-8PM Follows school year schedule

- *All Executive Boards now meeting.*

### THRIFT STORE

*Please come visit our newly renovated Thrift Store.*

**GREAT PRICES! AMAZING SELECTIONS/ITEMS!**

**HOURS: 10:00am to 3:00pm**

**OPEN THURSDAYS and SATURDAYS**

Masks will not be required for outside sales, **but masks are still required for inside sales.** It is such a tight space inside the building. Check us out on facebook.com Ecct Church for updates.

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

**HAPPY HOLIDAY'S and stay safe during the upcoming Holiday Season. Remember: "GOD LOVES YOU"!!!**

### 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

### Do you need assistance with your high tech devices?

Windows computer setup, virus recovery, Chromebooks, home networks, wireless routers, cell phones, Amazon Echo (Alexa), etc.

I can help you with all your devices!

Reasonable rates and Senior discounts.

Dean, [HighTechGadgetMan@gmail.com](mailto:HighTechGadgetMan@gmail.com), 781-367-4791

## MARK YOUR CALENDARS! OUR ANNUAL CHRISTMAS CRAFT FAIR IS BACK!

**December 4th - 9:00 a.m. to 5:00 p.m.**

Come shop at our newly renovated Thrift Store and do some Christmas shopping! We always have amazing items for sale and "NOBODY" beats our prices! **Remember that masks are required for indoor shopping.**

Then go over to our church to take part in our Annual Cookie Walk to purchase a variety of our home-made cookies and baked goods; check out the vendors and get some great food (breakfast, lunch and dinner) selections from JT603 Catering and BBQ. They will feature our Church McMuffins along with amazing hot and delicious food options throughout the day. Go inside to eat and get warm! JT603 is also available for your catering events. Call 508-517-1627 or visit their website [JT603CATERING@GMAIL.com](mailto:JT603CATERING@GMAIL.com). Then stroll down to the Annual Festival of Lights in the center of town and enjoy all the festivities that are happening.

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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 Olje and Josephine Beauregard.

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



**AMERICAN LEGION POST 247 INC.  
90 PAWTUCKET BLVD. TYNGSBOROUGH, MA**

Much renovating, sanitizing, and improvements have been made. 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 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.*

**ROBERT D. PELLETIER  
AMERICAN LEGION POST #247, INC.**



90 Pawtucket Blvd. Tyngsborough, MA 01879

Active duty military and veterans always welcome to join. First Year FREE for new Legion members. For further information call 978-649-7540 or email: [legionpost247@gmail.com](mailto:legionpost247@gmail.com)

Elected Post 247 Officers serving for 2019-2021

Commander: Matt DeLucia; Sr. Vice Commander: David Simpson; Jr. Vice Commander: Larry Monaco; Executive Board: Joe Conlin, Ray Hamelin and John Burke. Bartenders (Volunteers) Matt and Bill

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• **Saturday, November 20<sup>th</sup> at 2 p.m.** at the  
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neighboring Tyngsborough honey business, **The Colony**  
**located at 7 Locust Ave.**

Attendees are invited to tour the facility after the  
presentation.

**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](http://www.tdhistoricalsociety.org)**

Email address: [tyngsboroughdunstablehs@gmail.com](mailto:tyngsboroughdunstablehs@gmail.com)

**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>

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## DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

[www.Dunstablechurch.org](http://www.Dunstablechurch.org)

978-649-6251

**Pastor Bobby Ross** [pastorbobby@dunstablechurch.org](mailto: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.

• **Sunday 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.

• **Adult Bible Study.** This 9:00 AM Sunday morning class meets in Fellowship Hall and on zoom. This series will study the book of Hebrews. The study guide is "N.T. Wright's Hebrews for Everyone" and is available at Christian Book Distributors or on Amazon. Contact Kathy Mackel ([mackelkathy@aol.com](mailto:mackelkathy@aol.com)) with questions.

• **Sunday School/Nursery.** Nursery/Sunday School classes have begun during our 10:30 AM worship service. Care is provided for infants through preschool. We 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.

• **Tuesday evening get-togethers.** With a goal of strengthening community among us, a gathering is held from 7:00-8:30 PM three times monthly on Zoom and once a month in person for dinner in local homes. All are invited. We use a variety of ways to share and grow in faith. Join us at the Zoom link on our website at 7:00 PM on Tuesdays to check it out with no commitment required.

