

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 40 Years of Service!

Issue # 423 • February 2024

POSTAL PATRON
TYNGSBOROUGH, MA 01879

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TYNGSBOROUGH'S TOWN MANAGER REPORT

From Colin Loiselle, Tyngsborough Town Manager
February 2024

I am pleased to report the following information from Town over the last month. You can find a full version of the Town Manager's report online at tyngsboroughma.gov.

- Last month, we publish 2023, a Year in Review which highlights our collective accomplishments over the past year. An electronic version is available online and hard copies are available at Town Hall.
- On January 16, the Town launched a residential compost drop off program at the Tyngsborough Highway Garage (89 Kendall Road). Residents have 24/7 access to the site and can drop off any residential compost in two, 64-gallon bins. The bins are collected weekly by Black Earth Compost. This PILOT program is funded by external grant funds and additional information including tips and tricks for proper composting can be found by visiting tyngsboroughma.gov.
- The Town of Tyngsborough has received \$242,000 in additional road funding through the Fair Share Act which collects a tax on income over \$1M and distributes the funding to cities and towns for education and road funding based on a prescribed formula.
- The Town will host its Annual Town Election on May 21, 2024. Residents interested in running for office can pull nomination papers now through March 28, 2024 from the Office of the Town Clerk. The deadline to submit completed nomination papers to the Town Clerk is April 1, 2024.
- Annual Town Meeting will take place on Tuesday, May 7, 2024 at Tyngsborough Elementary School. Visit the Town Meeting section of tyngsboroughma.gov to learn more.
- The Town of Tyngsborough will launch its new municipal website this month. The project, funded by the Capital Asset Management Committee in Fy24, will focus on enhancing the user experience, making the site more user-friendly, and will highlight a commitment to transparency and information sharing.
- While the Yard Waste Drop Off site is technically closed for the winter, residents should monitor tyngsboroughma.gov to learn about special openings throughout the winter as weather permits. The goal is to provide increased access to the site for residents to dispose of yard waste throughout the year. The site will permanently open for the season in April.

Be sure to visit www.tyngsboroughma.gov to stay up to date on all things happening in Tyngsborough. You can sign up for alerts & view all recent news articles. You can also follow Tyngsborough MA on Twitter, Facebook, and LinkedIn so that you'll never miss a beat. The Town Manager's Office can be reached by phone 978-649-2300 x100 or by emailing administration@tyngsboroughma.gov.

TOWN HALL HOURS: Monday & Tuesday: 8:30AM to 4:30PM Wednesday: 8:30AM to 7:00PM • Thursday: 8:30AM to 4:00PM Friday: Closed www.tyngsboroughma.gov

IN MEMORY OF

Raymond G. Comtois Kenneth R. Fisher Jr. Ruben E. Herrera Louis G. LeClerc John M. "Jack" McGarry Wayne Joseph Parisi Mary Bridget (Hester) Rufiange Lois L. (Gorrell) Valenti

Timothy J. Yarnell

TYNGSBOROUGH TOWN CLERK NEWS

- 2024 Dog Licenses are now available at the Town Clerk's office or by mail. You may 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 enclose a stamped envelope for the license.
- Census Forms were mailed. Please make changes, sign and return. The census form does not register you to vote nor does it change your political party.
- THE TOWN ELECTION IS SCHEDULED FOR MAY 21, 2024. The following are the positions up for election: Three Year Terms: Select Board 2, Board of Assessors, Board of Health 2, Constables 2, Cemetery Commissioner, Finance Committee, Library Trustees 2, School Committee 2, Sewer Commission, and Town Clerk Five Year Terms: Housing Authority, Planning Board Two Year Term: Housing Authority
- Last day to register to vote in the presidential primary is February 24th, 9am to 5pm.
- •THE PRESIDENTIAL PRIMARY IS SCHEDULED FOR MARCH 5, 2024.

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

NOTICE

TYNGSBOROUGH WATER DISTRICT

Nomination papers are available for one (1), 3-year term for Water Commissioner. Nomination papers need to be returned by **February 14, 2024** (1:00 PM) and can be obtained at the Tyngsborough Water District office at 87 Progress Avenue, Unit 2, Tyngsborough. **The Election will be held on Tuesday, April 2, 2024** 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 9, 2024 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 BOARD OF HEALTH

HOLIDAY TRASH AND RECYCLING SCHEDULE Due to the upcoming Holiday, trash and recycling will be

delayed and picked up on the following day:

Tuesday, February 20th, 2024 (Washington's Birthday)

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.

CLOSED PRESIDENT DAY Monday, February 19th

- Donations Needed: Coffee (ground and k-cups), 12oz Cups, Paper Plates-Small and Large, Plastic Spoons, Forks, Knives, Sugar Packets and small coffee creamers
- WELLNESS CLINIC Tyngsborough Council on Aging, 169 Westford Rd 978-649-9211 Charlene Muscato RN will be here Wednesday, February 14th, 9:30 doing blood pressure readings, weight checks and medication reviews. Sign in sheet at the front desk. First come, first served.
- Need Help Paying Your Heating Bills? Help is available! The Fuel Assistance Program run by Community Team Work, helps income-eligible households pay part of their winter heating bills and a small % of your electric bill. If your gross household income falls within the limits, you may qualify for fuel assistance. To set up an appointment with Charlene Muscato call the Senior Center 978-649-9211, appointments are from 10:00 AM- 1:00 PM. No walk in's! Don't suffer from the cold. Put your pride aside and stay warm.
- COA Board Meeting Tuesday, February 20th, 3:30 BONE STRENGTH... FREE Wednesdays 10:00 / Fridays 9:00 Doctor's note **NOT** required. (Similar to Bone Builders-exercises for building bones). This class has openings.
- CANASTA, Every Thursday at 1:00PM, FREE, Canasta is played with two full decks of cards, including two Jokers from each deck totaling 108 cards. The main object of the game is to outscore the opposing team, or players.
- BRIDGE, Every Thursday at 10:00AM, FREE, Each player in rotation must follow suit to the card led (play a card of the same suit).
- MAHJONG, FREE NO COST! Room available every Friday at 10:00AM BEGINNERS "Studies have shown that mahjong is a great game for keeping the mind sharp".
- YOGA and Holistic Health Every other Wednesday 9:00, see calendar for the dates. Lynda Gamble...Yoga. Laurie Schmalz... Reiki Health. Reducing stress and increasing relaxation. Reducing pain and muscle soreness and tension. Improving circulation, energy and alertness. Lowering heart rate and blood pressure.
- CRIBBAGE Every Tuesday Morning 10:00 12:30 We have openings for cribbage players. We welcome all.
- "CHINESE NEW YEAR CELEBRATION" Friday, February 9th -\$3.00. It is the year of the Dragon!
- Valentine's Day Celebration, Wednesday, February 14th at 11:00, Food Sponsored by Donations Entertainment—John Porcino \$7.00 pp Italian lunch w/dessert. Sign up at the greeter's desk.
- FREE COMPUTER and CELL PHONE HELP at the Senior Center. Wednesday, February 14th, (2nd Wednesday of the month. 9:30 -12:00. Dean Lotito, will be available to help fix issues with your cell phones and computers. Take advantage of this free service.
- BOOK CLUB (Monthly) Wednesday, February 21, 10:00 AM Come join us on the 3rd Wednesday of each month. With Carol Sides hosting. Discover and read the best new books each month.

Neighbor to Neighbor

Published by Anne Paguin Since 1983 64 Hardy St., Dunstable, MA 01827-1403 <u>Tel. 978-419-1914</u>

E-mail: anne@neighbortoneighbornewsletter.com
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Total circulation is now 6,674 which includes Dunstable and Tyngsborough, MA

CELEBRATE WOMEN'S HISTORY: Friday, March 1st at 11:00. Followed by lunch "Traveling Chef" \$3.00 pp Breakfast for lunch "Waffle Bar"

• ST. PATRICK'S DAY CELEBRATION Wednesday, March 6th at 11:30 Traditional corned beef and cabbage dinner. \$7.00 pp. Must sign up by February 28, Entertainment: Roger Tincknell.

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TYNGSBOROUGH HIGH SCHOOL

...proudly announces Gianna Donato, Sam Chan, Sophia Shambley & Carly DiMento as the January Students of the Month.

Gianna Donato, daughter of Heidi Gilson, is a four-year varsity basketball player. She has received awards such as the MidWach-C league MVP, team MVP, and Lowell Sun First-Team All-Star. Her sophomore year she was a member of the Medical Professionals club. Gianna's hobbies include shopping and hanging out with her family and friends and her favorite subject is anatomy. She plans on attending Endicott College where she will continue her basketball career and study nursing. Her future goals are to graduate from nursing school and have a nice house. Reflecting on her days at Tyngsborough High School she says, "I have gained lots of friends through the years and gained more independence and confidence. A memory I'll take with me is trying to beat the bell walking into school every morning".

