

TYNGSBOROUGH TOWN CLERK NEWS

• 2022 Dog Licenses are now available at the Town Clerk's office or by mail. Based on the current restrictions on residents entering the building, you are encouraged to renew your dog licenses by mail. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. If renewing by mail, please also enclose a stamped envelope for the license, and send to Tyngsborough Town Clerk, Town Hall, 25 Bryant Lane, Tyngsborough, MA 01879.

• Offices to be elected in 2022 <u>Three Year Term</u>: Board of Selectmen, Assessor, Board of Health, Cemetery Commission, Finance Committee (2), Library Trustee (2), School Committee (2), Sewer Commission, Greater Lowell Vocational Regional School Committee. <u>Two Year Term</u>: Cemetery Commission, Constable <u>Five Year Term</u>: Planning Board

Nomination papers are available at the Town Clerk's Office.
Census Forms have been sent. Please make changes, sign and return. The census form does not register you to vote nor does it change your political party.

Stay safe!

Please contact the office at 978-649-2300 extension 129 or email to <u>ishifres@tyngsboroughma.gov</u> with any questions.

NOTICE

TYNGSBOROUGH WATER DISTRICT

Nomination papers are available for two (2), 3 year term for Water Commissioner. **Nomination papers need to be returned by February 16, 2022 at 1:00 PM** and can be obtained at the Tyngsborough Water District Office at 87 Progress Avenue, Unit 2.

The Election will be held on Tuesday, April 5, 2022 from 5:00 PM – 7:00 PM at the District office. All registered voters residing in the District are welcome to vote at this time.

The Annual/Special Meetings of the District will be held on *Tuesday, April 12, 2022 at 7:00 PM* at the District Office. Warrants and additional information will be available at the Water District Office.

Signed: Board of Water Commissioners

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

TYNGSBOROUGH TOWN HALL HOURS

The Board has now extended these hours to April 30, 2022.

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 www.tyngsboroughma.gov for updates.



HAPPY VALENTINE'S DAY

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 # 401 • February 2022

POSTAL PATRON TYNGSBOROUGH, MA 01879 CARRIER ROUTE STANDARD U.S. POSTAGE PAID TYNGSBOROUGH, MA 01879 PERMIT NO. 40

IN MEMORY OF

Rev. Robert A. Noy Ellen (Papulis) Simorellis Patrick F. Pendergast Jeannette P. (Lafortune) McCoy Carole Ann (Jennings) Reilly Ann M. (Page) Surprenant Tricia Marie (Murphy) Dumont Nathaniel J. "Nat" Whelton Amy Curry Connell Henry N. Dozois Eugene A. Fissette Ingrid (Seaver) Bayliss Jeannine T. (Morin) Dunn Matthew "Matt" Stone Kitner Charlotte S. (Leibwerth) Hall W.N. "Big Will" LaDuke Michael "Mike" Romanowski Madeleine B. (LaChance) Griffin



TYNGSBORO BOARD OF ASSESSORS Property Re-Inspection Program – February 2022

The Board of Assessor's is currently undergoing a property re-inspection program to satisfy the requirements of the Mass. Division of Local Services. The program includes a full exterior re-measure of improved property. Property inspectors from Patriot Properties are registered with the Police Dept., have photo identification, and will be wearing masks. If you are not home at the time of the inspector's visit, a card will be left asking you to contact the office.

If you have any questions or concerns, please contact the Assessor's Office at 978-649-2300, ext. 121. Inspections will be taking place in the following areas: northern Frost Rd, Madeline, Fletcher, Norris, Emerald, Diamond, Constantine, Kristin, Swan Rd, Clover Hill, Canter, Paddock, Colonial, Chelsea.

A complete list of the streets is available at www.tyngsboroughma.gov

TYNGSBOROUGH BOARD OF HEALTH

Many of the things you do to help prevent colds and the flu can help protect you against other respiratory viruses, including COVID-19:

• Wash your hands often with soap and warm water for at least 20 seconds.

· Avoid touching your eyes, nose and mouth.

• Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.

• Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.

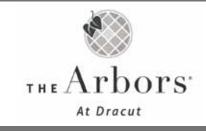
• Stay home if you are sick and avoid close contact with others.

 Get vaccinated - follow us on facebook for upcoming vaccination clinics in Tyngsborough or visit <u>vaccines.gov</u> or <u>vaxfinder.mass.</u> gov to find the nearest vaccination sites.

Mask up

Even if you do not have symptoms, stay home as much as you can and practice social distancing if you must go out. That's because you can be sick with COVID-19 and spread the illness to others as much as 48 hours before you have symptoms.





PICTURE A WARM, HOMEY ATMOSPHERE... THE SMELL OF HOME COOKING...THE SOUND OF LAUGHTER. IMAGINE FEELING SAFE & SECURE EVERY DAY, KNOWING A CARING PERSON IS ALWAYS THERE FOR YOU.

DON'T JUST PICTURE YOURSELF AT THE ARBORS, MAKE IT A REALITY. VISIT TODAY!

978-455-9182 | WWW.ARBORSASSISTEDLIVING.COM



SPRING SOCCER 2022



TYNGSBORO YOUTH SOCCER ASSOCIATION in partnership with

FELLSWAY WANDERERS FOOTBALL CLUB TYSA is once again partnering with Fellsway Wanderers Football Club, and the staff of Fellsway will facilitate one practice per age group per week, developing the fundamentals of the game with our players. Nashoba Valley Youth Soccer, the league that TYSA belongs to, has maximum number of players that can reside on each team. As registrations are received, we may need to place players on a wait list to goe if we can gether enugle players for an

players on a wait list to see if we can gather enough players for an additional team. If enough registrations are not received to form an additional team, refunds in full will be given. Teams Forming for All Ages – U6 thru High School!

Registration deadline is February 25! <u>Register ONLINE:</u>

www.tyngsborosoccer.com/Registration No child will be turned away for financial reasons. Scholarships

are available - please e-mail the <u>Registrar</u> at: tyngsborosoccerregistrar@gmail.com All parents are encouraged to get involved in the program by volunteering to work the Snack

Shack, coaching, and refereeing (with appropriate credentials). If you are interested in any of these



positions, please indicate this on the registration form. Training is available and sponsored by the Tyngsboro Youth Soccer Association. Find us on Facebook @TyngsboroYouthSoccerAssociation

Buy local! Invest in your community!

SHINE COUNSELOR VOLUNTEERS NEEDED You know your community best!

That's why we want your help to support your neighbors as they enroll in Medicare for the first time, review plan options, or troubleshoot problems. Your local SHINE program has an opportunity for you to train to be a certified SHINE counselor.

As a SHINE counselor, you give back to your community, sharpen and build skills, and stay engaged and connected in your community. As one volunteer states "What I am doing now is a good reason for me to get up in the morning. It makes me feel good about myself. It lets me know that I am helping people make their lives better."

SHINE screens, trains and certifies all volunteers so you don't need a background in health insurance to get involved. All you need is integrity, a willingness to learn, a desire to help others, and the time to give.

The SHINE program is currently accepting applications for a new SHINE counselor training in the spring (dates TBD).

It will be helpful for you to attend a volunteer informational session via Zoom on February 10 at 10:00 a.m. to learn about this opportunity. If you missed this one there is to be one at the beginning of March as well. Call the number below for more info.

