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INSIDE

Plenty of horsepower in High Octane Classics' business model

By Rod Lee

The only thing Danny Marinelli likes better than collecting custom automobiles and trucks is talking about them, at his High Octane Classics dealership on Washington St. in Auburn.

A view of the premises from the road doesn't begin to reveal just how extensive an array of muscle and exotic cars and trucks he has on the lot. Mr. Marinelli's vast inventory includes such gems as a 1959 Alfa Spider, a 1983 Mercedes-Benz, a 1991 Chevrolet 1500 pickup, a 2009 Dodge Challenger, a 1959 Chevy Apache, a 1946 Ford F100, a 1970 Chevy Camaro and a 1966 Ford Mustang.

"I started High Octane, performance cars, ten years ago," he said on July 15. "I moved here eighteen months ago and partnered with Barry Lundgren and the Lundgren family. I started on Route 9 in Shrewsbury and ran out of space there. I moved to Boylston and doubled in size and I moved here and quadrupled. This is a childhood dream. This spot was a motorcycle shop and then Lundgren Auto Body and Barry had it and when he saw what I was doing he said 'take as much space as you need.'"

To the amazement a visitor expressed at the number of vehicles on the lot, which includes a showroom, garages and companion space, Mr. Marinelli offers a proud smile and says "the secret sauce is we find and buy out car collections, fifty to a hundred at a time. Every car goes through a full safety inspection and we tear them down front to back. I can't send a customer on the road if the car isn't right. We do the hard work. We put in the time. My problem isn't getting them in shape, it's acquiring them."

The buying and selling formula at High Octane Classics works one of a few ways. Often, Mr. Marinelli said, a prospective customer will come by "and say 'this is what I want, leather seats, four on the floor, etc., and we find it.'" More frequently, people on the hunt for vintage vehicles will gravitate to High Octane after hearing about the dealership and deciding to check out the merchandise.

"There are a lot of 'flippers' out there, but no one as big as us," he said. "We have Super Sports, I have ten of them, Pipers, Ferraris, Roadrunners, hardtops, convertibles. If

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Danny Marinelli monitors work being done on classic cars he acquires in the garage at High Octane. "I can't send a customer on the road if the car isn't right," he says.

Erich's Cutting Edge celebrates 20-year anniversary

By Janet Stoica

It seems like just yesterday, doesn't it, Donna? As the owner of Erich's Cutting Edge Barbershop located at 304 Main Street in Oxford, Donna Dion has seen hair styles come, go, and come back again.

As Mrs. Dion celebrates her 20-year anniversary in one of the town's oldest buildings (1749), located at Oxford's busiest intersection (Main Street and Sutton Avenue), she has seen and been part of much of downtown Oxford's activities.

The screaming sirens of fire trucks, ambulances, and other emergency vehicles; traffic mishaps; weather changes; and many walk-in customers have kept her aware of events but with a keen eye for detail

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Dennis and Donna Dion.

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HIGH OCTANE CLASSICS

Continued from page 1

you are in the market for a classic car, it's here."

High Octane has quickly established itself as a go-to dealership for classic cars, locally. Nationally, owners listing a classic car for

sale will typically use search engines as Dyer (launched in 2017 and now enjoying a worldwide audience), Hemmings (with over 27,000 classic cars, it is one of the largest marketplaces for custom vehicles in the U.S.) and classiccars.com (which boasts over two million visits a month).

Classic cars remain hugely popular. Among them, of course, classic Corvettes ("you don't get called America's sports car for no reason," one commentator points out). Corvettes have been in production since 1953—and Chevrolet almost gave up on them! Mustangs too; they are at

the top of the list in fourteen states.

According to TheSuperBlog.com, classic cars remain a hot buy for all of the following reasons: design; simplicity; the memorabilia factor; uniqueness; and exclusivity.

To a query as to how High Octane locates collections to purchase and gets them to Auburn, Mr. Marinelli says "we pay finder fees, and we have them trucked."