Sam Chan, son of Connie Chan and Thi Chan, is a member of the National Honor Society. He has received numerous academic awards such as Outstanding Achievement in Physical Education, the Principal's Award, Outstanding Achievement in Computer Science, and Most Improved Award in Chess Club. Sam is a member of the Chess Club, Robotics Club, E-Sports, and plays varsity tennis where he received Outstanding Achievement two years in a row. Sam has also participated in community service such as volunteering for Graduation Night in 2023, Wish Project Volunteer, Tyngsborough Elementary School volunteer, and volunteering at the Tyngsborough Block Party. His hobbies include playing soccer and basketball, babysitting his cousins, playing games, hanging out with friends, and driving to Boston to explore. Sam's favorite subjects are chemistry, computer science, and physics. His future plans are to graduate college, work at Fidelity as part of the computer science department, and travel around the world, mostly Japan, London, Spain, Bahamas, and build a house. Looking back on his days at Tyngsborough High School he says, "At THS, I've gained a ton of knowledge and experience with the friends I made and the classes I have taken. With all the APs I've taken I learned more about what science has to offer and also the different types of techniques that my teachers have taught me to gain the ability to practice these scientific topics. Along with the difficult AP classes, my friends have also taught me a lot about myself and helped me become more self-aware and considerate of the people around me. School has given me a lot of opportunities to explore my curiosity and also to mature and grow as a person. It also allowed me to learn lessons from the mistakes I've made throughout the academic year as well. The fond memories that I'll take with me are the teachers and friends I've interacted with which allowed me to think about how I've bonded with them and how they've affected my life, and also the knowledge and comprehension I've grasped that will guide my path to success and fulfill a nice life."

Sophia Shambley, daughter of Mary Mt. Pleasant and Will **Shambley**, is a two-year member of the National Honor Society. She has received the Academic Excellence Award, the Commitment to Learning Award, and the National Indigenous Recognition Award. Sophia is also a member of the theater program, the yearbook committee, and the book club. She has been doing Martial Arts for the last three years outside of school. Sophia has also participated in community service with the National Honor Society, Tyngsborough Block Party, and Tyngsborough Parks and Recreation. Her hobbies include drawing, painting, and playing the guitar. Sophia's favorite subjects are math, guitar, and theater arts, and she plans to eventually be a secondary math teacher. Looking back on her days at Tyngsborough High School, she says, "I've gained new life-long friends, and I love getting to be around them every day. I have fond memories of completely covering Mr. Messina's whiteboard with drawings, and his intro songs to every class".

Carly DiMento, daughter of Melissa DiMento, received honor roll during her sophomore and junior year. Carly has had a great career in athletics during her time at Tyngsborough High School. She is a four-year member of the varsity basketball team where she received the Most Dedicated Award and Coaches Award. She

is also a four-year member of the varsity softball team where she also received the Most Dedicated Award and was named 1st All-Team and was a captain her junior and senior for both sports. Carly was also a member of the golf team for two years during the fall. She has also participated in community service by volunteering for Tyngsborough Youth Softball and running clinics. Carly's hobbies include tanning, going to the beach, and hanging out with friends. Her favorite subject is math and she plans on graduating from Bentley College. Looking back on her days at Tyngsborough High School she says "School has taught me how to get things done and how to manage my time. The best memories are going through school with my friends"

Congratulations to these four 2024 seniors!





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REAL ESTATE TAX EXEMPTIONS AVAILABLE

You may be eligible to receive a property tax exemption if you fall into any of these categories: Legally blind person; Veteran with a service-connected disability; Surviving spouse of a disabled veteran or veteran who died from active-duty injury or illness; Senior citizen age 65 and older, who meets income and asset requirements. You must have owned and occupied your property as of 7/1/2023. Supporting documentation is required for all exemption applications. Applications are available at the Assessors Office in Town Hall, or at www.tyngsboroughma.gov/departments/assessors. Applications for FY2024 are due to the Assessors Office by April 1, 2024. If you have questions, please call 978-649-2300 x 121.

SENIOR CIRCUIT BREAKER TAX CREDIT

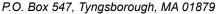
As a senior citizen (65 or older), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on residential property you own or rent and occupy as your principal residence. This credit is available even if your income level does not require you to file a Massachusetts income tax return.

The maximum credit amount for tax year 2023 is \$2,590.

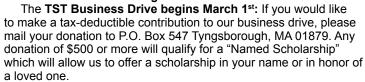
- · Applicants must meet income guidelines.
- Homeowners: Property value limit is \$1,025,000 and your property taxes together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- Renters: 25% of your annual rent must exceed 10% of your total income for the tax year.

For more information, contact the Assessor's Office 978-649-2300 x 121.

TYNGSBOROUGH SCHOLARSHIP TRUST



1963 * Celebrating 61 Years * 2024



The Door to Door Scholarship Drive begins on April 1^t. High school seniors participating in the Door to Door drive will canvas neighborhoods in Tyngsborough raising money for scholarships. If you work for a company that matches donations, you can double your donation to scholarship drive. BAE Systems, Digital Credit Union, Fidelity, JC Penney, and Raytheon are just a few of the companies that participate in the matching gift program.

High School Seniors - 2024 Scholarships are available and due by February 15, 2024! Don't forget to sign up for Remind!

A reminder to the 2023 scholarship recipients, please be sure to submit proof of school enrollment to the TST at P.O. Box 547,Tyngsborough MA 01879 so you can receive your second scholarship payment.

All profits from the 2023-2024 fundraising events will go towards scholarships for the Class of 2024. For over 60 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; we meet the second Thursday of the month at the THS at 6:30. Please contact scholarshiptrusttyngsborough@gmail.com with any questions.

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

MEDICARE 2024 POSITIVE CHANGES FOR SENIORS By Edward H. Adamsky

More than 65 million seniors across the country benefit from Medicare, a government health insurance program. At age 65, you automatically become eligible. You do not have to wait until you retire, in fact, you must apply when reaching age 65. Use the government website ssa.gov (oddly you apply through the Social Security website, not the Medicare website). If you just do a search online for Medicare enrollment, be wary of links and sites that are frauds or are just trying to get you to sign up with them for insurance. Make sure you have gone to the official government website. You can enroll in Medicare beginning three months prior to your 65th birthday, during your month of birth, or the following three months. Sometimes you can qualify for Medicare sooner if you have a permanent disability or suffer from end-stage renal disease or certain other conditions.

In 2024 there are several positive changes. Mental Health coverage is expanding. There are about 400,000 more providers that are eligible to take Medicare including marriage and family therapists and mental health counselors. Medicare can now help pay for substance abuse treatment and outpatient mental health care for qualifying patients.

The Medicare Extra Help program has been expanded too. Extra Help assists low-income seniors and people with disabilities. Many who are eligible do not currently participate in the program, sometimes because they don't even know about it. Medicare is going to try reaching out to more eligible people and getting them signed up for Extra Help, which lowers premiums and deductibles for those eligible.

Part D, prescription insurance is going to cut costs for some. Those who rely on certain expensive medications which are not fully covered will have a reduction on their out-of-pocket expenses. If they cost you more than \$8,000 out of pocket, you will not be responsible for any other co-pays or coinsurance for the remainder of the calendar year. This is because Medicare Part D enrollees, as of 2024, will no longer have to pay a 5 percent co-pay for catastrophic coverage.

Insulin and supplies covered by Medicare will be capped at a \$35 per month cost to the patient. The deductibles for supplies have been eliminated as well. The cost of insulin and supplies has tripled over the last decade. The Inflation Reduction Act put these new limits in place. Those who need insulin should see substantial savings this year.

For the first time ever, people receiving Medicare with persistent or recurring pain can have such services has medication management and pain assessment covered by their plan. (You will still need to pay for your Medicare Part B deductible and

You can learn more about Medicare at the government website. Medicare.gov. You can also speak to an insurance professional about various other programs like Medicare Advantage plans. Or, see your local Elder Law Attorney for further advice.

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 4:30PM • 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 han birectory main number 370-043-2000			
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	

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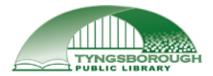
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25 Bryant Lane, Tyngsborough, MA 978-649-7361 www.tynglib.org Library Hours: • Mon. & Wed. 10:30 a.m. – 8 p.m.

• Tues. & Thurs., 9 a.m. – 5 p.m. • Sat., 9 a.m. – 2 p.m.