For a SHINE counselor application packet call 978-946-1374, and leave your name and mailing address with a request for the application. Or to register for the info session, email: loss @agence.org Note: AgeSpan formerly know as Eld

email: <u>Irose@agespan.org</u>. **Note:** *AgeSpan* formerly know as Elder Services of the Merrimack Valley and North Shore.

 Neighbor to Neighbor

 Published by Anne Paquin Since 1983

 64 Hardy St., Dunstable, MA 01827-1403

 <u>Tel. 978-419-1914</u>

 <u>E-mail: anne@neighbortoneighbornewsletter.com</u>

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 publisher is prohibited. Neighbor to Neighbor assumes no financial responsibility for

 inadvertent omissions of advertisements or errors in advertisements, but will reprint

 that part which is incorrect if informed within 10 days of publication.

 Total circulation is now 6,616 which includes Dunstable and Tyngsborough, MA.



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 on our programs may be found on our website at <u>TyngsboroughRec.com</u> Friend us on Facebook. Seeking new members. Join us!

Community Service Hours Available for Students

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

• SOFTBALL- Girls Softball Indoor Winter Clinic & Spring Recreation Season Combo Save \$15 by signing up for the winter clinic and recreation season at the same time. Seven week all new, recharged clinic is offered to girls ages 5 to 14 years old, by the directors of Tyngsborough Youth Softball. This is a fun, friendly and highly instructional clinic for girls of all skill levels.

The clinic concentrates on fundamental softball instruction including pitching, throwing, fielding and batting. Each player receives a clinic T-Shirt. Please note: players are required to have their own glove, fielding face mask (not required for t-ball), and batting helmet. We will once again partner with Chelmsford for the Rec. season. We will play home games in Tyngsborough and away games in Chelmsford. • Starts Sunday Feb. 6th 2:30-3:30 at the original Sports Center Progress Ave., 7 weeks, \$60 per player with \$100 family cap, ages 5-15 2 Week FREE TRIAL (If you see this after start date email to inquire about openings) Any questions contact Mike Knight psknight1@vahoo.com NO CLINIC SCHOOL VAC. WEEK Register at Tyngsboroughrec.com · Shamrock Ball for Daughters of all ages and their Dads (or Grandfather, Uncle, etc.) A Father-Daughter Dance with DJ, light refreshments, and a corsage for each girl. A photographer will be on site, offering packages to capture your special evening. Saturday. March 19, 2022 at Tyngsborough Elementary School ~ Advanced registration required ~

• Shamrock Princess The Grad Night Committee in conjunction with the Recreation Committee, will again offer the title of "Shamrock Princess". Included in the title will be a princess tiara and sash, a photo package, special father-daughter dance and special gift. To enter the raffle on the package please visit the ticket website and select it as an option. Drawn Thursday, March 17, 2022 All proceeds benefit The Class of 2022 Grad Night activities. Pay it forward.

12th Annual Festival of Trees Thank you again to all who supported and helped create and run our 12th Annual Festival of Trees. Please visit our FB page and Tyngsboroughrec.com for great photos and a full list of all our sponsors. Please patronize the businesses and support the groups that generously donated and sponsored displays and activities at the Festival. **Congratulations to the Festival of Trees Judges' Award Ribbon Winners!** (a panel of judges comprised of crafters, florists and artists judged the entries based on Originality, Artistic Implementation, Effort, Presentation)

• <u>Tree Category</u> First Place: "cathedral in the woods" **Constitution Contracting Inc & Trischitta Family** Second Place: "Angels watch over me" **Dracut & Blake Funeral Homes** Third Place: "Merry Christmas!" **Dolan Funeral Home.**

• Other Category (wreaths and any other type of decoration) First Place "Bubbly Santa" Sherry Corcoran;

Second Place "Coffee with Santa" Bither Insurance Agency; Third Place "Farmers Market" Kempton Giggy

Attorney at Law. Municipal Choice: "Christmas Just Around the Corner" Tyngsborough Highway Department

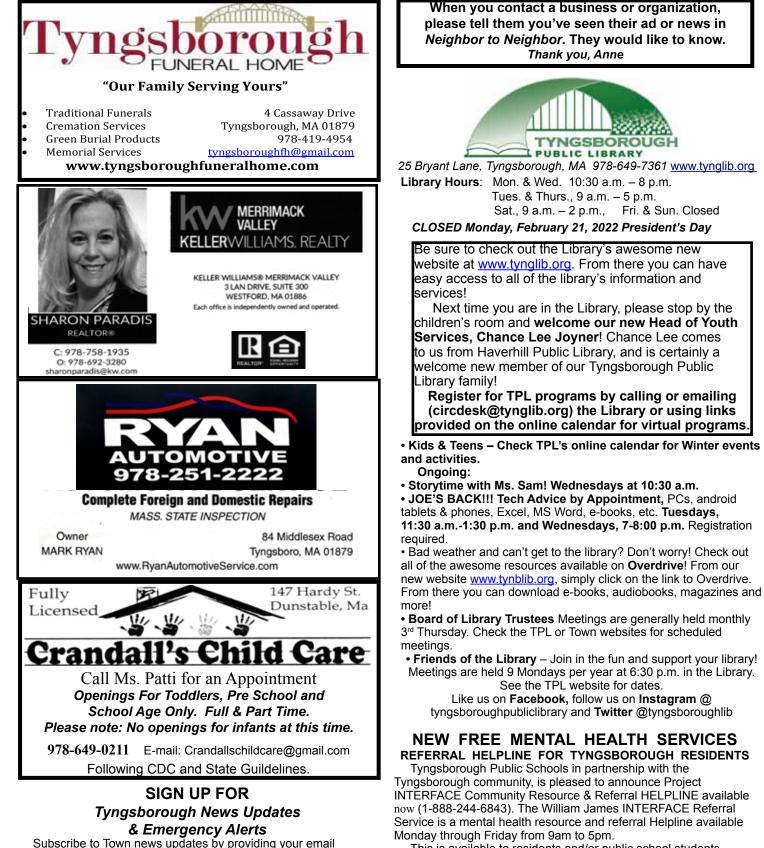
• Congratulations to the Festival of Trees People's Choice Award Ribbon Winners! "Merry Kissmas" NICOSIA & ASSOCIATES, P.C. ATTORNEYS AT LAW; "Bubbly Santa" Sherry Corcoran; "Celebrate Your Inner Elf, Town of Tyngsborough's Assessors Office; "Angels watch over me" - Dracut & Blake Funeral Homes; "Light the Way" Tyngsborough Recreation "Christmas Just Around the Corner" Tyngsborough Highway Dept "Holiday Hostess" Pelletier Smiles - James L. Pelletier, DDS "Winter Welcome" - Festival of Trees.

ST MARY MAGDALEN PARISH

95 Lakeview Ave., Tyngsboro, MA 978-957-0322 Email: saintmarymagdalen@verizon.net 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



Evening and Saturday appointments available



address. Updates may include: COVID-19 Alerts, Town News,

with anyone.