The arrangement with the Lundgren family has been "fantastic," he said. "The

integrity and the brand are so strong and the best thing is they are car guys. I feel blessed to be associated with them."

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.



High Octane Classics' showroom, where some of the company's many custom cars are on display.



The High Octane Classics storefront on Washington St. in Auburn. Danny Marinelli, an owner, set up shop at the site eighteen months ago after previously being located in Shrewsbury and Boylston.

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An unobtrusive Fourth, and a Declaration of Independence, in Auburn

By Rod Lee

It was a sleepy Sunday afternoon and a quiet Fourth of July in the town of Auburn this year. Businesses were mostly closed for the holiday. Auburn Town Pizza, closed. Bells Lawn & Garden Center, closed. Arcade Snacks, closed. Capitol Siding, closed. The Coffee Mug, closed. Fuller Automotive, closed. The Framers' Gallery, closed.

No fireworks to commemorate the holiday, as was true of virtually every community in Central Massachusetts.

That is not to say that the celebration of American freedom from British rule went unrecognized. Shortly before four o'clock, a small crowd began to gather in front of Auburn Town Hall on Central St. to hear a recitation of the Declaration of Independence by resident Bruce Hopper.

Mr. Hopper is fairly well known in Auburn and the region. An attorney by trade, he is also the brains behind the "Pure BS Maple Shack." During a "Chamber Exchange" interview with Worcester

Regional Chamber of Commerce President Tim Murray in March of 2019, Mr. Hopper said that upon purchasing his home, he "got excited" at the sight of maple trees "in the backyard." So began experimentation making maple syrup in the kitchen. "I ruined an oven, got kicked out of the kitchen and sat in the driveway with a turkey fryer," he said, with a chuckle. But he did not give up on his idea of maple syrup as an entrepreneurial venture.

Fast forward to 2020 and beyond. Mr. Hopper's product is now in demand at the Birch Tree Bread Co., in the hill towns in Western Massachusetts, and at Chuck's Steak House and the Salem Cross Inn—for instance.

It was a "pinch me" moment when he realized that the syrup generated at Pure BS Maple Shack could become so popular, he told Mr. Murray.

An interesting man possessed of an inherent curiosity, it is not surprising, then, that Mr. Hopper took on the garb of Worcester's own Isaiah Thomas to replicate "the patriot printer," newspaper publisher and author's performance in the first-ever public reading of the Declaration more than two hundred years

ago, in his reenactment of the speech, all this time afterwards.

Milling around before the event, looking puzzled as the appointed hour arrived and people grew anxious, Mr. Hopper was asked whether there was a problem that would prevent the reading from taking place. "No, just waiting on my daughter," he said with a smile.

Lauren Hopper did not disappoint, in delivering a preamble in the same ringing tones as her father would then employ, when it was his turn. Ms. Hopper introduced Isaiah Thomas, relating how with "no shots fired" he helped "end British rule in this area."

Isaiah Thomas was no shrinking violet. His first accounts of the battles of Lexington and Concord and his resistance to British authority that propelled the Revolution forward also put his life in jeopardy and resulted in his escape from Boston to Worcester, where he printed and sold books, built a paper mill and bindery, published the Massachusetts Spy, and founded the American Antiquarian Society.

Mr. Hopper isn't shy, either. Following his daughter to a lectern that faced Town Hall,



Auburn's own Bruce Hopper recreates Isaiah Thomas's rendition of the Declaration of Independence in front of Town Hall.

he delivered the Declaration with energy and force. Often his voice rose to a crescendo, his face turned red and his fingers thumped on the lectern as he described the grievances against King George III contained in the original document. He did this flawlessly, without even stumbling over a word like "magnanimity."

King George III had to be held accountable for a variety of offenses, Mr. Hopper proclaimed (capitalization retained where it appeared in the Declaration): "For quartering large bodies of armed troops among us...For protecting them, by a mock Trial, from punishment for any Murders which they should commit on the Inhabitants of

these States...For cutting off our Trade with all parts of the world...For imposing taxes on us without our Consent...For depriving us in many cases, of the benefits of Trial by Jury..." and so on.