• **December 4<sup>th</sup>, 6:00 pm – Community Christmas Carol Sing!** The Dunstable Church and local musician Valerie Callahan are hosting a Christmas Carol Sing on the Town Common on **Saturday evening, December 4<sup>th</sup> at 6 PM.** Singers, musicians and everyone of all ages and skill levels are welcome to join us to sing and present traditional Christmas Carols and other holiday favorites. If you'd like to dust off an instrument that's been in your closet, we'd love you to play along! Valerie can provide you with sheet music; please contact Valerie at [vmcallahan@gmail.com](mailto:vmcallahan@gmail.com) for information or to volunteer your talents. We look forward to kicking off the holiday season by sharing beautiful music with our community. No talent is necessary for singing along -- just a festive spirit! Lyrics will be provided.

• **Along with the Boy Scouts, we will be collecting non-perishable food items for the PACH ([pachoutreach.org](http://pachoutreach.org)).** We hope to see you there!

Come visit your community church.

Streaming is still available on our website,

[www.dunstablechurch.org](http://www.dunstablechurch.org).

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

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[www.dunstableanimalclinic.com](http://www.dunstableanimalclinic.com)



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**Staff Offices:** 115 Middlesex Street, North Chelmsford, MA

**Confessions** St. John: Mon. 4:30-5:30pm & Sat. 3-3:45 pm

St. Margaret: Tues. 4:30-5:30pm & Sat. 1-2 pm

St. Mary: Wed. 4:30-5:30pm & Sat. 11am -12 noon

### • 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

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Email [bwheeler@budgetbuddies.org](mailto:bwheeler@budgetbuddies.org)

Visit [www.budgetbuddies.org](http://www.budgetbuddies.org)

### COACHING OPPORTUNITIES ARE AVAILABLE FOR THE

**FALL.** We have programs with the Lowell Housing Authority which is going to be weekly on Thursday's 6:30-8pm, and with Alternative House, a shelter organization from Lowell. The program with Alternative House will be on Tuesday's evenings. These are all done by Zoom at this time. **Go to the website noted above to see what is offered in these programs.**

If you are interested in helping out, this link will take you directly into the opportunities that are offered at Budget Buddies.

<https://www.signupgenius.com/go/8050e4da9a82ba6ff2-budget> Or you may also reach out directly to Berny Lugo at his email [blugo@budgetbuddies.org](mailto:blugo@budgetbuddies.org) if you prefer.

## 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.**



When you call a business listed here,  
please tell them you've seen their ad in  
Neighbor to Neighbor.

They would like to know. Thank you, Anne



## TYNGSBOROUGH-DUNSTABLE



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.*

### Catie's Closet

Our students' futures are at stake. **The fact is simple. Students NEED help, and they need it NOW.**

We need your help brightening the futures of more children across the country. Let them adjust their appearance to connect with who they are on the inside. You can help. **Give Dollars.** Your donations directly help students get the resources they need to succeed in school. We can't change students' homes, take away their past traumas, diminish their fear about the pandemic or replant their family trees, but we can do what we've done for the past 10 years and meet their most basic and immediate physical needs to help them feel good about themselves and re-engage in their classrooms. Through love, support, trusting relationships and consistent access to clothing and toiletries, Catie's Closet lays the foundation for students' big dreams. Consider increasing your impact with your company's employee giving and matching program.

**Give Clothes.** A fresh set of clothes, a clean pair of socks or a new pair of shoes can make a world of difference to a student in need. Catie's Closet accepts new and gently used clothing, undergarments and outerwear. Give Toiletries. A new toothbrush, a bottle of shampoo or a bar of soap can give kids living in poverty the fresh start they need for a great day. Catie's Closet accepts new full-size toiletries and feminine products. **Give Time.** You can volunteer your time helping us sort and process clothing at our Distribution Center in Dracut, MA

We are coming into the most challenging time of year for our students. The need for warmer clothes is expected to be at an all-time high, winter school breaks mean children and teens will be without access to our closets, and we're preparing for the demands of next year. **In this moment, every community has a family struggling to meet their children's most basic and essential needs.**

As the cold weather and long winter months quickly approach us, we need your help to ensure kids in our local area have everything they need to stay warm, safe, and comfortable so they can attend school confidently.