Town Calendar Events, All Meeting Minutes, and more! You can

No longer using a landline? Add your cellphone number to

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, visit www.tyngsboroughma.gov

continue to receive emergency communication from the Town. Once

unsubscribe at any time and your email address will not be shared

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 <u>https://interface.williamjames.edu</u>

SECONDHAND: NOT JUST FOR CARS

by Sustainable Tyngsborough

Pre-pandemic, most of us didn't think twice about the availability of products we wanted to buy. A quick trip to the store or a few clicks online and it was at your door in a few days. The cracks in that highly commercial machine are starting to show and people everywhere are realizing that "brand new" is not always better. Reuse is a trendy topic - from used textbooks to secondhand clothing and reusable coffee mugs. The next time you need something you don't already own or have the urge to clean house, consider one of these mainstream alternatives:

Buy Nothing Tyngsboro (a Facebook group) - Share almost anything with your local community. Members ask, borrow, give and show gratitude for the things lent, given and received. Items range from moving boxes, unwanted TVs, snacks your kids have suddenly refused, you name it! The best part is in the name: you buy nothing!

Second-hand stores to buy and sell used goods - Shop used sports gear at Sports Madness in Dracut or used electronics at Trade Land in Nashua. Need a new outfit? M&C Clothing & Gifts in Amherst, NH will offer styling advice.

Zero Waste Day (save the date! Sat May 14th) - This event brings together local organizations who can reuse or responsibly recycle your gear. In the past, we've been able to accept scrap metal, bicycles (for reuse), books, CDs, clothing, sensitive documents for shredding, unwanted electronics and more! See you there.

We collected a lot of your non-working string lights this holiday season and will bring them to the scrap metal yard. They haven't been weighed yet, but there is a lot and it was all prevented from going into the waste stream. Great job, Tyngsboro!

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 GARDEN CLUB

Congratulations to Lisa Johnson, the winner of our Festival of Trees submission, *Garden of Seedin'*! Lisa has a great start on the 2022 gardening season with the assortment of vegetable and flower seed packets that were hanging on that tree.

We're excited to announce that Master Gardener and popular blogger and speaker Betty Sanders will be presenting a program at our March meeting on **Tuesday, March 1 at 7pm**. *Betty is a Lifetime Master Gardener with the Massachusetts Master Gardener Association, and a nationally accredited Master flower show judge*. She has given presentations to many civic organizations and corporations as well as the Massachusetts Horticultural Society, Tower Hill Botanical Gardens, and the US Department of Agriculture. Her topic for this meeting is "Gardening for a Lifetime" which will address how to create and adapt a garden to the changing needs of family, a busy lifestyle, and ageing.

Betty's presentation will take place at the Tyngsborough Recreational Center at 120 Westford Rd starting a 7pm.

On April 5, Emmy Waldsmith from Bonsai West in Littleton, will present a program on the history, creation and maintenance of bonsai. She plans to bring some plants with her and actually demonstrate some of the techniaues.

The programs are free to Tyngsborough Garden Club members. We invite members of the community to join us for a nominal admission fee of \$5.00. *Masks are required for everyone's safety.* For more information please email <u>tynggardenclub@</u> <u>yahoo.com</u> *Linda Sheldon, President.*





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.

We still require masks when entering and walking around the building. Also, masks are required on the vans.

• Lunch is served promptly @ 11:30 everyday. Must make reservations one week in advance <u>BEFORE 11:00 AM</u> call 978-649-9211_\$2.00 for seniors & \$4.50 for non-seniors

• Outreach Worker Call for an appointment 978-649-9211The Outreach program provides information and referrals to seniors and their families about programs and services provided by the Council on Aging and other agencies in the elder network. Charlene Muscato works collaboratively with many agencies serving seniors, including home care, legal assistance, protective services, housing and visiting nurses.

• TEXAS HOLD' EM Every Thursday 12:00 –3:00 everyone and anyone is invited. If you have a group of your own your welcome to come to the center.

• FOOD PROGRAM- offers a FREE bag of groceries on the *4th Tuesday of each month*. Each bag contains a variety of basic healthy foods: soup to cereal, meat to veggies, there may be a treat or two. To see if you qualify call **Laura Marsan (978-946-1303)**, Applications are also available at the Senior Center stop by or call 978-649-9211

• BINGO Every Tuesday 12:30-2:30 This activity helps keep your mind stimulated.

• FREE... PAINTING CLASS Every Monday, 12:30-3:00 This class everyone helps each other. If you love painting and don't mind (asking or helping) others, come join us and make new friends.

• VALENTINE'S DAY CELEBRATION Friday, February 11th, serving at 11:30 Entertainment TBD FREE sponsored by Tyngsborough Police Chief and Deputy. Valentine's Day is such a super sweet holiday! The first Valentine's Day was in the year 496! Having a particular Valentine's Day is a very old tradition, thought to have originated from a Roman festival. Join us for a great meal and entertainment, you must have signed up by Feb. 4th.

• COA Meeting, Tuesday, February 15 at 3:30pm • BOOK CLUB (Monthly) Wednesday, February 16th, 10:00am Instructor Carol Sides. It will be scheduled every 3rd Wednesday of each month, the group will get together to discuss the book of the month. We have openings to join the group.

 CELEBRATE NATIONAL CHILI DAY Friday, February 25th Serving at 11:30 Chili has an amazing tradition. The chili has blended with various cuisines around the world. The flavor of chili deserves a celebration because it gives energy to the mind.
 CRIBBAGE, Every Tuesday Mornings @ 10:00 - 12:30. We have

• FREE TAX ASSISTANCE Mondays ONLY, starting February,

7th Harry Gong, an AARP volunteer tax preparer will be available to assist you with your taxes on Mondays starting February 7th through April 11th, 2022. Call the Senior Center to schedule, an appointment. 978-649-9211.

• CLOSED, Monday, February 21st for President's Day HOME DELIVERED NUTRITION MEALS (Meals on Wheels Program) Tyngsborough residents 60+ can call AgeSpan (formerly Elder Services of the Merrimack Valley) 1-800-892-0890 to see if you qualify. The Tyngsborough Council on Aging distributes meals from our facility on behalf of AgeSpan. We deliver to clients who are homebound or on homecare short term. If you have any questions call the above number.

• UPCOMING in March These dates and times are subject to change. Somethings come up from time to time that can't be avoided. Thank you. ST. PATRICK'S DAY CELEBRATION, Friday, March 11th, at 11:30 Traditional corned beef and cabbage dinner. "Make Up Your Own Holiday" Friday, March 25th at 11:30. • SNOW CANCELLATION TOWN HALL CLOSED-SENIOR

CENTER CLOSED. Call the Center at 978-649-9211 if not sure.

MORE NEWS FOR TYNGSBOROUGH COA

• **TYNGSBOROUGH FOUNDATION FOR THE AGING SENIORS HELPING SENIORS** Tyngsborough Foundation for the Aging is a private, non-profit corporation organized and operated exclusively for charitable purposes within the meaning of Section 501(c) (3) of the Internal Revenue Code, specifically for the purpose of providing services and fellowship for the Tyngsborough Senior Citizens through the "Tyngsborough Foundation" any age or residence are welcome to join. Call 508-308-4351 or email:tffta@yahoo for more info.

• MAHJONG Every Friday, 10:00 Studies have shown that mahjong isa great game for keeping the mind sharp and it is recommended among the elderly as a means of keeping their brains in good health.

• **TYNGSBOROUGH FOOD PANTRY** The food pantry is for all ages. If you feel yourself getting low on food and you need a little help until the end of the month give us a call? 978-649-9211 ask for Barbara or Tracy.