• Fri. & Sun. Closed

CLOSED Monday, February 19th for President's Day

- TPL Popcorn Picks (fun for all ages) Not sure what to watch? Let TPL's expert movie staff help you choose! Popcorn Picks is a free movie recommendation program for registered library card holders. Fill out a form and receive three film recommendations on DVD or Blu-ray, popcorn, candy, and other surprise treats for your watch party. Once your movie bag is ready, we will notify you to pick it up at the library.
- There's an App for That (Library App Info Session), February 22 at 10 a.m. Unlock the unlimited potential of the library! Learn to use a variety of library apps in this hands-on, low-stress guided class. Bring your smartphone, tablet, or any other internet-ready device. You will learn to change font size for any e-book; read almost any magazine as soon as they come out; enjoy any digital material from any library in Massachusetts; sync your progress across devices; listen to audiobooks anywhere and more! Get ready to enjoy books, magazines, audiobooks and more anywhere on your personal device. All ages welcome. Seniors encouraged to attend.
- Romance Authors Book Talk: Monday, February 26 at 7:00pm on Zoom. Authors Ali Hazelwood, Nikki Payne, and Denise Williams will discuss their latest romance novels in this exciting panel discussion and audience Q&A. Join us for this virtual book talk on Zoom. Registration required.
- Canvas Painting Workshop with Pop-Up Art School, February 5, 2024, 12-1:30 p.m. (ages 12-19 only) Paint a pastel sunset with a star-filled sky oozing over top. Learn how to paint colorful and fluffy clouds, and a dark celestial sky with Pop up Art School.
- Teen Cozy Craft Secret Garden, March 23 at 12:30 p.m. (ages 12+) Create a secret garden you can keep in your pocket! Craft moss, miniature plants and animals, cozy images, and more will be provided. You are welcome to bring anything else you want to add to your garden. We will be using a hot glue gun.
- Writers' Group: Every Monday at 6:30 p.m. Join us for a writing workshop! Expand your knowledge on writing; critique each other's work; and get advice on the craft. New and long-time writers are welcome! This will be an ongoing program.
- Writers' Group—Children's Literature: Wednesday, February 7th and 21st; and March 6th at 6:30 p.m. If you're interested in crafting and publishing children's books and stories, join us to participate with a group of likeminded individuals to discuss, critique, and broaden your children's literature knowledge. All skill levels are welcome and encouraged to join. Contact Karen Johnson (978-649-7132) for more information.
- Adult Coloring Club: Wednesday, February 7th and March 6th at 6:30 p.m. The Coloring Club meets on the first Wednesday of each month, from 6:30 pm to 7:45 pm. Come color and socialize!
 Tech Help: Tuesdays 11:30 a.m. 1:30 p.m. and Wednesdays
- 7:00 p.m. 8:00 p.m. Get technology help at the library. Book an appointment for an individual lesson or consultation on topics such as: Computer basics; Android tablets and phones; Microsoft Word. Call the library (978-649-7361) or email circdesk@tynglib.org to register for a timeslot. Registration required.
- Book Club: Wednesday, February 28th at 6:30 p.m. For the February meeting, we will be discussing Bittersweet by Susan Cain. Copies of the book are available at the front desk. Visit tynglib.org/book-club/ for more information. We will be starting 5 new books clubs in March! Cookbook Club, Romance Book Club, Non-Fiction Book Club, Mystery Book Club, and Just Chatting Book Club. Check our website for more details and selected titles.
- Visit Tynglib.org/events to check out all of the upcoming virtual events! Register for TPL programs by calling or

emailing (circdesk@tynglib.org) the Library or using links provided on the online calendar for virtual programs. Subscribe to our NEWSLETTER to get updates on all our programs sent to your inbox every month! tynglib.org/newsletter

Kids & Teens SPECIAL PROGRAMS

- Instrument Petting Zoo, Tuesday, February 6th at 9:30 a.m. (ages 0-4) Join Let's Play Music for an informal, hands-on workshop that allows kids of all ages to explore and play with different instruments. Take turns listening to the different sounds each instrument makes as well as how they feel while playing them. This program is intended for ages 0-4. Registration is required.
- Drop-In Valentine's Day Craft, Saturday, February 10th from 10 a.m.-1 p.m. (ages 3-12) Visit the Children's Room for a fun Valentine's Day themed craft! Materials and directions will be provided for children to work at their own pace. Recommended for ages 3-12 (with adult accompaniment). No registration required.
- Intro to Instruments Workshop, Monday February 12th at 4 p.m. (ages 5-12) Join Let's Play Music for an instrument sampler! This hands-on workshop will give you a chance to explore music as you get hands-on experience with keyboard, drums, violin, guitar and ukulele. This program is intended for ages 5-12. Registration is required.
- Valentine's Day Slime Activity, Wednesday, February 14th at 5 p.m. (ages 6-12) Join us in making some Valentine's Day SLIME! Kids will make their very own slime to play with and take home. This program is intended for ages 6-12. Registration is required to ensure we have enough materials for everyone.
- Make Your Own Valentines, February 1st-February 14th, All Day (All Ages) Visit the Children's Room and make your own valentines! Kids can take them home and give them out, or they can write them to the library. Kids can also decorate a heart and write what they love most about the library to be displayed in the Children's Room. No registration required.
- Maple Sugaring, Tuesday, February 20th at 2:30 p.m. (Grades Preschool-Second) Learn about the local tradition of turning maple sap into maple syrup with Land's Sake Farms! This program includes a maple sugaring themed story time, opportunities to touch and explore the tools we use to make maple syrup, and the chance to use hand drills to tap a demonstration log. Learn history, science, social studies, and a new skill, all in one program. This program is for grades Pre-K to Second Grade. Registration is required and spots are limited.

WEEKLY PROGRAMS

- Family Storytime, Thursdays at 11 a.m. (ages 2-5) Join us for stories, songs, and fun! Storytime builds early literacy skills and social skills. This program is intended for ages 2-5. Registration is required.
- Family Resource Network Playgroup Wednesdays at 11 a.m. (ages 0-6) Join us for our community playgroup where we will work on Early Literacy skills and much, much more! Ask us about any resources we can help provide for you and your family! The Family Resource Network is funded by the Coordinated Family and Community Engagement Grant (CFCE) from the Massachusetts Department of Early Education and Care. No registration required.

MONTHLY PROGRAMS

- Club Pokemon, Monday, February 5th and March 4th at 4 p.m. (grades 3-8) Through the Pokemon TCG, your child will learn strategic skills, participate in friendly competition, and have fun! Whether you have binders full of cards or are just learning to play, please join us. You may also bring video game consoles and mobile devices to share your love of the game. Younger grade levels welcome with adult accompaniment. RSVP online.
- Readers Theatre Club, February 7th and March 6th at 5 p.m. (ages 7-12) Have you always had a flare for dramatics? This club is for you! Join Miss Lizzie in becoming a part of Tyngsborough Library's very own Reader's Theatre Club! Kids will learn different acting games/exercises, theatre terminology, confidence skills, as well as different techniques in various elements of acting. This program will take place on the first Wednesday of every month and is for ages 7-12. Kids are encouraged to meet consistently, but new members can join anytime. Registration is required. For any other

TYNGSBOROUGH PUBLIC LIBRARY

MORE NEWS

questions regarding this program, feel free to email Miss Lizzie at ecormier@tynglib.org, or call the library.

- Babytime February 12th at 11 a.m. (ages 0-23 mos.)
 Join Miss Lizzie in singing songs, fingerplays, and activities all geared toward early literacy skills for your little one! This program is intended for ages 0-2. Registration is required.
- LEGO Challenge Club, Saturday, February 17th at 11 a.m. (all ages with a grownup) All ages are welcome to join our LEGO Challenge. See our Instagram @tyngsboroughpubliclibrary for examples of past LEGO Challenge creations. No registration required.
- Bedtime Storytime February 26th at 6:30 p.m. (ages 2-5)
 Join Miss Brianne for some fun stories, songs and rhymes all before
 bedtime! This program builds early literacy and social skills and is
 intended for ages 2-5, but older and younger siblings are welcome.
 Registration is required and pajamas are encouraged!
- Monthly Scavenger Hunt, All Day, All Month Long (ages 3-12) Come into the Children's Room each month and participate in a Scavenger Hunt! Each month, there will be twelve numbered pictures hidden throughout the Children's Room. If you find all twelve, you can visit the desk for a sticker! This activity can be done at any time in the Children's Room. No registration required.
- Board of Library Trustees Meetings are generally held monthly on the third Tuesday. 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. Also, check out the new and easy way that you can join or renew your membership to the Friends of the Library right from the Friends link on our website simply by using the "Join and Pay" or "Donate" buttons.

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

TYNGSBOROUGH DEMOCRATIC TOWN COMMITTEE

... is an official body, recognized both by the Massachusetts Democratic Party and the Commonwealth of Massachusetts. Ongoing initiatives include civic education/engagement, implementation of nature-based solutions for climate change and information outreach on student loan reduction and other government programs. The committee welcomes participation and collaboration with everyone without exception.

Contact Chair Elizabeth Coughlin <u>lizcoughlin2000@yahoo.com</u> text/phone 978-758-2680.

TYNGSBOROUGH CONSERVATION COMMISSION

The Rain Barrel Program is back!

Become part of the solution by ordering your own rain barrel. Climate crisis is intensifying the water cycle, making wet periods wetter and dry periods drier. Severe droughts can make both rainfall and flash flooding more severe, creating weather whiplash events. When heavy rain falls over drought-stricken soils - which is often hard and cracked - it cannot soak into the ground, and becomes runoff. Rain barrels can collect that runoff and repurpose the collected water. Tyngsborough, Dunstable and Pepperell are collaborating again to provide residents the opportunity to buy their own rain barrels through The Great American Rain Barrel Company.

To order go to https://www.greatamericanrainbarrel.com/ community/ then select your state and town. Purchasing deadline is March 31, 2024 at midnight. Pickup will take place at the Tyngsborough Highway Department on April 13, 2024 between 10am-12pm. For more information, you can visit the Tyngsborough Conservation Commission webpage off the Town of Tyngsborough website. Flyers will be available in Inspectional Services at Town Hall.



Crandall's Child Care

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Tyngsborough

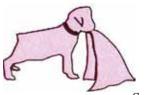
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We meet at The Old Town Hall, 10 Kendall Road the first Wednesday of the month at 6:30pm. Additional information may be found on our website at TyngsboroughRec.com Like us on Facebook. Seeking new members. Join us!

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 TyngsboroughRec.com* Friend us on Facebook. Seeking new members. Join us!

• 14th Annual Festival of Trees - THANK YOU! Thank you again to all who supported and helped create and run our 14th 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.