**For more details on clothing and toiletries that are accepted, and to sign up to donate your time, or make a monetary donation, please visit the website [www.catiescloset.org](http://www.catiescloset.org)**

**Or 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!

**Read Dunstable and Tyngsborough issues  
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[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)**



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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 up in December or January?**

The news is placed FREE of charge on a first come first served basis. If you have an event in early January it should be in the upcoming December issue.

**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 6,616 issues and includes the towns of Dunstable and Tyngsborough, MA.

**Issues are available to read online at**

[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

**On the website you will also find more news and articles posted there.**

*I look forward to hearing from you soon.*

**E-mail: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)**

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

*Hope you have a Happy Thanksgiving!*

*Take care, Anne*

## FIDDLE FALL AT INDIAN HILL MUSIC: ACCLAIMED CELTIC FIDDLERS JENNA MOYNIHAN TO PERFORM IN LITTLETON IN NOVEMBER

Indian Hill Music continues its 2021-22 Headliners Concert Series with "Fiddle Fall," a lively concert featuring acclaimed **Jenna Moynihan with guitarist Owen Marshall on Saturday, November 20**. The concert begins at 8:00pm at Indian Hill Music, 36 King Street, Littleton, MA. Concert tickets are \$25, advance online purchase only at [www.indianhillmusic.org](http://www.indianhillmusic.org). This "Fiddle Fall" concert is sponsored by Scheier, Katin & Epstein, P.C. of Acton. COVID-19 safety protocols, including mandated masking and proof of vaccination (or negative PCR test within 72 hours) are in place. Review our complete concert safety protocols at [www.indianhillmusic.org/concert-protocols](http://www.indianhillmusic.org/concert-protocols)

Scottish fiddler and experimentalist **Jenna Moynihan** is widely regarded as one of the top artists in the new generation of acoustic musicians. Moynihan is hailed for her masterful ability as a lead fiddler, weaving her fine sensibility to the power of the old tunes with a remarkable subtlety at drawing out the melody of a tune. An award-winning graduate of Berklee College of Music's American Roots program, Moynihan has performed around the world and collaborated with Darol Anger & The Furies, The Milk Carton Kids, Old Blind Dogs, Laura Cortese & The Dance Cards, and more. She has appeared on Jimmy Kimmel Live, CBS Sunday Morning, A Celtic Sojourn, and as a soloist at Symphony Hall with the Boston Pops. **Indian Hill Music Headliners Series Presents Fiddle Fall** Sponsored by Scheier, Katin & Epstein, P.C. of Acton, 36 King Street, Littleton, MA 01460

**The Indian Hill Music Headliners Series** presents celebrated contemporary performers from jazz, world music, bluegrass, and beyond in intimate Camilla Blackman Hall at 36 King Street, Littleton. Upcoming concerts include award-winning bluegrass with the **Mike Block Trio**, swing veterans **The New Black Eagle Jazz Band**, Latin jazz with **The Fabiola Mendez Trio**, and others. Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

### ABOUT INDIAN HILL MUSIC

Now in its 36th year, Indian Hill Music - a nonprofit music education and performance center in Littleton MA - is one of only a few organizations of its kind in the U.S. that combines a community music school, diverse professional concert series, and high-impact music philanthropy. Serving some 79 communities in MA and Southern NH, the organization's mission - to share the transformative power of music, through teaching and performing, and giving music generously when there is need - reflects the impact of music on people's lives and its ability to strengthen, heal, and inspire. As a nonprofit organization, Indian Hill Music relies on the generosity of individuals, families, businesses, and foundations to support our programs. In September, Indian Hill Music announced that it will be known as Groton Hill Music Center with the fall 2022 opening of its stunning new home for music, currently under construction in Groton, MA. Designed by award-winning Epstein Joslin Architects of Cambridge, MA, the new center is an architecturally exquisite 126,000-square-foot music education and performance venue. It houses a 1,000-seat concert hall with lawn seating for seasonal concerts, a 300-seat performance hall, multi-scaled rehearsal and teaching spaces, state-of-the-art acoustics designed by Threshold Acoustics of Chicago, and dynamic architecture. Additionally, two-thirds of the land on which the facility sits - formerly an apple orchard and a horse farm - is preserved as picturesque agricultural fields. When it opens next fall, Groton Hill Music Center will be a regional gathering place for music education and performance of all genres for Central Massachusetts and well beyond.

*The programs of Indian Hill Music are supported in part by a grant from the Massachusetts Cultural Council, a state agency, and with funds from the council administered by the Local Cultural Councils. Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).*

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**10:30am to 4pm.**

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of holiday décor for sale.