"He," Mr. Hopper said, thunderously, "has abdicated Government here, by declaring us out of his Protection and waging War against us."

Congratulated on his reading as applause filtered across the grounds and told "it's too bad there wasn't a larger turnout for this event," Mr. Hopper was not dismayed. "Well, word will get around," he said.

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.



Bruce Hopper's daughter Lauren Hopper "introduces" Isaiah Thomas to people gathered for her father's reading of the Declaration of Independence, in Auburn on July 4.



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2021 Harrington Auxiliary scholarship winners

Auburn Achievers

The Auburn Historical Museum is collecting information on notable people from Auburn.

We are looking for anyone who ran a business, worked on a farm, taught school, managed a family while holding down a job or wrote a book. Maybe you starred in a middle school play or sold Girl Scout cookies.

Have you a relative who was a blacksmith, or a shoemaker or a housewife in the last century?

We are collecting stories about the people of Auburn, what they did, what they accomplished and how they managed dur-

ing difficult times. Or great times, or any times!

In short, we want to compile a theme book on what people in Auburn have done. It doesn't have to be anything incredible, like being the CEO of IBM, or a famous movie star, or a professional baseball player, or the author of a popular book. (Though all of those things have been done by people raised in Auburn.)

It can be a story about getting home through a blizzard, raising 12 children while managing a farm, being a shoemaker and a selectman at the same time. Maybe you are a gifted

photographer and want to share your photos with us. Have you written a poem, or found a diary your grandmother kept? These are all part of Auburn's history and need to be shared and preserved.

Please help us compile our book by sharing your stories, and your family stories.

Come by the museum any Tuesday or Saturday between 9:30 and 12:30, or email us at auburnmuseum@verizon.net. We look forward to hearing from you!

*Helen Poirier,
Research Coordinator*



Pictured l-r: Sophia Mawson, Caitlin Young, Jenna Wade, Emily Dubois (Lauren Chase was not present.)

SOUTHBRIDGE - In 1959, the Harrington Auxiliary awarded its first scholarship to a student planning to pursue a career in healthcare. Since that time, the Auxiliary has been proud to carry on the annual tradition.

In spite of scaled-down fundraising during 2020, the Harrington Auxiliary Scholarship Committee was honored to

award \$10,000 in scholarships this year. Students residing in the communities served by the Harrington Health Care System were invited to apply for one of the scholarships. More than 40 students submitted applications, with at least one student representing many of the communities in the Harrington Hospital service area. Each scholarship winner received \$2,000.

Recipient **Lauren Chase**, a graduate of Bay Path Regional Vocational Technical High School, plans to pursue a career as a nurse practitioner with an emphasis on women's health at the University of Rhode Island.

Love of children prompted **Caitlin Young**, also a graduate of Bay Path Regional Vocational Technical High School, to continue her studies at Regis College with the goal of becoming a neonatal intensive care nurse. Young earned a 4.4 GPA and was named valedictorian of the senior class.

Woodstock Academy graduate **Sophia Mawson** will be studying endocrinology at Southeastern University in Florida. Active in both school and community, she has also endured personal health conditions.

Auburn High School gradu-

ate **Emily Dubois** received an excellent reference from her guidance counselor and will attend Fairfield University where she plans to "become the best nurse she can be."

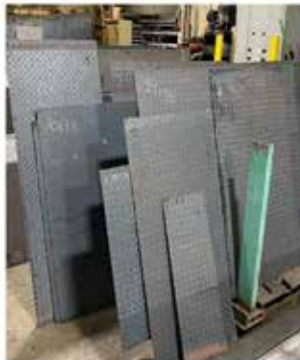
Jenna Wade recently completed her studies at Quaboag Regional Middle High School in Warren. Inspired by excellent nursing care when she was young, she will be studying nursing at Worcester State University. Additionally, the Auxiliary awarded the \$1,000 Dr. Robert Van Vooren Scholarship, which is given to Harrington Hospital employees, to **Emily Goncalves**.