2023 Festival of Trees People's Choice Ribbon Winners: Each day the general public was given an opportunity to vote for their

favorite tree, wreath or display at the Festival. Congratulations to

the winners listed below!

People's Choice Ribbons Awarded To <u>Trees</u>: Dolan Funeral Home "Imperial Sprites; TAH-DAH! Studio of Dance "Barbie Dream Tree"; Enterprise Bank "Peppermint Lane"; Joe's Auto and Towing, LLC "Nordic Adventure"; Denommee Plumbing "Welcome Home for Christmas"; Reichheld-Ting Orthodontics "The Grinch" Wreaths/Other Displays: Live Free Chiropractic "Foxes Countdown"; D'Youville Life and Wellness "Christmas, All That Is

Gold"; Serenity Spa and Salon "Holiday Serenity"; _Evangelical

Congregational Church of Tyngsborough "The Reason"; Sherry Corcoran "The S'mores the Merrier"

Tyngsborough Festival of Trees Winslow Wonderland Voting Results Thank you to all who created the Tyngsborough Festival of Trees Winslow Wonderland scene. This was a perfect addition to our Town's Common area, capturing both the essence of the season and community. The voters have spoken. Please congratulate the 2023 Winslow Wonderland WINNERS!!! Most Creative (Snowman): Ashley Sawchuk; Most Creative (Tree): Danielle Slattery; Most Traditional (Snowman): Robin Diorio; Most Traditional (Tree): Heather Beauchesne; Best "Under 13" (Snowman): Kerri Horgan; Best "Under 13" (Tree): Jaylyn Silva; Best of Show (Snowman): Bonnie Mccusker; Best of Show (Tree): Alissa Cardia

Beekeeping Basics: This course is designed for individuals interested in starting this fascinating hobby, as well as for seasoned beekeepers looking for more information. We will learn the latest techniques of beekeeping and how to keep honeybees which are essential to our environment. Honeybees are the most fascinating and important insect on our planet. When weather cooperates, a healthy hive of honeybees, in Middlesex County can produce 100 lbs of excess honey. Instructor: Rick Reault, owner of New England Beekeeping Supplies, Carlisle Honey and President of the Middlesex County Beekeeper's Association.

5 Sundays, 5 - 7pm, February 4- March 10. * No class 2/11, \$110 - includes text. Location: Council on Aging Building, 169 Westford Road, Tyngsborough

MEN'S ADULT PICKUP BASKETBALL Adult Men's Pickup Basketball. New, and older, players always welcome. \$10pp. See @ TyngsboroughRec on Facebook for weekly schedule.

Softball Winter Clinic: 7 week all new, recharged clinic is offered to girls ages 4 to 14 years old, by the directors of Tyngsboro 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. Clinic Schedule: Sundays, February 4 - March 25, 2024, 1-hour sessions; 2:30-3:30pm -> Tee Ball- U8 3:30-4:30PM -> U10-U14, \$60/player (\$100 family cap) Tyngsboro Sports Center, 500 Potash Road, Tyngsboro 2-week free trial for new players only. Try it. If she likes it, pay on week #3 Register at tyngsboroughrec,com

Shamrock Ball Daughter Dance Saturday, March 16, 2024, 6 – 8pm, TYNGSBOROUGH ELEMENTARY SCHOOL CAFÉ, \$40 per couple, \$5 for each additional child. ~ Advanced registration required~ Tyngsborough Recreation's Shamrock Ball for Daughters of all ages and their Parent (or other adult figure, etc.) A Dance with our DJ Steve, light refreshments, and a corsage for each girl. A photographer will be on site, offering packages to capture your special evening. Shamrock Princess (optional add-on raffle) The Grad Night Committee, in conjunction with the Recreation Committee, will again offer the title of "Shamrock Princess". One lucky raffle winner will be crowned 2024 Shamrock Princess. Includes a public announcement during the Ball, a princess tiara and sash, photo package, dedicated parent-daughter dance and special gift. To enter the raffle on the package select option at checkout. Drawn (quietly) Thursday, March 14, 2024. All proceeds benefit The Class of 2024 Grad Night activities.

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.

SUSTAINABLE TYNGSBOROUGH

New Food Waste Drop-Off Bins Ready for Residents
** The Holiday Lights collection ended January 15. We collected
hundreds of pounds. Thank you for keeping this scrap metal out of
the waste stream! **

Currently, almost half of our curbside trash is food-related waste. This isn't good for the town budget (town pays \$97 per ton of trash) and is a waste of organic material that can be composted into nutrient-rich soil. Now residents can help the environment and our town's budget by bringing their food-related waste to the drop-off bins at the Highway Department.

Here are some ideas for how to save and transport your food scraps to the drop off bins:

- Use a countertop kitchen scrap bucket. These usually come with a charcoal filter in their cover to prevent any odor from escaping as your food scraps begin to decompose. Empty your bucket right into the drop-off bin or, if you prefer, purchase (BMI, CMA or OK) certified compostable plastic liners and then pull the liner out and place it into the drop-off bin.
- Use a plastic bucket with a tight-fitting lid to store your foodrelated waste. The bakery at Market Basket might have old frosting containers that they like to get rid of.
- If you have the room, you can store your food scraps in a plastic container or plastic bag in your freezer until you have enough to bring to the drop-off bins. However, you cannot put the plastic bag or container into the drop-off bins because they are not compostable.

Please be careful to remove fruit and vegetable stickers, plastic tags, twist ties and other non-organic items, as they will contaminate the compost. In addition to food waste, food-soiled paper plates, napkins, paper towels, toothpicks, and newspaper, as well as (real) bottle corks, hair, pet food and pet waste from rabbits, chickens, guinea pigs, hamsters and birds (not dogs or cats) can all go into the bins. There are signs providing more guidance on the bins.

This program is another step to promote good environmental practices in our town. Thank you for participating!

Please contact us at sustainabletyngsboro@gmail.com with your ideas or questions. Or join one of our meetings - the 3rd Tuesday of each month, starting at 6:30pm at Town Hall.

TYNGSBORO FOUNDATION FOR THE AGING

The Tyngsborough Foundation for the Aging is a 501(c) (3) nonprofit organization, organized to support local senior citizens and the Tyngsborough Senior Center in coordination with the Tyngsborough Council on Aging. Its sole purpose is to lend volunteer and financial assistance to the Council on Aging in providing fellowship and a diversity of activities and programs and to enrich the lives of area seniors. P.O Box 534, Tyngsborough, MA 01879 Email Address tffta@yahoo.com The Annual membership fee is \$5.OO.

TYNGSBOROUGH BOARD OF HEALTH

 Expanded Recycling Center at the Highway Department -Now, in addition to large flattened cardboard, you can bring scrap metal, textiles, and mercury-containing items to the Recycling Center at the Highway Department (89 Kendall Road) for recycling or safe disposal, year round.

Scrap metal: NO full-size appliances. For a list of accepted metals, please visit: www.scrapit.us/metals-we-take

Textiles: In any condition - Clothing and fashion accessories, underclothes, coats, footwear, purses, wallets, backpacks, towels, all linens, curtains, throw rugs, stuffed animals.

Mercury-containing items - Fluorescent and CFL bulbs, thermometers, rechargeable batteries, elemental mercury.

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Tyngsborough News Updates & Emergency Alerts

Subscribe to Town news updates by providing your email address. Updates may include: 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. Sign up www.tyngsboroughma.gov

TYNGSBOROUGH REPUBLICAN TOWN COMMITTEE (TRTC)



The **TRTC** serve as our community's official representation within the Massachusetts Republican Party. In addition to promoting the principles of the Republican Party, we also assist local, state, and national Republican candidates in their bid for public office. While not everyone agrees on all issues, the TRTC focuses on issues we all share: *less government, budgetary restraint, and lower taxes*.

LOCALLY: We help promote fiscal responsibility; present Town Meeting Warrant Articles; oversee voter registration and elections; and organize signature drives for candidates and important issues. **STATE & NATIONALLY:** We promote and support candidates that share our values; provide delegates to our State Convention to vote on our nominees for elected office; and coordinate with other Republican Town and City Committees.

Please get involved and make your voices heard!! ELECTION OFFICIALS NEEDED: We're looking for Republicans to help preserve integrity in the 2024 election. Please let us know if you're interested in serving as an Election Official, Poll Worker, or even as an Election Observer at one of our town precincts. Reach out to TyngsboroughRTC@gmail.com for more Information.

COME JOIN US!!: E-mail <u>TyngsboroughRTC@gmail.com</u> to get on our mailing list and follow us on Facebook (**TyngsboroughRTC**) for meeting updates and other important information.

DONATE: If you'd like to make a donation, please send to: TRTC, PO BOX 614, Tyngsborough, MA 01879 or directly via https://secure.winred.com/tyngsborough-rtc/donate

TYNGSBOROUGH VETERAN'S AGENT

Veterans, Veteran widower, widow or dependents of a Veteran, you may be eligible for financial assistance from my office. I may be able to help 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. The Veteran's Office is a confidential office where your identity is completely confidential. Call or email to schedule an appointment. Sincerely, Christopher W. Dery, Tyngsborough Veteran's Agent, 25 Bryants Lane, Tyngsborough MA, 01879 978-649-2300 X131 veteransagent@tyngsboroughma.gov



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"We All Make Mistakes"

By Eric Paquette

The adage, "We all make mistakes," is true. But some make more than others, don't they? One lady received an unusually large check one payday. She decided not to say anything. The following week, her check was far less than the usual amount, and she confronted her boss about the shortage. But the supervisor surprised her when he asked, "Why didn't you say anything when you were over paid?" Unruffled, she replied, "I can overlook one mistake - but not two in a row."