• **THE SHINE PROGRAM** Are you confused about Medicare and not sure where to turn? Whether you are new to Medicare reviewing your prescription drugs coverage or medical plans and you need assistant for a Medicare review call, 1-800-MEDICARE until further notice. Medicare is open 24/7 -7 days a week and can assist with comparing Medicare plans for 2022.

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 <u>hrwhitehair@gmail.com</u> if you have questions or donations. All client information is kept confidential.

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 email 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

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 entrace 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		



Tyler's Timely Technical Tips By Tyler Denommee

Warm baths are great for your health. Here are five healthy reasons to draw a bath tonight.

Elevate your mood. Bathing in warm water induces feelings of comfort and easiness– the kind of security that allows mind and body to relax.

Relieves Muscle Pain. Heat gets blood moving, which can also help sore or tight muscles to relax, while anti-inflammatory salt baths have also shown to have positive effects on people suffering from metabolic diseases like type 2 diabetes.

Improve sleep. Warm baths raise body temperature, and exiting rapidly cools it down, thus instigating the production of melatonin, and better preparing one for sleep.

Heart Healthy. Taking regular warm baths can help reduce blood pressure.

Burn Calories. Though no match for aerobics, a good sweat induced by a hot bath can burn as many calories as taking a walk.

Until next month, stay comfortable. Tyler

Got a question? Drop me a note!

tyler.d@denommeeplumbing.com

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Patty Foster

Branch Relationship Manager, AVP

26 locations including: TYNGSBORO 253 Middlesex Road 978-656-5759 | 877-671-2265

Tyngsborough Republican

Tyngsborough Republicans to hold Caucus on 02/15/2022

FIRST MIDDLESEX DISTRICT REPUBLICAN CAUCUSES WILL ELECT STATE CONVENTION DELEGATES The Massachusetts Republican Party will hold its state

convention on Saturday, May 21st, 2022 from 8:00 AM – 5:00 PM at the Mass Mutual Convention Center in Springfield MA. All Republicans and their town and city committees that have been registered as of December 31st, 2021 are eligible to be nominated as a delegate.

The convention's purpose is to endorse the party's ticket for statewide office. Candidates for Governor, Lieutenant Governor, Attorney General, Secretary of State, State Treasurer, and State Auditor will vie for the convention endorsement. To obtain the endorsement, a candidate must attain a majority vote of the delegates at the convention. This is an excellent opportunity for citizens to have a direct influence on state politics.

Delegates can only be selected by their local ward and town Republican Committees in a Caucus called for that purpose. These will be held during the next few weeks. Any Republican, who is interested in being considered as a delegate must attend the caucus and state their intention. They may self-nominate and following their nomination they should be prepared to defend their nomination by offering a two to three minute presentation stating their case. Their local ward or town committee will then vote to elect them as a delegate or not. In those cases where multiple persons seek to become delegates, elections will be determined by a plurality vote. No Republican can attend the convention as a voting delegate without being elected by their local ward or town Republican Committee. Each such Committee has been allotted delegate slots, which they must fill through this caucus process. **Enterprise Bank**

EnterpriseBanking.com

Member FDIC

The Tyngsborough Republican Town Committee will conduct their Caucus to elect delegates on 2/15/2022 at 7 p.m. The Caucus will be held at Tyngsborough American Legion, Pawtucket Blvd. Those interested in being nominated should contact Kim Dias, the Tyngsborough Town Republican Vice-Chair at Kim-TRTC@protonmail.com.

TYNGSBOROUGH SCHOLARSHIP TRUST



P.O. Box 547, Tyngsborough, MA 01879 1963 * Celebrating 59 Years * 2022

The Tyngsborough Scholarship Trust is preparing for our popular community favorite, **Trivia Night. Once again this event will take place virtually on March 11th with Kevin Redman as the emcee.** Please see our Facebook page and the school's email blast for more details on how to sign up. For more information please contact Rose Mitchell at mitchell6260@msn.com.

Our annual Business Drive will begin March 1st.

Are you an Amazon shopper? Sign up for the 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 **Amazon Smiles** program!

A reminder to the 2021 scholarship recipients, please be sure to submit proof of school enrollment to the TST at P.O. B ox 547, Tyngsborough MA 01879 so you can receive your first or second scholarship payment. All profits from the 2021-2022 fundraising events will benefit scholarships for the Class of 2022.

The TST meets on the second Wednesday of the month. Our meeting in February will be virtual – please join us!

For 59 years volunteers from our community have been coordinating fundraising and awarding scholarships to high school students from Tyngsborough. We welcome and need your help to continue this town tradition. **Please contact info@** TyngsboroughScholarshipTrust.org with any questions.



TYNGSBOROUGH HIGH SCHOOL

is proud to announce Nicholas Anselmo, Angelos Boules, Brianna Burato, and Mia Kilmon as the January Students of the Month.

Nicholas Anselmo, son of Nicole and Dinis Anselmo, is a recipient of the Principal's Award and the Core Values Award. He is a two-year captain of the soccer team and has earned recognition as MVP and twice as both a Mid-Wach All Star and a Central Mass All Star. In addition, Nicholas is a captain of the basketball team and was named on the Jack Fletcher Holiday Tournament All-Tournament Team this season. His hobbies include playing soccer and basketball, as well as hanging out with family and friends. His favorite subjects include math and anatomy, and he would like to continue developing those interests by pursuing a major in exercise science or athletic training in college, and would like to play soccer. Thinking back on his days at THS, "I have built many friendships and made many memories with them in school, and some of my greatest memories with my teammates on the field and the court."

Angelos Boules, son of Ezzat and Sylvia Boules, is a member of the National Honor Society and is a recipient of the National Merit Scholarship Letter of Commendation. He is also the recipient of the Assumption University Book Award, Outstanding Achievement in Science Award, Outstanding Achievement in English Award, Outstanding Achievement in Mathematics Award, and a three-time recipient of the Academic Excellence Award. In addition, Angelos is recognized as a College Board AP Scholar with Honors and as a National Rural and Small Town Recognition Program Scholar. He is president of the THS robotics club and a member of the varsity soccer team, where he earned the Most Improved Player award. He volunteers at various activities such as a senior center, food drives, and summer camps with his Coptic Orthodox Church. In his spare time, he likes watching soccer and reading. His favorite subjects are computer science and math, which has led him to his intended major in computer science to pursue a career as a software engineer at a big tech company or in space exploration. As Angelos looks back on his days at THS he said, "THS has given me the experience and tools to succeed both academically and socially. I have built memories and made friends that will carry on into my future.'

Brianna Burato, daughter of Gislene Santos and Vanderlei Burato, is a member of the National Honor Society. She is the recipient of the Outstanding Achievement in World Language Award, Core Values Award, Principal's Award, and a two-time recipient of the Academic Excellence Award. Brianna and her DECA partner placed 2nd at States in the Sports and Entertainment Marketing Team Decision Making event. She is the DECA vice president of career development and is also a member of THS student council, yearbook club, medical professionals club, and PALS. She volunteers at the Tyngsborough Block Party, and is a teaching instructor and assistant teacher at Ellen's School of Dance. Her hobbies include traveling, hanging out with friends, and dancing. Her favorite subjects are math and science, and hopes to become a neonatal nurse practitioner, travel the world, and live a happy life. "THS has given me the opportunity to grow and flourish as a student. Throughout my four years of high school, I've gained confidence and positive relationships that have prepared me for my upcoming years at college. Coming to Tyngsboro my freshman year of high school was intimidating, since it's such a tight knit community and everyone has grown up with each other, but I am incredibly grateful for the lifelong friendships THS has given me. As I move on towards this next chapter in my life, I will take the memories of running around during homecoming, DECA competitions, barely being able to breathe from laughing so hard with my friends, and so much more.'