This scholarship has been awarded annually since 1954 in memory of Dr. Robert Van Vooren, a pioneer in advocating cardiac rehabilitation services long before they became common practice. Every year, the Harrington Hospital "Cardiac Gang" raises money to support this scholarship program.

Harrington Auxiliary, established in 1932, is a non-profit organization of dedicated and impassioned volunteers whose mission is to support and enhance the excellent services provided to the 25 communities the Harrington HealthCare System serves in MA and CT.

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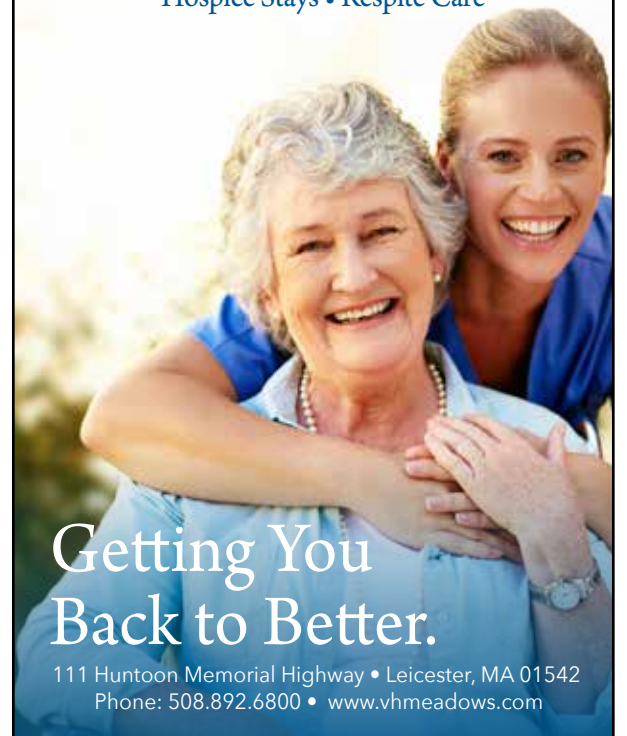
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ERICH'S CUTTING EDGE

Continued from page 1

of her clients' hair styling expectations. Her focus has never wavered. Once those clippers and scissors are in her hands, she hones in on every strand of her customer's hair. Her eyes never wander. She is centered on the job at hand and that is to make her customers as pleased as she is when her work is done.

"We enjoy customers from ages 7 to 90+ years old," said Donna. "We have about a 50/50 age mix. There are many older gentlemen who are our customers.

Donna graduated from Worcester's Girls Trade School, which is now part of Worcester Vocational High School. She is also a graduate of Brom's Barber School. While at Girls Trade, she and her fellow students often cut the Boys Trade School students' hair for practice. This is when she learned that barbering would be her life's passion. "Fancy styling is not part of what we do here," said Donna. "We will cut to a requested type of haircut. The latest cut requested is a 'bald fade.' This type of cut is close on the sides and then faded into the longer hair on the top of the head." Usually taking about 45 minutes to

complete, most customers appear to be very pleased once they hop out of the barber chair. Beard trims are also offered.

Another recent trend is called a "hard part." This cut is with short sides and a long top with a part cut into the long top. Clients will comb the top and gel it back. "I'll show them how to do the gel. It's truly amazing, however, to see the really young kids who come in here for a cut and are really into taking care of their own styling. Really amazing. In summertime, we use colored gels for them." (The gel color washes out.)

Tubes of colored gel sell for \$5 each and styling gels run about \$12 each. Gel lines include Crew and Suavecito (pomade) for the perfect hold and finish. Donna enjoys cutting fades and regular cuts and will also do flat-tops but the flat-tops are very tedious work as the top must be squared off. "It involves a lot of keen eye-work and lots of hair wax," Donna says.