John 21:15ff records an important incident in the life of the apostle Peter that reminds us of Jesus' willingness to forgive our sins and mistakes - even multiple ones. John 18:15-17 and 25 -27 records the familiar account of the night Jesus was arrested and Peter's multiple denials (three times) that he knew the Lord.

Peter fell hard, and if the story ended there, it would be a sad one, indeed. But the glory of Jesus and His Gospel is that those who fall don't have to stay down! Jesus rose out of His grave so that we can be raised from our own graves of sin and guilt.

In Peter's case, Jesus gently addressed Peter's spiritual three-fold failure a few days later. He didn't rub Peter's nose in his failure. Rather, with love and tenderness, the Lord got straight to the heart of the matter with a soul-searching question He pressed upon Peter three times: "Do you love Me? ... Do you love Me?... Do you love Me?" (John 21:15-18). The failure itself wasn't the biggest issue with Jesus. The main question was, did Peter still love the Lord enough to turn it around and serve Him again? Once Peter had reaffirmed his love, Jesus restored and re-commissioned the flawed apostle with the simple but profound challenge, "Follow Me" (vs 21). Like Peter, all of us are flawed in big ways or small. The question the Lord still presses is the same as for Peter: "Do you love Me?" We may be flawed, and we may fail the Lord at times. But if we truly love Him, we will also be forgiven, and we will be found following and serving Him.

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 pickup at 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/inspectionalservices/health/trash-and-recycling/



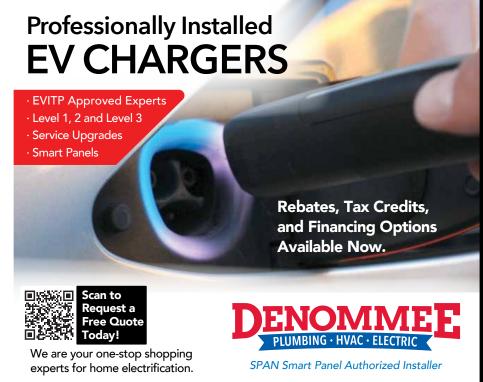
Generally speaking, electrical panels should be replaced every 25 to 40 years. So, if you're living in an older home, there's a higher likelihood that you'll need to replace your breaker panel. Electrical panels haven't changed much since circuit breakers began replacing fuses, while our energy use has changed dramatically in that time.

Intelligent breaker panels, like those from SPAN, give users the ability to control their electric consumption, solar production, battery, and EV charging in one ecosystem. Analyzing energy use, they automatically find ways to lower energy bills, while offering control of every circuit from one centralized dashboard.

By managing circuit loads, they enable installations of energy-efficient heat pumps and other electric appliances in homes without the need for expensive and time consuming utility service upgrades.

Until next month, stay comfortable.

Got a question? Drop me a note! tim@denommeeplumbing.com



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TYNGSBORO HIGH SCHOOL GRAD NIGHT

The Tyngsboro High School Grad Night Committee is gearing up for a busy spring! We had a successful Craft Fair with Mill City Events by Tara at TES in December and now we are planning our annual Comedy Night at The Princeton Station on March 22nd. Our main event will be held overnight on June 7th at the Tyngsboro Sports Center. We will bring the graduating seniors, immediately following graduation and pictures, to TSC for an all-night, substance free event with lots of activities, food and great prizes to be won. We will keep them safe and have been doing so with a 100% success rate since 1996!

How can you get involved?

Senior Parents: We are looking for help on the day of graduation...senior parents help decorate because the underclassmen parents will be staying up all night to keep your seniors safe. We would also welcome any gift cards you would be willing to donate for prizes on that night...\$10 or \$15 is fine! Last year parents really came through and it made a big difference in the prizes we were able to give away.

Underclassmen Parents: Anyone who would be willing to help overnight, please contact us at contact@thsgradnight.org.

Underclassmen parents and middle school parents who would be interested in helping out with the committee and seeing what we do, please also reach out at the above email. The time commitment is minimal and we can always use an extra pair of hands a couple times of year. Thank you in advance for any help or support you are willing to offer us!

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

They would like to know.

Thank you, Anne



FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY



- ** February is Library Lovers' month. Be generous to your community by joining the Friends of the Tyngsborough Public Library. The Friends are welcoming new members who want to be active by helping with book sales, becoming a board member, helping with membership month and other activities such as the holiday party in December. Your membership dues are tax deductible since the Friends is a 501(c)(3) nonprofit organization, and all donations go to the Friends in support of the Library, not the town. Apply for membership at: http://www.tynglib.org/index.php/friends-of-library or come by the Library for an application. Ask your employer to match your donation.
- ** Adults and kids, here is an idea for something to do on a cold winter night at home. Puzzles are still available at the Library for \$1. We have a variety of jigsaw puzzles so stop by for an inexpensive way to have fun since there are always books for sale at the library. See fiction and nonfiction for adults and kids at book sale prices.
- ** Do you know about the <u>Museum Pass Program</u>? There are museum and visitor passes purchased by the Friends for discount tickets to museums, parks, zoos, etc. that are educational and fun for adults and kids. The program includes passes for Boston's Museum of Fine Arts, Museum of Science, and the New England Aquarium. For a local venue, try the Discovery Museum in Acton or use the GoPass from the Trustees of Reservations. Passes can be reserved online or by contacting the Library. The passes give you free admission or entry with a discount. Check the <u>website</u> for details.
- ** <u>Upcoming Meetings</u>: Join us on Mondays, 6:30pm, in the Library: Meeting dates in early 2024: February 5, March 4 (Membership Month), April 1 (New membership year), May 6. <u>Email Friends at TynglibFriends@gmail.com if you have questions.</u>

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STEPS TO A SUCCESSFUL HOUSE MOVE

By Christine McCarron

Even if you're excited about your new place, moving can be stressful. I hope this checklist will help you feel more prepared and relaxed.

BEFORE THE MOVE:

- Schedule cancellations: Notify utility providers and cancel service at your old place. Schedule services at your new home if possible. Remember things like your gym membership, and insurances.
- Give notice: Renters need to give landlords notice as per the lease agreement. Homeowners may need to notify homeowners associations.
- Declutter: Sort through your belongings and decide what to keep, donate, or discard. Consider furniture size and weight when deciding if it's worth moving. Try doing one room at a time. Think: Do I like this item enough to pack it and pay someone to move it to my new place?
- Choose movers: Get quotes from different moving companies and choose one that fits your needs and budget. Ask friends and neighbors for recommendations.
- Get supplies: Purchase or find free packing materials like boxes, tape, and bubble wrap. Marketplace can be a good resource.
- Change your address: Notify USPS, voter registration, financial institutions, subscription services, and relevant others about your move.
- Request time off: Don't schedule anything for moving day and consider care arrangements for children or pets.
- Eat through your food: Use up perishables to avoid the hassle of packing and transporting them.

MOVING WEEK:

- Confirm move: Contact movers or rental companies to confirm arrangements.
- Warn neighbors: Let neighbors know if you'll be blocking driveways or need them to move their cars.
- Schedule utilities and internet: Confirm appointments for installation of utilities and internet at your new place.
- Clean: Clean and repair any damages in your old place, especially if getting a deposit back.
- Pack essentials: Pack a separate bag with clothes, medication, and toiletries for easy access.
- Remind neighbors: Give one last heads-up to neighbors and say goodbye to those with whom you're close.
- Get cash: Have cash on hand for tipping movers or food delivery people.
- Treat yourself: Enjoy a last meal at your favorite restaurant or celebrate with a drink.
- Relax: Do something relaxing to manage stress before the big day.
 MOVING DAY:

Make a decision to maintain your sense of humor no matter what.

- Keep an eye on things: Oversee the move, check for any damage, and offer snacks and drinks to helpers.
- Close up shop: Double-check rooms, close windows, turn off lights, and lock doors in your old place. Remember to clear personal data from any Smart devices.
- Return your keys: Don't forget to return keys to your landlord or realtor.
- If you're spending the night in your new home, set up the bed first. Good luck!

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www.tyngsborocongregational.org
Interim Pastor Bernie Michaud

Our Weekly Sunday Worship Services are at 10:00 AM If you prefer to stay home, Services are available on line.

- TO WATCH LIVE SERVICES Log on to facebook and go to Ecct Church. Log in at any time to watch the recorded services.
- NEW PARKING LOT Please enter and exit across from the Tyngsboro Fire Station. A walkway has been paved for easy access to our church.
- SUNDAY SCHOOL is available for Pre-School through High School from September until the beginning of June. Nursery care is available for toddlers. All toddlers and students are dismissed from church at 10:15am to go to their assigned area/class. We are blessed to have great teachers and many children of all ages to teach. If interested in more information call our office and leave a message or come join us some Sunday morning for church and see what our Sunday School has to offer.
- LADIES BIBLÉ STUDY- Tuesday mornings 9:30-11:30 am. The study is being led by our interim pastor's wife Diane. If you would like more information or would like to sign up for the study please call our office and leave a message. Someone will return your call.
- MEN'S BIBLE STUDY: Tuesday evenings at 6:30 pm. led by Jim Politi. If interested please call our church office and leave a message.
- PRAYER/PRAISE TIME WEDNESDAY EVENINGS Please join us at 5:15 pm to 6:15 pm to pray together, to sing together, to care about each other, to support one another and to Praise God!!!
 - Our entry for the Tyngsboro Festival of Trees received a

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or please check our **Facebook** page for unexpected closure dates.