Mia Kilmon, daughter of Amy and Shane Kilmon, is a member and secretary of the National Honor Society. She is a recipient of the Outstanding Achievement in World Language Award, Commitment to Learning Award, and a three-time recipient of the Academic Excellence Award. She is a member of the THS theater program, PALS, yearbook club, student council, and a varsity tennis doubles player. Her community involvement includes volunteering at the Tyngsborough Block Party, PTO events, recreation department events, and community trash pick up service

days. Her hobbies include traveling, watching movies, family game nights, and going to the beach with friends. Mia's favorite subjects are anatomy and chemistry, and her future goals are to become an elementary school teacher and continue to travel the world. Thinking back on her days at THS she said, "The relationships that I have formed with both peers and teachers throughout my years at THS have really defined my high school experience. Making unforgettable memories with lifelong friends has been incredible, and I wouldn't trade it for the world."

Congratulations to all four of these students.

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FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

** February may be a quiet and short month, but we are getting ready for Membership Month in March. March is the last month of the membership year, and there will be elections for the office of President and Secretary who will begin their terms in the new membership year beginning April 1. Please join us for the meeting on March 7, 6:30pm, at the Library. Watch the website and Facebook in case the meeting would be held on Zoom.

** Have you seen the **newly designed website** for the Library and the Friends? You can apply for membership through this website. Check it out at <u>https://www.tynglib.org/about/friendsof-the-library/</u>. Also for the new membership year, you will see a newly designed flyer being mailed to households in town. More information next month.

** Thank you to those who have donated to the Friends with the **funds matched by their employer**. If you think your employer would match your contribution, please be sure to ask. This is a great way to support the Friends and the Library.

** Are you still doing a lot of shopping through Amazon? If so, you can **support the Friends** by designating Friends of the Tyngsborough Public Library as your favorite charity when ordering using <u>smile.amazon.com/ch/22-2986749</u>. Your shopping can benefit this nonprofit organization the easy way.

** **Jigsaw puzzles** for adults and children are for sale at the Library for \$1 each. Thanks to all who have purchased puzzles, and thanks again to anyone who has donated puzzles.

** The Friends continue to fund **passes for museums** and other fun things to do. Check the Library website at <u>https://www.tynglib.org/services/museum-visitor-passes/</u>.

** Our <u>meetings</u> for early 2022 will be at 6:30 in the Library. We hope to see you then. Watch the website or Facebook page for and changes if we meet on Zoom March 7, elections for President and Secretary, April 4.

Contact us at tynglibfriends@gmail.com and follow us on Facebook.

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Read Dunstable and Tyngsborough Neighbor to Neighbor issues, and other articles online at <u>www.neighbortoneighbornewsletter.com</u>

AVOIDING WILL CONTESTS By Edward H. Adamsky

Your Will is the basic estate planning tool. In it you say who should get your assets after you die. If you die without a will your property will be distributed according to the intestacy laws of your home State, without regard to your wishes. Even if you have a Will, if some of your family members are not happy with what they get, they could "contest" the Will to try to get more.

A Will contest can be a long affair that will delay the settlement of your estate and add costs such as lawyer's fees and court charges. A fight amongst your family members will forever leave a scar on the family relationships. You should do your best to avoid Will contests by making sure you have a good Estate Planning Attorney and that everything is done just right.

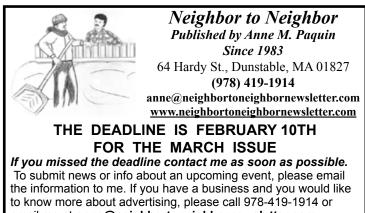
In general, only an interested party can contest your Will. They have to have legal standing, so your neighbor cannot dispute your Will as they have no relation to you and your estate. Only your spouse, heirs and creditors can dispute the terms of your Will (creditors rarely do so, but they could).

Even those who have a right to challenge a Will cannot do so without legal grounds. Your Will could be held invalid if it wasn't technically correct. If there were a missing witness or signature it might fail. Also, if you were not competent to understand and sign the Will it would fail. Or, if someone used "undue influence" to coerce you into signing a Will you didn't really want to sign, or if someone defrauded you and had you sign a document that you didn't even know was a Will, then it could be held invalid. Only if one of these valid justifications was alleged could someone get a Court to look at whether or not your will was valid.

To avoid fights you should explain your planning to your family members. If someone is left out or gets more or less than others, you should tell them why. Fights often happen when people don't understand the situation. Clear communication can often stop a fight before it happens. Perhaps if you discuss the situation while still alive you might get the family to agree to your decision or they may convince you to do things another way.

You can also use a "No Contest" clause in your Will if you think someone may try to challenge it. This works best if that person gets something in the Will but due to the No Contest clause, they will lose that amount if they challenge the Will. If what they are getting is substantial enough, they might be dissuaded from a challenge if they will lose it all. A No Contest clause may not stop a challenge when someone gets nothing at all at first.

A Will can be challenged if the person who signed it was not competent to do so when it was signed. This is a common allegation when someone isn't happy with what they get in a Will. You can, if you suspect this might happen, have a doctor examine you and provide a written opinion that you are competent to understand and sign a Will. Make sure the examination is very close in time to the signing of the Will, otherwise this might not work.



email me at anne@neighbortoneighbornewsletter.com I will get back to you as soon as possible. Thank you, Anne

BEAVER BROOK NATURE CENTER 117 Ridge Road, Hollis, NH Please go to the website for more information about Beaver Brook, and check often for upcoming programs. There are many trails to explore! Check out the "Hike It All Challenge"! (603) 465-7787 www.beaverbrook.org

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, 169 Westford Rd.** The gentle exercises, using weights of various sizes, build bones and help with balance. Men as well as women benefit from this class.

Thank you to the volunteer leaders of the Bone Builders: Lily Boudreau, Elaine Rivard, Nancy Kaelin, Jeanne Dery, Joyce Croce and Carol Sides. For additional information, please call Jean Jacoppi, 978-649-9076.

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, Westford Rd., Tyngsborough.

Thank you to Terry McIneny, Sally Stavolta, Yolanda Carmona, Sheila Birchfield, and Mary Joy Gasdia for donating knitwear to the homeless.

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.

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.

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



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For students in poverty, school performance has always been more challenging when compared to their more affluent peers. It's critical that they have access to the items they need so they can get to school and participate confidently.

How can you help? There are several ways you can help students in need well into 2022. Support Catie's Closet.

• Make a monetary donation to fund the urgent and immediate needs of students. Your \$50 donation will grant two kids unlimited access to Catie's Closet for the rest of the school year.

• Purchase and donate a Market Basket or Target gift card to help teens experiencing homelessness in your community buy the items they desperately need while schools are closed for winter break. You can also make a donation and we will purchase the gift card on your behalf. • Host a Giving Drive with your company or at your next family gathering.