When she was younger and right out of high school, Donna and a good friend decided to take a cross-country tour. They packed up their car and part of their graduation money setting out on the open road driving down the eastern seaboard and across the southern states, visiting tourist spots along

the way from New York City to Florida to Louisiana, Texas, even crossing the border into Mexico and then driving back up into California, hitting Las Vegas and the sights of the Grand Canyon. "We actually got a jay-walking ticket in Los Angeles, can you believe it? "We stopped to do laundry and crossed the street to visit a convenience store to buy a beverage while our clothes were washing. When we crossed back to re-enter the laundry, we were stopped by the police and given a ticket for jaywalking! Of course, we settled the fine and ticket before leaving the city." Route 66 was part of their trip as well. Donna talks about how she and her friend lived on pizza and peanuts during their travels. Their two-month adventure was a trip of a lifetime. What a great book of memories. This lady has led a most wonderful life.

She is married to Dennis Dion, who is retired, but assists Donna by maintaining the building's landscaping and upkeep. Appointment scheduling is also part of Mr. Dion's responsibilities. "He keeps the place running efficiently," says Donna. She and Dennis have two adult children, daughter Deseree, who is expecting their first grandchild in August, and son Devon.

Donna attends several hair conventions annually. Her favorite is the New York City International, held at the Jacob Javits Center. This convention seems to be the premier show for learning the latest and greatest cuts.

As Donna has been barbering for 43 years and thoroughly enjoying every minute of her day, she takes pleasure in citing the Mark Twain quote: "Find a job you enjoy doing and you will never have to work a day in your life." Donna

obviously relishes her vacation, the clientele who visit her shop to look their best, and the happiness each day brings her as she jokes, cuts, and perfects each client's style.

On July 23, the 20-year anniversary date, she will be having a Customer Appreciation Day to celebrate.

Erich's Cutting Edge is at 304

Main Street, Oxford. Phone: (508) 987-1870. Hours: Mon/Tues/ Fri 8 a.m. – 5 p.m.; Wed 8 a.m. – 1 p.m.; Thurs 8 a.m. – 6 p.m.; Sat 7 a.m. – 1 p.m. Find them on Facebook. And, Donna says: "Walk-ins are welcome but we encourage you to make an appointment."

Contact Janet: jstoica@TheYankeeXpress.com

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BLACKSTONE VALLEY Xpress

Samuel Slater **EXPERIENCE**

An informal tour of Samuel Slater Experience

In mid-July Samuel Slater Experience welcomed some local visitors take an informal tour to view of the progress in the museum.



SSE founder Chris Robert gives a tour to Dudley town officials, including Town Administrator Jonathan Ruda and Administrative Secretary Board of Selectmen/Town Administrator Michele Jervis, at left.



Chris Robert chats with Spectrum News 1 producer Shaun Grady for a news story previewing the museum.



Galaxy Development president Mike O'Brien and his wife Sharon in Slater's Office. SSE Curator Olivia Spratt is on the right.



Black Tavern board member Ed Bazinet in conversation with educator Tim Prouty.



Chris Robert with Dudley Police Chief Steve Wojnar.



SSE art consultant Dave Laabs and his parents Mark and Terry Laabs and their friend Carol Antos (at left) on their way to Slater's ship room.



Jocelyn Patterson and Emma DeRoache of Webster watch a movie in the recreated Liberty Theater.



SSE education consultant Tim Prouty points out details of Samuel Slater's journey across the Atlantic in 1789.

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Help us tell the story as a Slater Experience Guide

Slater Experience Guides are volunteer hosts of the Samuel Slater Experience (SSE) who support and enhance visitors' experiences throughout their tour of the museum.

As knowledgeable emissaries, they greet visitors, assist with self-guided tours, supply transitional and anecdotal information for each exhibit, explain the digital technology and techniques used, and answer specific questions about the Samuel Slater story, the founding of Webster, and the history of the Samuel Slater Experience.

Requirements

Slater Experience Guides are expected to share an interest and enthusiasm for the history of the American Industrial Revolution and the town of Webster.