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# Ready to Care for You

At Lowell General Hospital and Circle Health, our teams of dedicated caregivers, providers and support staff have been on the front lines in caring for our community – both those fighting COVID-19 and those who have needed our help for a wide variety of other illnesses, injuries and health challenges.

During these difficult times, we have a message you can count on. You are Safe with Us. Our team of infectious disease experts has instituted rigorous measures to ensure the safety of our patients from the moment you come in. We urge you and your family members to pay attention to the warning signs and symptoms of severe illness. Heart attack, stroke, severe infections, and other critical illnesses can only worsen or have life-threatening consequences if you or a loved one tries to wait it out at home.

**Don't delay care when you need it. Stay safe. Stay healthy. You are Safe with Us.**

Learn more at

**[www.lowellgeneral.org/safewithus](http://www.lowellgeneral.org/safewithus).**

For the latest COVID-19 information, visit

**[www.lowellgeneral.org/COVID-19](http://www.lowellgeneral.org/COVID-19).**



**MEDICARE OPEN ENROLLMENT**  
**The 2021 Medicare Annual Open Enrollment**  
**ends on December 7<sup>th</sup>, 2021.**

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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](mailto:donategoods@thewishproject.org).

**THE WISH PROJECT SUPPLYING THE BASICS**


Our goal is to provide our local people in need with basic furniture, home goods and baby goods, while helping the planet by recycling used goods. Only when people have their basic needs met can they move forward and out of the social services system.

• **We accept a range of items including:** Clothing, Childcare Items, Furniture, Beds, Kitchen Items and Household Linen. Current Needs: Often specific needs arise in the community. If you are looking to donate goods, please reference our Current Needs list. It is always updating based on the needs of our clients.

• **Magic of Christmas • October – December Deadline for dropping off items 12/5/21 Goal:** Bring magic to a family's Christmas by getting involved in this project and provide gifts for both families in need and the many that are forgotten during the holidays: mentally challenged adults, home bound senior citizens and street homeless adults. Sponsor one person or a whole family for gifts. **How can you help:** • Apply to sponsor a family by completing the form below • **Guilt free re-gifting** – donate new items that you cannot use or are not to your taste. We won't tell! We welcome almost anything new as a gift. • Hold a Collection of toys or other gifts: hand tools, flash lights, diapers/baby wipes, jewelry, hats, gloves (home made are very welcome), pjs, headphones, board games for older kids, dolls, Legos, Matchbox cars, personal care items for teenage boys and girls (body wash, perfume, aftershave), makeup kits, gift certificates, basketballs, baseballs, or footballs. We always especially need items for teens. • Shop from home by purchasing items from our Amazon Wish list. **Gift Guidelines:** We respect families of all kinds and sizes. We believe in a gift for everyone in the family, not just the children. That way, we help the whole family to have a Happy Holiday. All items must be new for this project. **Think practical:** Crafts supplies like markers; paper and Play Dough are always popular. Casual clothing items (fleece pullovers and hooded sweat-shirts) are popular with teens and adults. Gifts should be seasonally appropriate: but not too seasonal please. Eg. Santa sweaters get old in March. **Think Healthy:** No highly allergenic items (scratchy sweaters or fragrant perfumes). Food items should be avoided. **No pets, plants or anything else that requires tending** **No PlayStation/Nintendo games, etc.** Board games, hand held games, and learning toys should be substituted.

All **unwrapped** gifts, price tags removed, packed in a heavy duty black trash bag labeled with the Family ID Code assigned to you for your sponsored family. If there is more than one bag per family, please make sure each bag is properly labeled, 1 of 2, 2 of 2, etc. This makes sure we keep all gifts for a family together. • **Guidelines for Ages Children & Babies:** 3 gifts each: one toy (valued at ~\$30), clothing (valued at ~\$30), and craft/school supplies/ diapers (valued at ~\$15). **Babies:** Other items might be sleepers, baby toys, and board books. **Adults:** Adults should also get something for under the tree (valued at ~\$25). Gift cards to grocery stores or department stores are welcomed! **Teens:** Gift ideas: makeup, jewelry, clothes, fast food or department store gift cards, perfume/aftershave/body wash, scarf/glove sets or fleece. Children 18 and over receive a \$25 adult gift.

**THE THRIFT SHOP AT THE WISH** 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\*\*** • **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](http://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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