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 <u>www.catiescloset.org</u>





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Join an upcoming financial education program, and along with your own personal coach, you will begin your journey to financial independence. Programs are virtual!

Email <u>bwheeler@budgetbuddies.org</u> Visit <u>www.budgetbuddies.org</u>

PAWS FOUR THE CLAWS

6th Annual Spring Open House/Fundraiser

Mark your calendar for Saturday, April 9 from 10am to 5 pm and Sunday, April 10 from 10am to 4pm

Sale is live in person this spring! Join us at the Tyngsborough Dunstable Historical Society's "Little Red Schoolhouse" located at 64 Main St., Route 113, in Dunstable right over the Tyngsborough town Line.

"Wash Away Pet Homelessness" All proceeds benefit Animals. Spa quality Handcrafted Soaps, Lotion Bars, Body Oils, Lip Butters, Bath Products, Odor Neutralizing Room Sprays, Springtime/Easter Gifts and so much more. Hope to see you there!



DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827 www.dunstablechurch.org 978-649-6251

Pastor Bobby Ross <u>pastorbobby@dunstablechurch.org</u> DECC is 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. There will be no Adult Bible Study for the month of January. Check the website for updates.

• Sunday School/Nursery. Nursery/Sunday School classes have begun during our 10:30 AM worship service. Care is provided for infants through preschool. See "Children at Dunstable Church" below.

• Community Group. With a goal of strengthening community among us, a gathering is held on Tuesdays from 7:00-8:30 PM three times monthly on Zoom and once a month in person for lunch following our Sunday morning service. 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.

Children at Dunstable Church:

We invite children to begin in service with their families and then we'll dismiss them for Sunday School/Nursery. **Every 4th Sunday** of the month, we'll have all children stay through the whole service with their families. Our hope is to help children learn to participate in the service with their families and feel more included with the congregation. Feel free to ask for coloring sheets from the ushers or let us know if we can support your family in any way.

To the parents of young children, may we suggest:

God gave children the vibrant energy that sometimes causes them to wiggle and make noise. They belong right here with God's people where you have so faithfully brought them. Stick with it! Feel free to sit in the front where it's easier for your children to see and hear what's going on or the back side room if you want more space for little ones. Quietly explain the parts of the service, actions of the pastor, ushers etc. Sing the songs and participate in the prayers and responses. Children learn how to worship by watching you. If you need to step out of the service with your child, feel free to do so, but please come back. We welcome families and are so glad you're here.

To the members of our church:

Children are a gift, not a distraction. The sound of children in the church is the reminder of God's faithfulness through all generations. Please welcome children and give a smile of encouragement to their parents.

"Let each generation tell its children of Your mighty acts; let them proclaim Your power." Psalm 145:4

Come visit your community church. Streaming is still available on our website, <u>www.dunstablechurch.org</u>. May the Lord walk between us while we are absent, one from another.

JAMES JACOPPI MEMORIAL SCHOLARSHIP FOUNDATION

This is the 20 year anniversary of the passing of our beloved James. With the help from all of you, our raffle awarded over \$10,600 in scholarships to aid in the continuing education of graduating high school students last year. We have awarded over \$150,600 over the years. We feel blessed to have the ability to remember Jim in such an extraordinary way. We are extremely grateful for your continued support.

This year will be our 10th annual raffle (Commonwealth of MA #36). Our Fundraiser will be a Calendar Raffle with daily cash prizes for the month of April. Mondays through Saturdays, \$50 will be awarded daily. Sundays, a prize of \$125 will be awarded and the grand prize of \$700 will be awarded on April 30th. 30 Cash prizes with a total value of \$2,450.

The cost of the ticket is \$25 for 1 daily entry or \$35 for 2 daily entries. If you wish to purchase entries, please call or text Cara Jacoppi at (603)714-0135. All entries must be received by Thursday, March 31st. We appreciate and thank you for any donation you can provide to the foundation. For any other information you may need including access to scholarship applications please visit our website www.jamesjacoppischolarshipfund.com or our Facebook page.

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



Altrusa: Leading to a Better Community

Organized in January 1976, the Altrusa Club of Merrimack Valley is celebrating its 46th year of service in the Greater Lowell/Greater Nashua area. Altrusa's mission is to promote literacy and to make a difference in the lives of those in need in our communities.

Altrusa service projects include support for Merrimack Valley Shelters: Nashua Soup Kitchen & Shelter, Alternative House, House of Hope, Lowell Transitional Living Center and Brigid's Crossing. Scholarships to a student enrolled in the BS in Nursing Program at Rivier University and to a student enrolled in the BA in Education and Special Ed at UMASS Lowell.

Altrusans also contribute their time and talent directly through various on-going service projects: Food Drives to benefit Greater Nashua and Greater Lowell Food Pantries; Baby Hygiene Drives to benefit Merrimack Valley Family Shelters; and Days for Girls International. Inc.

The Altrusa Club meets on the 2nd and 4th Tuesdays of the month. To learn more about Altrusa, e-mail us at altrusamv@ gmail.com or visit us at www.altrusa.org.

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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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3 WAYS TO MAKE THE MOST OF COLOR AT HOME Sponsored by Carrie Cyr

If you're thinking of updating, remodeling or repairing your home this year, it's time to start planning.

Want to make the most of your efforts? Don't overlook color. Color plays a big role in your home's aesthetic and mood, and it can affect your overall property value, too.

If you're not sure where to start, get acquainted with the trending hues for 2022 and take a look at these tips for incorporating color like a pro.

• Let the colors of the year guide you. A great place to start is by reviewing the "colors of the year." For 2022, hues of green are in for two of the most well-known brands. Benjamin Moore went with October Mist, a pale, silvery green, while Sherwin-Williams opted for Evergreen Fog, a soothing "green-meets-gray" shade. Pantone went in a different direction with Very Peri, a periwinkle shade with violet-red undertones meant to "encourage courageous creativity."

• Have a color-placing strategy. How will you use the colors? You can opt for a more nuanced approach and paint an accent wall, your crown molding or your baseboards, or you could go all-out and use it on your kitchen cabinets or even an entire room or ceiling. Another option: You could focus on accessories like bedding or drapes if you want something more temporary.

• Factor in durability and upkeep. White and light hues photograph well and make a room look nice and clean. On the downside. they may get dirty easily and often require a lot of cleaning and upkeep. They're typically not good choices in a well-used space (like a playroom or right around the kitchen sink or oven, for example).

TYNGSBOROUGH-DUNSTABLE



Rotary (Children Rotary Motto Service Above Self

Rotary is a global network 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 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 or text Ron Keohane at (508)517-3895 or Brian Day-Lewis at (978)399-4952. Want to join a meeting? We meet at Dream Diner in Tyngsboro on 1st and last Thursday of the month at 8:00 am. Second and third Thursday of the month, we meet at 12:00 at Dream Diner.

Local Rotary Events

· Fishing Day for Individuals with Disabilities of all Ages - Tyngsboro Sportsmen Club

- Senior meals for the Tyngsboro and Dunstable Councils on Aging •
- Funded SafetyNet program for individuals with cognitive impair-•
- ment

Many other local service events

NEWHOUSE WILDLIFE RESCUE

Nonprofit Organization Founded in November 2018 A licensed safe haven for orphaned or injured local wildlife. It is our goal to rehabilitate these animals so they can be released into the wild. Call 978-413-4085 m.me/NewhouseWildlifeRescue janeseeker@gmail.com http://NewhouseWildlifeRescue.org https://facebook.com/pg/NewhouseWildlifeRescue

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

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.