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Officers of the American Legion Auxiliary Unit #247

President, Linda Small; Sr. Vice President-Ann Thellen;
Jr. Vice President-Michelle Lambert; Secretary/Treasurer-Diane
DiLeo; Chaplain-LeeAnn Houle; Sgt at Arm: Jeanette Milsci.

<u>E-Board</u>: Kathy Oljey, Josephine Beauregard, and Annette Coles
If you are interested in joining the Auxiliary, contact Diane DiLeo
at 978-204-9329 or email: ddileo1956@hotmail.com

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JAMES JACOPPI MEMORIAL SCHOLARSHIP FOUNDATION

This is the 22nd anniversary of the passing of our son, James. With help from all of you, last year our raffle awarded \$14,000 in scholarships to aid in the continuing education of graduating high school students. 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 12th annual raffle (Commonwealth of MA #36) Our fundraiser will be a Calendar Raffle with daily prizes for the month of April. Mondays through Saturdays, \$50 will be awarded daily. Sundays, a prize of \$125 and the Grand Prize of \$700 awarded on April 30th. In total there will be 30 Cash prizes worth \$2.450.

If you wish to purchase raffle tickets please call or text Cara Jacoppi at (603) 714-0135. Remember all tickets must be received back by March 27, 2024. Thank you for

The winners of the April 2023 Raffle were: Matthew Choate, Shakeh Dagdigian, Claire Constantine, Cathy Stangroom, Tyngsboro Funeral Home, Jen Goulet, Ginny Edwards, Donna Foley, Kristel Hickey, Joan and Joe Murphy, Jan Price, Bill Fabiano, Fred French, Natalie Lefevre, Ray Ladoux, Jerry Jaggers, Jen Kilmartin, Barbara Bartos, Joyce Poulin, Brenda Baxter, Emily Lipps, Donna Mirabello, Bill and Jaz Gramer, Sue Bowden, Rachel Gray, Francis McCarthy, Deb Schneider, Mary Rita Souza, Debbie O'Leary, and Justin Maslanka.

For any information you may need including access to the scholarship applications, please visit our website www.jacoppischolarshipfund.com

TYNGSBORO-DUNSTABLE



Rotary Motto Service Above Self

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

If you would like to join a group of fellow residents who are giving back to their community and having fun, please be our guest at *Dream Diner in Tyngsboro on 1st and last Thursdays of the month at 8:00am. Second and third Thursday of the month, we meet at 12:00 at Dream Diner.*

If you are interested in membership, please call or text Ron Keohane (508)517-3895 or Brian Day-Lewis at (978)399-4952

The Rotary Club was instrumental in launching **SafetyNet**. SafetyNet is a radio frequency tracking system designed to help police officers locate residents with cognitive impairments such as autism spectrum disorder, Alzheimer's or dementia.

Eligible residents who sign up for SafetyNet will receive a free loaner bracelet for as long as they wish to be in the program.

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 Elected Officers/Executive Board:

Jim Lawler, Joe Conlin, Ray Hamelin and Fred Carroll.

Hello everyone, my name is **John Taylor**. I am the contact for the American Legion Post #247 and SAL. You may email me at johntaylor1777@gmail.com.

If you would like to stay updated with new information about Post #247 please use this link https://sites.google.com/view/american-legion-site/home or the facebook page American Legion Post 247 – Tyngsborough MA



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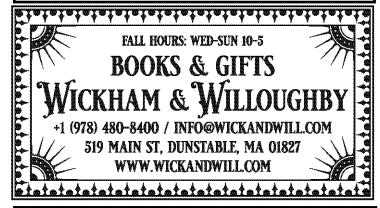
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CLOUD STORAGE EXPLAINED

By Dean Lotito

These days, all our cell phones, personal computers, MACs, and Chrome Books talk about Cloud Storage. I'll try to explain what this means, and the various options available to utilize Cloud Storage.

Simply stated, when a company such as Apple (iCloud), Google (Google Drive), or Microsoft (OneDrive) offers you cloud storage, they are offering you space to store your documents, pictures, and other computer files. This space physically exists inside their huge data centers located around the world. Cloud storage from these companies offers safe secure storage at a reasonable price. They all offer a small amount of storage for free, and then offer upgrades to more storage for a monthly fee.

All three vendors do a great job integrating with their own phones or personal computers. Apple iCloud works great with iPhones and MACs. Google Drive works best with Android phones and Chrome Books. Microsoft One Drive works great on PCs, and there is an App available to sync well with all cell phones. Also, Apple does offer an App for Microsoft PCS for improved iCloud support.

If you only have one personal device, or all of your devices are from the same vendor, I recommend using the Cloud service from that same vendor. If you have devices from different vendors, you should experiment with the different free offerings to find the best option for you.

If you don't think you need to worry about Cloud storage, think about this: Consider all the pictures you have accumulated on your phone and computer over the years. I'm sure you'd hate to permanently lose those pictures because of the device's hardware failure. Cloud storage ensures that you'll be able to re-download those pictures once your phone or computer is up and running again.

As always, I am available to help you evaluate your cloud storage needs and set up your devices with the service that is best for you.



DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

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

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. with Interim Pastor Doug Walker leading. We welcome you to join us anytime!
- The Adult Bible Study Class resumed weekly in January (except the second week of the month) at 9:00am. The topic is an in-depth study of the Gospel of Matthew. It contains the most thorough and organized presentation of Christ's teaching anywhere in the Bible. Join us.
- A Transition Team is continuing to meet on the first and third Sundays of the month to study our church and its people, to prepare a church and pastor profile, and to establish a Search Committee. The next meetings will be held on February 4th & 18th. Anyone is welcome at these meetings. Check the church website for any updates.
- As the Lenten season nears, we will have some special services. Ash Wednesday is February 14th, and four weeks of Lent officially begins on Sunday, February 18th. Palm Sunday will be observed on March 24th. There will be a service on Maundy Thursday, March 28th at 7:00pm. Easter will be celebrated on March 31st. Stay tuned for more information on these special services

We look forward to seeing you at 10:30 AM on Sundays. God bless you.



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BONE BUILDERS AT TYNGSBORO SENIOR CENTER

Bone Builders class is held every Monday and Wednesday from 9AM to 10AM. Exercises are specifically designed to build bones due to bone loss from Osteopenia or Osteoporosis. Our model is from Tufts University Research on Aging, Department of Osteoporosis.

Currently the class is on wait list. Please feel free to come and view a class by calling Leader, Jean Jacoppi (978-649-9076). A doctor's note and a commitment of attending class two times a week for the first six months is required for this class which is sponsored by Community Teamwork Inc. in Lowell. There is no cost.

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Office Hours: Monday, Tuesday, Thursday 9am-5pm, Wednesday 9:30am-5pm and Friday 9am -3pm www.theholyrood.org

Pastor Rev. Brian E. Mahoney Parochial Vicar Fr. Fernando Ayala Staff Offices: 115 Middlesex Street, North Chelmsford, MA



THE HOPE AND HEALING ADULT GRIEF SUPPORT GROUP

We meet on the last Saturday of the month, from 10:30 a.m. - 12:00 p.m. at St. John the Evangelist, Old Parish Hall, 115 Middlesex Road, N. Chelmsford, MA 01879.

DUNSTABLE - TYNGSBOROUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men and women dedicated to serving communities locally and globally giving hope and impacting lives through humanitarian service projects and raising donations to support areas of need. We are currently looking for community minded members to join, please contact membership chair Joe Ward his contact information is below.

Officers President: Laura Ward, 1st Woman President for this Lions Club which was formed in 1977; 1st Vice President/Treasurer: Kristine DeMonico; 2nd Vice President/Secretary: Meg DeMonico; Membership Chair: Joe Ward; LCIF Chair: Mark Alexander; Media/Marketing: Charline Vigna; Tail Twister- Jorg Skowranek; Lion Tamer- Richard Lowe

Anyone interested in joining the lions is asked to contact Joe Ward 978-930-1153. Our Regular Meetings are held on the first and third Tuesday of the month starting at 6:30 pm at Princeton Station 147 Princeton St., in N. Chelmsford, MA. Our Facebook Page is https://www.facebook.com/DunstableTyngsboroLionsClub

If you would like to make a donation, please send to: Dunstable Tyngsboro Lions Club, P.O. Box 93, Tyngsboro MA 01879

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. Lion's collection boxes for eyeglasses, hearing aids and can tabs be located at: Tyngsboro Post Office- 353 Middlesex Rd Tyngsboro MA 01879; Tyngsboro Council of Aging Center - 169 Westford Rd., Tyngsboro MA 01879; Dunstable Town Hall - 511 Main St Dunstable MA 01827; Dunstable Post Office- 170 Pleasant St Dunstable MA 01827; Dunstable Library-588 Main St Dunstable MA 01827

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TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



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

Have you been thinking of joining the Historical Society? It is easy. Forms are available on our TDHS website tdhistoricalsociety. org. Your membership and donations help support The Little Red School House and other programs. Some of our most popular programs have been about Dunstable, NH, Tracing your genealogy, History of Dunstable Houses and Families. Our first meeting is usually in April.