They should have good people skills and the ability to actively interact with children, school groups, and adults in public speaking settings.

Volunteer Experience Guides are asked to make a one-year commitment and be available for at least two 3-hour shifts per

month during SSE's hours of operation, including at least two weekend days each quarter.

SSE will provide periodic training sessions covering all aspects of the museum, the technology, and the building. Slater Experience Guides must be able to attend Slater Experience Guide Orientation and Training and are expected to review additional material as periodically provided or approved by SSE in order to stay up to date on any changes, additions or deletions, and to broaden their knowledge of our mission.

Benefits

Experience guides will receive a family pass for free entry to the museum during their tenure as volunteers. They will receive a 20% discount in the gift shop, a 20% discount on event rentals, and invitations to special events.

For an application form, contact Barbara Van Reed at 508-243-6392 or email bvanreed@samuel Slater Experience.org. Applicants will be asked to come in for an in-person interview.

Webster Five hires Lisa Cohen as AVP, Senior Branch Manager

WEBSTER - Webster Five Cents Savings Bank has hired Lisa Cohen, Assistant Vice President, Senior Branch Manager at their 100 Front Street, Worcester branch location. Lisa comes to Webster Five with over 16 years of experience working in the banking industry. Most recently, Lisa held the position of Branch Manager at Santander Bank at their Gold Star Boulevard, Worcester branch location. In her new role at Webster Five, Lisa will oversee the daily operations of the Front Street branch and will focus on business development and participating in community outreach.



Lisa Cohen

will play a significant role in the success of the branch and its staff and will serve as a mentor to the rest of the Front Street team.

In her most recent role at Santander Bank, Lisa managed all daily operations and was directly responsible for staff training, evaluation, and supervision, while maintaining operational integrity and maximizing sales. Prior to making her transition into the retail banking industry, Lisa worked as manager of multiple retail sales establishments. As manager of the Front Street branch, Lisa will play an inte-

"We're very excited to have Lisa join the Webster Five team," stated Senior Vice President and Senior Retail Banking Officer, Brian McEvoy. "The combination of her extensive industry experience and unique skill set in managing high volume branches, in addition to her customer-centric approach will further the success of our Front Street branch and serve as a major benefit to our customers."

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Webster Water Ski Collective from left to right are: Don Doyle, Webster Five President and CEO, Linda Candela, Webster Water Ski Treasurer, Heather Jackman, Webster Water Ski Secretary, Ryan DesRoches, Webster Water Ski President, and Nicholas Cioffi, Webster Water Ski Vice President.

Webster 5 donates to water ski collective

WEBSTER – The Webster Five Foundation has announced that as part of the Web of Caring to Make a Difference program, it has donated \$2,500 to Webster Water Ski Collective. This donation will assist Webster Water Ski Collective in purchasing equipment used by disabled individuals who participate in their Adaptive Ski programs, which offer a unique opportunity for individuals with mobility, visual, or other impairments

to experience the joys and benefits of water sports. Incorporated in Webster and Charlton, in 2020, the Webster Water Ski Collective is a club started with a deep passion for watersports and a desire to share the love of local lakes and skiing with others. Soon after, the Collective was able to find a home site and begin purchasing equipment for their skiers. The Collective is continuing to expand their efforts to make

skiing available to everyone through their growing Adaptive Water Ski program. This program is designed to assist participants with various disabilities in learning to water ski. The Collective hosted one of these events at Webster Lake on June 25 and is planning an additional Adaptive Ski Day at Lake Quinsigamond later this summer.

Donald F. Doyle, President and Chief Executive Officer of Webster Five, stated, “We are pleased to help support Webster Water Ski Collective’s mission to make watersports accessible and enjoyable for local community members regardless of ability through the purchase of adaptive water skiing equipment. We’re excited to see the Collective continue to grow and expand its programming at Webster Lake and beyond while fostering a deep love of watersports for individuals with disabilities within our community.”