DUNSTABLE TYNGSBOROUGH LIONS CLUB



<u>"We Serve"</u> 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.

<u>Officers</u> 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:

- <u>Used Eyeglasses</u> are collected for refurbishment and distribution to less advantaged individuals around the world.
- <u>Used Hearing Aids</u> are collected refurbished or repaired and distributed to those individuals in need with limited ability to pay.

• <u>Can tabs</u> please place into bags before putting in the boxes. <u>Lion's collection boxes for eyeglasses and hearing aids and can</u> <u>tabs</u> 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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If you prefer, you can connect with us on Zoom at 9:30AM Sunday mornings for Worship at www.facebook.com/westchelmsfordumc

If you want to join us via Zoom the service links are being posted each Friday along with the bulletin.

•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. 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.





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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 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.

Due to Covid spikes we strongly urge all parishioners to wear a mask, and continue to follow Covid safety practices when entering our church for services, for everyones safety. Thank you for adhering to these requests. At this time NO fellowship is taking place after church services. We are trying to be proactive regarding Covid issues.

LADIES BIBLE STUDY - Tuesdays 9:30 am to 11:30 am. - We will be continuing our study of the book of Esther. A new Bible study class will begin in March of 2022. If you would like to join our study group, you can call our office, and leave your name and number. Someone will return your call.

MEN'S BIBLE STUDY - Mondays 6:30 pm to 8:00 pm We will be studying the Book of James. If you are interested in attending, please call our office and leave your name and number. • YOUTH BIBLE STUDY - Friday, 6-8PM Follows school year

All Executive Boards now meeting.

THRIFT STORE

GREAT PRICES! AMAZING SELECTIONS/ITEMS! HOURS: 10:00am to 3:00pm **OPEN THURSDAYS and SATURDAYS**

We were closed during the last few weeks of January. The store is now open again as of February 3rd. The committee will make decisions for open or closings depending on weather and covid issues. You can stay updated by visiting us on Facebook at ecctchurch or checking our church website. We apologize for this inconvenience, but thank you all for staying devoted, and shop-

PLEASE CHECK OUR FACEBOOK PAGE FOR UNEXPECTED CLOSURE DATES. We are always looking for volunteers to help us out. So if you can spare a few hours a week, please call Charlotte at 978-649-7803. We also want to thank our volunteers who continue to support this very important ministry. Remember, in order to shop inside our store we require face masks.

KITTY ANGELS

is a no-kill shelter dedicated to rescuing stray and abandoned cats, furnishing them with treatment for injuries or other heatlh problems, and placing them into life-long, loving, indoor homes with compatible owners.

Kitty Angels is an all-volunteer organization. We have no paid staff - every cent of every donation goes to caring for needy cats! Please consider making a tax-deductible donation. You can do so by clicking on the "DONATE" button on our Facebook page; mailing a check to Kitty Angels, P.O. Box 638 Tyngsboro, MA 01879; or using the PavPal link on our website:

www.kittyangels.org You can donate Gift Cards, Cat Food, Medical Supplies, Cleaning Supplies, Towels. If you have small antiques, collectibles or other items to donate please contact Gail Mosher at gailmosher@gmail.com or leave a message with us. 100% of the proceeds will go to Kitty Angels. For other ways you may help, please visit the How to Help page on our website at www.kittangels. org/howtohelp.html Kitty angels, Inc. is an all-volunteer, 501(c)3 non-profit organization. Your donation is fully tax-deductible.

90 Pawtucket Blvd. Tyngsborough, MA

OFFICERS: Commander: William A. Beaton, Sr.; 1st Vice: Jan Dombrowski; 2nd Vice: Steve Harris; Adjutant: John Cogan; Finance Officer: David Coles; Judge Advocate: Roland Milliard; . E-Board: Clare Beaton, Marty Bloomgren and Rod Wood.

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

LOADING DOCK GALLERY

122 Western Avenue ~ Lowell, MA

Show: Background/Colors Show dates: February 2-27, 2022

This February, the Loading Dock Gallery presents **Background/ Colors**, a show which explores setting, sensation, and heritage. Gallery members present a body of work that invites the viewer to reimagine experience through masterful interaction of imagery and color.

Background/Colors explores the energy of our worlds: inherited, perceived, and imagined. Artwork ranges from traditional fine craft through realism to abstract, in paint, photography, wood, and fiber.

Cityscapes explore the life lived now, revealing energy hidden in the commonplace. Photographs and paintings celebrate the New England coast in its many moods. Fine woodwork and fiber wall art expand on craft traditions developed over generations.

Background/Colors also includes abstract work, from pop to contemporary. Strong pattern and texture combine with spontaneous and imagined imagery, in photographs, collagraphs, digital arts, and acrylic on carved bas-relief.

Background Colors runs February 2-27, 2022 at Loading Dock Gallery, 122 Western Avenue, in Lowell, MA. Loading Dock Gallery is open noon to 5:30pm, Wednesday through Saturday, and noon-4pm on Sundays. Loading Dock Gallery is part of Loading Dock Arts, Inc., a 501c3. For more details, visit <u>www.</u> theloadingdockgallery.com.



THE HOPE AND HEALING ADULT GRIEF SUPPORT GROUP

LAST SATURDAY OF EACH MONTH-10:30 a.m.-12:00 p.m. ST. JOHN THE EVANGELIST 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 meets on the last Saturday of each month.

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.

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

Elected Post 247 Officers serving for 2019-2021 Commander: Matt DeLucia; Sr. Vice Commander: David Simpson; Jr. Vice Commander. Executive Board: Joe Conlin, Ray Hamelin and John Burke. Bartenders Matt, Linda, Judi, Michelle and Pat.

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*Based on information from MLS and non-MLS. 2018 #1 Volume & Units , 2019 #1 Volume & Units 2021 #1 Volume & Units Based on MLS and Non-MLS 2008-2021 Operated by a subsidiary of NRT,LLC

CAT FOOD DONATIONS NEEDED

to feed a colony of feral and homeless kitties. Please call Don Gaudette **978-799-9715** for the drop-off location on the Dunstable/Tyngsboro line. Associated with Kitty Angels www.kittyangels.org Kitty Angels is An All-Volunteer, Non-Profit Shelter for Needy Cats



www.tyngsboroughselfstorage.com email: tyngsboross@comcast.net

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



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.

TYNGSBORO CHURCH OF CHRIST

27 Old Tyng Rd. Tyngsboro, MA 01879 (about 1 mile south of Tyngsboro bridge on Rt. 3A) Evangelist: Nathan Combs 1-978-703-4741 Web Site: www.tyngsborochurchofchrist.org Email: thechristians@juno.com Home bible studies in Nashua, Tyngsboro, Dracut, and Lowell.

I WILL ALLURE HER

Nathan Combs

Ancient Israel was like an unfaithful spouse. During the days of the prophet Hosea, God's people had abandoned him for the worship of foreign gods. The Canaanite fertility god, Baal, was especially popular. Despite the fact that King Jehu had wiped out the temple of Baal in Samaria and slaughtered every priest and worshipper of Baal he could find (2 Kings 10), Baal was thriving roughly one hundred years later. Hosea even spoke of the people confusing God with Baal - "no longer will you call me 'My Baal'" (Hosea 2.16)!