If you are new to the area you may not know the history of the Little Red Schoolhouse. At one time, it was in, what is now known as Tyngsborough Center. It has guite a story.

Come join us. Let us know what you would like to learn about history in a setting, where questions and discussion are welcome.

Our new board for 2024 elected at our Annual Meeting is: Pres: David Kimpton; VP: Susan Conant; Treas: Pamela Crocker; Rec. Sec: Joan Barenscheer; Cor. Sec: Susan Psaledakis; and Program Ch: Margery Kimpton

Members-at-Large: Ellen Davis, Charlene Weisberg, Sue Fayne. Thank you again for your support. We hope to see you in the spring. **Email: tyngsboroughdunstablehs@gmail.com**

PARISH CENTER FOR THE ARTS

10 Lincoln Street, Westford, MA 01886 pcawestford.org

- Music Together weekly Mondays, 4:45-5:30pm Thursdays, 10:30-11:15am
- GuruKool Bollywood Fitness weekly Wednesdays, 7:45pm
- Sunday Jazz Jams Bring your instrument and sit in on a few tunes with other jazz musicians, 3:30-5:30pm. A safe space to practice, play and listen to jazz tunes, or just hang out with friends. Each month, a few tunes will be posted to work on before the jam. Email joe_virga@yahoo.com to get on the Jazz Jam email list. \$5 suggested cover for all drop-in programs. Future Dates: 2/4, 3/3, 4/7, 5/5, 6/2... Producer: Marcia J. Macres
- 3rd Friday Bluegrass Jam A community event open to the public, 7-10pm. Bring your banjo, fiddle, voice, or just come to watch! All are welcome and all have a great time. Future Dates: 2/16, 3/15, 4/19, 5/17, 6/21... Producer: Mark Abare

To learn more about the PCA & its wide array of artistic endeavors, visit pcawestford.org



United Way of Greater Nashua introduces **Tech Connect United**, a Laptop Donation Program addressing digital equity.

Donate working laptops, tablets, or smartphones to support community members in need. Devices will be cleared, refurbished, and distributed to children, job-seekers, college students, and seniors.

The goal of this program is to bridge the digital divide. Drop off devices at 20 Broad Street, Nashua, on weekdays from 9:30am to 4:30pm or by appointment. Contact info@united-waynashua.org or (603) 882-4011 for more details.

Tech Connect United aims to foster digital inclusion, supported by Microsoft's Tech Spark Fellowship Grant Funding. Join us in creating a digitally equitable future.

United Way of Greater Nashua

THE FRIENDS OF THE TYNGSBORO ELDERLY, INC.

(originally Friends of the Council On Aging, established in 1984) is a 501 (C) 3 nonprofit organization which was formed for the purpose of contributing to the needs of the senior citizens of our town. Through the \$10 membership fee per year per person, they are able to fund luncheons, dinners, lectures, entertainment, and a host of activities both at the senior center and elsewhere.

Currently, plans are underway for the Spring Fling Luncheon. This event will host a One Of A Kind entertainment that will be sure to please. Popular 50/50 Raffle, Raffle Baskets, and Door Prizes are always fun.

Membership forms are available at the Greeter Desk at the Tyngsboro Senior Center or by calling President, Joe Jacoppi (978-649-9076).



GIVE THE GIFT OF TIME

Want to turn your compassion into action? Volunteer with your local American Red Cross Disaster Relief Team! People are displaced every day due to home fires, storms, and other disasters. Disaster Relief Volunteers respond to these emergencies to provide those affected with food, clothing, shelter, and hope. Join your local Disaster Relief Team and provide much needed support to your neighbors in their greatest time of need.

You can also support your community by teaching safety programs to children, installing free smoke alarms in high-risk neighborhoods, dispatching Disaster Relief Volunteers to emergencies, and more! We have something for everyone! No experience is necessary – we'll provide all the training you need.

To learn more, contact Michele Cruz

Email: michele.cruz@redcross.org Phone: (617)913-6381

Can't volunteer right now?
The American Red Cross has an ongoing critical need for blood and platelet donations amidst coronavirus uncertainties. You can make an appointment to give blood or platelets at RedCrossBlood.org.

Scan to learn more!





Neighbor to Neighbor Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827 **(978) 419-1914**

anne@neighbortoneighbornewsletter.com www.neighbortoneighbornewsletter.com

Do you have a fundraiser, meetings, or events coming up in March or April? There are 6,674 issues of Neighbor to Neighbor sent out directly to homes and business each month in the towns of Dunstable and Tyngsborough.

The news is placed FREE of charge on a first come first served basis. If you have an event in early April, it is best to have it in the upcoming March issue.

If you are thinking about advertising your business, please contact me by email, I will send you a rate sheet which should answer most questions.

New ssues are available to read online around the first of each month, at www.neighbortoneighbornewsletter.com. You will also find more news and articles posted there.

I look forward to hearing from you soon. E-mail: anne@ neighbortoneighbornewsletter.com or call (978) 419-1914. Sincerely. Anne



166 Middlesex St., North Chelmsford, MA 01863

This is behind Hertz Car Rental

thewishproject.org 1-866-947-4360

Any questions, please email: info@thewishproject.org

Our THRIFT STORE is open 9-3:00 Tuesday-Saturday. It is located in our warehouse. All are welcome. Inventory changes daily, so stop by often!

<u>Donations of items may be sent to</u>: The Wish Project, 166 Middlesex Street, N. Chelmsford, MA 01863. Monetary donations may be mailed to The Wish Project, PO Box 8693, Lowell, MA 01852.

If you want to drop off a donation please be sure to review our donation guidelines on our website, for items that we accept, fill out a drop off form, and check our drop off hours.

Donation Hours Tue-Sat 9:00-2:45, 166 Middlesex St, North Chelmsford, MA. Visit the website for the lists of current needs.

BITS (Basic Items for Toddler Success) BagsThis is a year-round project, you may donate to it at any time!

- **Goal** 1,000 Bags. We provide BITS Bags to young children who may experience developmental delay due to lack of these simple interactive toys to stimulate them.
- The Wish Project partners with hundreds of social workers from many local agencies including: Anne Sullivan, MSPCC, CTI South Bay, Clarendon and others to distribute our project goods.
- How can you help: Donate complete bags or Collect items for bags, Donate \$35 and we can provide a bag in your name or in the name of your companyItems Needed Bags will ideally be reusable, sized 8 x 10 x 4. Bag Contents: Book: Bath, Board book, picture book or first reader, Bubbles, Chalk, Beach Ball, Crayons, Coloring Book, Rubber duck tub toy (large enough to not pose a choking hazard) *No Stuffed Animals Please!*
- Please contact <u>Crystal Stewart</u> to setup a drop-off, donation, or for more information regarding BITS Bags.

Items we accept, and those we do not accept

- Clothing Clean casual clothes for all ages, shoes, coats, belts, bras, socks, and baby clothing. We appreciate it when clothing is donated during the season when it is needed. <u>We do not accept</u> Used underwear, except lightly used bras and socks.
- Children's and baby Items New Toys for kids of any age, Packn-Plays, strollers, combo-strollers (with new car seats), high-chairs, monitors, new bottles, new bottle brushes, diapers (new or open packs), and unopened and unexpired formula. We do not accept Drop-side cribs, cribs older than 5 years, infant or toddler car seats, bouncy seats, baby baths, jumpers, and PLEASE, no used stuffed animals or used toys.
- Furniture Sofas, dressers, and loveseats, kitchen dining sets, single tables, and sets or pairs of kitchen chairs (must be sturdy and fully functional). We especially appreciate small kitchen tables (preferably 4 feet or smaller), tall dressers (not long/large dressers) and loveseats as our clients often live in small apartments and often have flights of stairs to contend with. If it only needs paint or a screw, please consider doing that before donating. We do not accept Heavy dining tables, hutches, china cabinets, desks, living room chairs, sectionals, end/coffee tables, bedside tables, or sewing machines. We cannot accept upholstered furniture that is stained, dirty, or has any rips.
- Mattresses Mattresses sets (Twin, Full, Queen), (must have both box spring and mattress), metal bed frames (no wooden frames or headboards/footboards), and toddler beds. We cannot accept any mattresses that are stained, dirty, or have any rips. We do not accept Headboards/footboards, wooden frames, daybeds, trundles, bunk beds, or king/california king size beds.
- Appliances Air conditioners (in summer), heaters (in winter), fans, lamps (with lampshades), microwaves, clocks and clock radios, irons, small kitchen appliances like toaster ovens, toasters, blenders, coffee makers, crock pots, and food processors. We very much

appreciate it when these items come to us clean. **We do not accept** Washers, dryers, chandeliers, ceiling fans, wall sconces, built-in microwaves, refrigerators, and stoves.

- **Electronics** New play stations, new DVD players or other new electronics that can be given to teens. **We do not accept** Televisions of any kind, used DVD players, computers, monitors, or outdated electronics.
- **Kitchen & Dining Items** Dishes, bowls of all sizes, cups/mugs, drinking glasses, silverware, pots and pans, can openers, utensils, baking pans, large knives, casserole dishes. **We do not accept** Single dishes, dirty/chipped items, wine glasses, plastic dishes/cups, used Tupperware type items.
- Household Linens Clean sheets, comforters (not down), quilts, blankets, towels (worn is okay), shower curtains, new shower liners. It is very helpful to us if bedding is labeled with size. We do not accept Duvet covers, down comforters, used shower curtain liners, valences, curtains, mini-blinds, used place mats and napkins, dirty items, or items used by pets (however, we will take any cloth items if they are bagged separately and are labeled "Recycle", which we will sell to a fabric recycler.