Ryan DesRoches, Webster Water Ski Collective President, stated, “We are grateful for Webster Five’s generosity in helping us purchase the equipment needed to support the expansion of our Adaptive Ski Program. We are honored to be one of the few clubs in the country that is working with disabled individuals to make water skiing available to everyone through our growing Adaptive Water Ski programs.”

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Living well and looking good

Studies don't support CBD oil for depression

By Keith Roach, M.D.

DEAR DR. ROACH: My son is taking hemp-based CBD oil for depression. He purchased this at a health food store. His doctor prescribed pills that he was unable to tolerate due to suicidal thoughts. He is unable to go outside when taking CBD. We would like to know if it will show up in a drug test as part of a job interview. Should he be taking it? - D.

ANSWER: There are animal studies and some preliminary data suggesting that cannabidiol, a nonpsychoactive substance found in cannabis, might be effective for anxiety and depressive disorders. I hope that CBD will be proven to be a useful treatment for depression, as what we have now certainly isn't perfect. However, there are not yet high-quality studies supporting this use. The fact that your son can't go out while taking the CBD suggests to me that it may not be effective. While the pills he had previously cannot be used, there are many treatments available for depression that have better safety and effectiveness data than CBD.

Most forensic drug testing uses THC and its metabolites, so if what your son is taking is truly CBD, then it should not be identified during testing as THC. There is a chance that the "CBD oil" he purchased has THC in it: In one study, 57% of CBD oils sold were found to have measurable THC, which would show up on a drug test. Unfortunately, 25% of the oils

contained no CBD at all.

I remain convinced that these drugs, THC and CBD, need to be properly studied, and when found to be useful, tested for purity and content in the same way as pharmaceuticals.

ACE inhibitor

DEAR DR. ROACH: I've been taking an ACE inhibitor and a calcium channel blocker for the past four months for high blood pressure as advised by my cardiologist. In my blood test a month ago, my vitamin D level was at 16. I'm also taking weekly vitamin B12 as advised by my neurologist. Can I take vitamin D2 (50,000 IU) as a weekly dose for six weeks to overcome vitamin D deficiency, or would it interfere with blood calcium balance? - B.S.

ANSWER: Vitamin D will not interfere with the action of your ACE inhibitor or calcium channel blocker. Vitamin D usually has a very small (if any) effect on blood calcium levels, as these are tightly regulated through multiple means, especially the parathyroid hormone level and the kidneys. I see many people who are given a six-week course of high-dose vitamin D2, such as the 50,000 units weekly for six weeks you were prescribed. I do not prescribe it that way, since many people wrongly feel that this will "cure" their low vitamin D, and they stop monitoring it after the course of treatment. Many people

have inadequate vitamin D levels, and although there is some disagreement about what levels need to be treated, yours is in the range where everyone agrees treatment is necessary.

For those who need it, ongoing supplementation of vitamin D is necessary, whether through pills, diet or sun exposure. For most people with a level as low as yours, oral supplementation is by far the most effective and safest treatment. I prefer 1,000-2,000 IU of vitamin D3 daily as a starting point for supplementation in most.

Does oatmeal contain roundup herbicide?

DEAR DR. ROACH: Experts advised us to "throw out sugar-laden cereals" and eat a healthy breakfast, such as oatmeal. Now we are told that oatmeal contains a significant amount of glyphosate, which they say is an ingredient in Roundup! Are we poisoning our children? - A.D.

ANSWER: There have been traces of glyphosate (an herbicide) found in oatmeal and other cereals. However, as always, the dose makes the poison.

The Environmental Protection Agency has set a level of 30 parts per million, below which the exposure is considered safe. A 2018 study by the Environmental Working Group found levels of glyphosate in oatmeal breakfast cereals to be between 0.5 and 1

parts per million. It is unlikely that consumption of these cereals causes any significant health risks. Nobody likes the idea of eating an herbicide, but these are very low amounts, and some experts have questioned the specificity of the detection method used.