In order to help his unrepentant people understand the personal devastation he felt by their idols, God instructed his prophet to intentionally marry a "wife of whoredom" and start a family. Hosea married Gomer, had three children with her, but their life quickly unravelled when she became adulterous. However, instead of discarding his wife to find a more faithful one, Hosea's story takes an unexpected turn. God tells him to go search for Gomer, pay off the debts she's accumulated, and accept his wife once again. This too was designed to picture God's relationship with his people.

Through their idolatry, Israel shattered the covenant God made with the nation at Mt. Sinai when the law was given through Moses. But after a period of punishment, God's ultimate intentions were restoration. He promised to vigorously pursue her like a young man woos the lady of his affections. "I will allure her, and bring her into the wilderness and speak tenderly to her. And in that day, declares the Lord, you will call me 'My Husband.' And I will betroth you to me forever. I will betroth you to me in righteousness and in justice, in steadfast love and in mercy. I will betroth you to me in faithfulness. And you shall know the Lord." (Hosea 2.14, 16, 20). The power of this message is just as potent today as it was then because you and I are Gomer. Unbelievably, despite all of our sins, God wants to call us "my people," as Jesus' apostle Paul explained in Romans 9. He vigorously pursued us by sending his own Son into our world to buy us back from spiritual debts we could never begin to repay. And he expects us to pursue others the same way.

Seeing the heart of God through Hosea can alter the shape of our hearts. When we feel wronged, our natural response is to retreat instead of pursue our offender in love. After we are hurt in a conversation, we're tempted to refrain from future conversations with that person or even sever the friendship altogether. We live in a culture where covenant relationships are ended easily and frequently. And restoration work can certainly involve prolonged labor and complications, as the story of God and Israel demonstrates. But the scope of Scripture shows us the peace and glory found in the temporarily harder path. May he give us the strength to take it.

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.

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 sustem. • 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. Go to our website to find more information about what we are in need of and what projects we are working on. We are also in need of: Baby Needs

Baby wipes, Baby safety kits,

Tear free shampoo/wash for babies and children

Clothing and Shoe Needs

Men's underwear in all sizes

Women's underwear in size small

Men's winter coats in sizes small, large, and XL Women's winter coats in sizes small

Girls clothing in sizes 7 and above

Cleaning & Hygiene Needs

Laundry detergent pods, Disinfectant spray cleaner, Spray bottles, Hand soap, Paper towels,

Dish soap, and Dish sponges

Furniture & Home Goods Needs

Small kitchen tables (to seat 2 people) Couches, Loveseats, Dressers Steak knives

BITS Bags

The BITS program begins on February 16th. Deadline for dropping off items is March 3rd

We provide BITS (Basic Items for Toddler Success) Bags to children who may experience developmental delay due to lack of these sim-

ple interactive toys to stimulate them. Our goal is to provide BITS Bags with educational and developmental toys to young children. How can you help

• Donate \$35 and we can provide a bag in your name or in the name of your company • Donate complete bags • Collect items for bags and we will put the bag together.

Items Needed

• Bags will ideally be cloth or otherwise reusable, sized 8 x 10 x 4. (Optional) • Books: Bath, Board book, picture book or first reader Bubbles, Chalk, Beach Ball, Crayons, Coloring Books, Rubber Ducks, Stack rings, soft dolls, spinning tops, texture blankets, musical toys, pull toys, trucks. No Stuffed Animals Please!

The Wish Project partners with hundreds of social workers from many local agencies including: Anne Sullivan, MSPCC, CTI South Bay, Clarendon and others.

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 <u>www,TheWishProject.org</u> or call us at (866) 947-4360. Our mailing address is: The Wish Project, PO Box 8693, Lowell, MA 01853.

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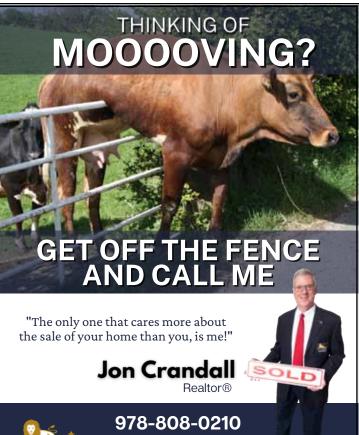
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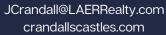
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Site Safety

Fire is rare but that does not mean is can not happen. Our site is prepared in the event of fire, with fire extinguishers available at multiple locations on-site.



0 Industrial Way, Tyngsborough, MA 01879 Route 3 Exit 88 Westford Rd, turn onto Industrial Way. Located near Honey Dew Donuts. 978-429-1465

SAINT JEANNE D'ARC SCHOOL

Due to the blizzard at the end of January, the Open House that was scheduled for Sunday, January 30th was canceled.

For more information, or to book a tour of Ste Jeanne d'Arc School, please contact blyons@sjdarc.org or call 978-453-4114.

Ste Jeanne d'Arc School is a PK3 through grade 8 Catholic Elementary School located at 68 Dracut Street, Lowell, Massachusetts. Come and see why Ste Jeanne d'Arc School is consistently recognized as a school of excellence.

Visit on line at <u>www.sjdarc.org</u> or call 978-453-4114 for more information. .

Elisabeth Bruyère Award Dinner Honoring James F. Linnehan Jr., Esq.

Thursday, April 28, 2022, 6:00 PM at Lenzi's in Dracut \$125 per ticket. For more information or to register please visit <u>www.sjdarc.org/gala</u>. Accepting Event Sponsors through April 1st. Contact Jacqueline Schnackertz at 978-454-7038

or jschnackertz@sjdarc.org for more information.



46 Coburn Road Tyngsboro, MA

SHERBURNE NATURE CENTER & TRAILS

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 winter has come. Remember to wear your boots or if we have some snow, bring your snowshoes. 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.



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RISE SPRING COURSES BEGIN MARCH 7

Nashua – The Rivier Institute for Senior Education (RISE) is conducting the spring semester both online via Zoom and on campus. **The five-week semester begins March 7 and ends April 8.** Each class session is 60 minutes and held between 8 a.m. and 4 p.m.

Seniors can choose from more than 35 courses. 29 courses are online and 7 are conducted on campus. There are no learning prerequisites, no tests and no credits earned. Membership fee is \$75.00 for one or more courses.

Course topics include literature, history, music, fine arts, technology, philosophy, self-help, nutrition, environment, personal safety, personal growth, genealogy, writing, politics and the world, health, arts and crafts, enrichment, film, and yoga.

Zoom is easy to use, and RISE will provide support for individuals who might be hesitant to participate using this format. Zoom allows a continuation of lifelong learning and provides a way to connect with other RISE members.

Information for course listings and descriptions, as well as the link to register, is posted at <u>www.rivier.edu/rise</u>. The registration period is open now, with a **deadline to register**, at end of the day on February 14.

The RISÉ program, tailored for "learning in retirement," is in its twenty-fifth year. RISE is an affiliate of the Road Scholar Institute. Individuals 55 and over are invited to learn more about RISE from the RISE website <u>www.rivier.edu/rise</u>. Additional information is available by calling (603) 897-8623. Rivier Institute for Senior Education (RISE), Rivier University, 420 South Main Street, Nashua, NH 03060