WHAT TO DO WITH YOUR OLD MATTRESS

If you're not sure what to do with your old mattress, there are a few options to consider. You can donate mattresses in *good condition*. • Household Goods, 530 Main St. (Rt 27)Acton, MA 978-635-1710 ext. 5 www.householdgoods.org
Donation Drop-Off Hours: Tues, Thurs, and Sat. 9AM - 12PM

• The Wish Project, 166 Middlesex St., North Chelmsford, MA 866-947-4360 You can visit their website to fill out the

donation form. <u>www.thewishproject.org</u> Donation Hours: Tues. and Sat 9AM - 2:45PM

 Curbside pick-up now available for a fee with UTEC call 978-856-3997 or visit www.utecinc.org/mattress-recycling/

We recommend a quick google search to find other donation sites. You can give mattresses away via a local gifting group like Buy Nothing or Freecycle. If you are buying new, check with the retailer to see if they will recycle your old one.



Altrusa meets the 2nd and 4th Tuesday of the month at the Tyngsborough Senior Center, 169 Westford Road, at 6:00 p.m. Please email <u>altrusamv@gmail.com</u> if you are interested in joining other volunteers in making a difference in the lives of others in our communities.

LOADING DOCK GALLERY

122 WESTERN AVENUE, LOWELL, MA
SHOW: Affirmation of Life: Art from Today's Ukraine
SHOW DATES: January 31-February 25

This February, enjoy Affirmation of Life: Art from Today's Ukraine, presented at the Loading Dock Gallery in cooperation with the <u>Ukrainian Cultural Initiative</u>.

This colorful show celebrates life as well as Ukrainian heritage, with work ranging from traditional designs to lush abstracts. Working in war-ravaged Ukraine, the artists seek not only to make a living, but to teach and support adults and children, providing much needed healing through the universal language of art. "Art is like oxygen," says artist Lyubov Minenko. "It makes everyone feel comfortable. Comfortable in the individual existence and comfortable in communication with others. Art unites people." More at www.theloadingdockgallery.com.

Loading Dock Gallery is part of Loading Dock Arts, Inc., a 501c3. This program is supported in part by a grant from the Lowell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

AMVETS POST #247 ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA



POST OFFICERS: Commander: Robert Golas; Treasurer: David Coles; Secretary Rod Wood

We meet the 1st Tuesday of each month at 2:00PM.

Currently we meet at the Tyngsborough Sportsmen's Club, Westford Road, Tyngsborough.

For more info please call Dave Coles at 978-551-1344. "ALWAYS READY TO SERVE OUR VETERANS"

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HOW CAN WOMEN BRIDGE THE "RETIREMENT GAP"?

March 8 is International Women's Day, a day for celebrating all the accomplishments of women around the globe. But many women still need to make up ground in one key area: retirement security.

Women's challenges in achieving a secure retirement are due to several factors, including these:

- Pay gap It's smaller than it once was, but a wage gap still exists between men and women. In fact, women earn, on average, about 82 cents for every dollar that men earn, according to the Census Bureau. And even though this gap narrows considerably at higher educational levels, it's still a source of concern. Women who earn less than men will likely contribute less to 401(k) plans and will ultimately see smaller Social Security checks.
- Longer lives At age 65, women live, on average, about 20 more years, compared to almost 17 for men, according to the Social Security Administration. Those extra years mean extra expenses.
- Caregiving responsibilities Traditionally, women have done much of the caregiving for young children and older parents. And while this caregiving is done with love, it also comes with financial sacrifice. Consider this: The average employment-related costs for mothers providing unpaid care is nearly \$300,000 over a lifetime, according to the U.S. Department of Labor which translates to a reduction of 15% of lifetime earnings. Furthermore, time away from the workforce results in fewer contributions to 401(k) and other employer-sponsored retirement plans.

Ultimately, these issues can leave women with a retirement security deficit. Here are some moves that can help close this gap:

- Contribute as much as possible to retirement plans. Try to contribute as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Your earnings can grow tax deferred and your contributions can lower your taxable income. (With a Roth 401(k), contributions aren't deductible, but earnings and withdrawals are tax free, provided you meet certain conditions.) At a minimum, contribute enough to earn your employer's matching contribution, if one is offered, and try to boost your contributions whenever your salary goes up. If you don't have access to a 401(k), but you have earned income, you can contribute to an IRA. Even if you don't have earned income, but you have a spouse who does, you might be eligible to contribute to a spousal IRA.
- Maximize Social Security benefits. You can start taking Social Security at 62, but your monthly checks will be much bigger if you can afford to wait until your full retirement age, which will be around 66½. If you are married, you may want to coordinate your benefits with those of your spouse in some cases, it makes sense for the spouse with the lower benefits to claim first, based on their earnings record, and apply for spousal benefits later, when the spouse with higher benefits begins to collect.
- Build an emergency fund. Try to build an emergency fund containing up to six months' worth of living expenses, with the money kept in a liquid account. Having this fund available will help protect you from having to dip into your retirement accounts for large, unexpected costs, such as a major home or car repair.

It's unfortunate, but women still must travel a more difficult road than men to reach retirement security. But making the right moves can help ease the journey.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

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TYNGSBOROUGH GARDEN CLUB



Our first meeting of the New Year is on Tuesday. February 6th at the Evangelical Congregation Church, 23 Kendall Rd., Tyngsborough, at 7 pm. The program will feature Winnie Pease, owner of Garden of Eden LLC, who will discuss ways to increase gardening yields. Her presentation should be of interest to those of us who noted a diminished harvest from all the rain we had last

On Tuesday, March 5th Linda Sheldon will present a program on the 2024 Herb of the Year--yarrow. "What's that?" you say. It's a common field and garden plant that's used for all sorts of things and has been around for millennia. If you want to learn more about this unassuming plant, join us on Tuesday, March 5th, 7 pm, at the Evangelical Congregation Church, 23 Kendall Rd., Tyngsborough.

New Garden Club members are always welcome and the public is invited to attend individual programs for a nominal fee of \$5. Unless otherwise noted, meetings take place at the Evangelical Congregational Church begin at 7 pm on the first Tuesday of each month September to June. The membership year starts in September.

Club dues are \$25 for the membership year, prorated to \$15 for people who join in the second half. For more information, please visit our new web site at https://tyngsborogardenclub.org or email us at tynggardenclub@gmail.com. Linda Sheldon, President





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Public Policy State Committeewoman Elizabeth Coughlin 1st Middlesex Senate District is currently providing outreach information regarding student loan reduction benefits, Green Community, Climate Change and other grants and initiatives.

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COMEDY NIGHT

To Benefit the American Legion Auxiliary, Middlesex County, District 5

With Headliner Steve Bjork. This is to be held at the Tyngsboro Sportsman Club, 90 Westford Rd., Tyngsboro, MA, on Saturday, April 6th, 2024. Doors will open at 7pm. Showtime is 8pm. Tickets are \$25 in advance and \$30 at the door.

For tickets and information, contact Linda Small (603) 860-6936 or Michelle Lambert (603) 566-1634.

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The Art of Don Ouellette: A Retrospective Exhibition

Exhibit Dates: Through March 16, 2024

Artist Reception: Saturday, February 17, from 2 to 4 PM

(Snow Date February 18)

Lowell, MA - The Brush Art Gallery and Studios presents a retrospective exhibition showcasing work by Don Ouellette.

Born in Lowell, Massachusetts, Don Ouellette is an award-winning landscape painter who works in oil and watercolor. He works with an economy of brush strokes, especially on winter landscapes. Don enjoys capturing the vanishing New England scene, preserving the emotional response of those places that hold special meaning.

He began his study of watercolor painting with his father, Art, in 1975. He also studied with Jack Flynn A.W.S., Carlton Plummer A.W.S., Murray Wentworth N.A., Guy Dampier, and David Lowrey.

His prolific body of work can be found in corporate and private collections, including Jeanne D'Arc Credit Union, the City of Lowell, Lowell Community Health Center and Enterprise Bank. Interestingly, Don is also a talented and well-known musician throughout the Greater Merrimack Valley.

This program is supported in part by a grant from the Mass Cultural Council, a state agency.

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

STITCHERS AT THE TYNGSBORO SENIOR CENTER

As the year came to a close, the Stitchers were very proud to offer their knitwear to those in need. Hats and scarfs were delivered to the Tyngsboro Elementary School, Adopt A Family at Tyngsboro High School, and Able to Serve in Lowell. Hats, scarfs, mittens, and lap robes were delivered to the Cancer Center at Lowell General Hospital.

A very successful sale of their knitwear took place during the Christmas Party at the Tyngsboro Senior Center which enabled them to purchase and use only new yarn for many projects. We continue to knit all year long to help those in need.

Stitchers is held every Monday from 10AM to 11:30AM in the dining room. There are volunteers available to teach you how to stitch or perhaps you just need supplies for our projects. Feel free to join us. The conversation is always lively.

Please call Coordinator, Jean Jacoppi (978-649-9076) with any questions.



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