The same EWG report found that organic cereals had less, but often still some, glyphosate in them. Although the levels in

both conventional and organic cereals were safe, glyphosate itself is found at generally lower levels in organic products. Unfortunately, there have not been good studies on residual amounts of organic pesticides (some of which are substantially more toxic than glyphosate) that might be found in organically grown food.

I agree with reducing the simple sugars found in many

cereals, especially those marketed to children. However, I recommend more protein for breakfast than is found in oatmeal. You can add more with nuts, egg whites or seeds.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2021 North America Synd., Inc. All Rights Reserved

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In the Auburn Youth and Family Services (AYFS) photo, from left to right are: Don Doyle, Webster Five President and CEO, Monica Thomas-Bonnick, Webster Five Foundation Executive Director, Sally D'Arcangelo, Executive Director of AYFS, and Scott Wrenn, AYFS Board President.

Webster Five donates to Auburn Youth and Family Services

WEBSTER – The Webster Five Foundation has announced that as part of the Web of Caring to Make a Difference program, it has donated \$5,000 to Auburn Youth and Family Services (AYFS). The donation will help fund the support programs and services AYFS offers year-round, including counseling, tutoring, advocacy, information and referral, after-school and summer youth programs, support groups for children, teens and parents, a food pantry and clothing closet to those who live in the town of Auburn and surrounding communities.

The mission of AYFS is to support families through empowerment and community collaboration. The organization has been involved in direct service delivery since their inception in 1976 focusing on substance abuse prevention. Their ongoing programming continues to prepare local children and youth for successful futures and support their success through family engagement. In the COVID 19 pandemic, AYFS expanded their programming to support the community through establishing an emergency food pantry onsite and has been actively working with families to access critical resources, support and services with their partner agencies during these unprecedented times.

provided by AYFS make such a positive impact on local residents' quality of life and we are honored to contribute to an organization that is making a significant difference. AYFS has stepped up for the local community in a major way to respond to the changing needs of the people they are committed to serve during these unprecedented times and beyond."

Executive Director, Sally D'Arcangelo said, "We are incredibly thankful for Webster Five's generosity. This donation helps enable us to provide quality services to those in need, in order to improve the overall well-being for residents of the Auburn community. On average AYFS serves 82 households and 178 people on a monthly basis, and this donation will make a difference in how we're able to support their individual and collective needs."

Donald F. Doyle, President and Chief Executive Officer of Webster Five, stated, "The programs and services pro-

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Mentorships at Bay Path Practical Nursing Academy

CHARLTON - The Bay Path Practical Nursing Academy Mentorship program has been a success. Dr. Adelina Healy of Dudley, and other faculty leaders teamed up with the Bay Path Practical Nursing Academy to implement a mentorship program that not only allows experienced nurses to guide practical nursing students, but to receive one on one mentorship.

The Practical Nursing Class of 2021 consisted of 23 females. The overall goal is to give the graduates the opportunity to learn and receive mentorship from the experienced faculty to help lead them to a positive nursing journey both academically and clinically.

The faculty and staff of the Bay Path Practical Nursing Academy were introduced to the cohort early on at orientation and acceptance ceremony with each faculty assigned as an advisor and each practical nursing (PN) student receiving an advisor and a mentor to be it an alumnus or a peer mentor.

Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director says, "this is a great way to connect with the future nurses, bring the community together, and provide nursing students with support and guidance."

Risper Wanjiru of Webster stated, "Dr. Healy has been an influential figure in my clinical practice as well as in my nursing journey. As a qualified and experienced nurse, she has spirited my professional growth by commending my learning spirit and guiding me." Wanjiru was inducted into the National Technical Honor Society (NTHS). She added, "Dr. Healy's teaching style is an aspect I admired, as she considers all student nurse's weaknesses and strengths. She is selfless, she sponsored the fee for my NTHS membership registration. I am forever grateful for her role in my professional growth, not forgetting the knowledge she shared with me."

The Bay Path Practical Nursing Academy faculty believes in being thoughtful and taking time to build strategic relationships with the student body. Everyone begins by identifying a viable mentorship relationship, creating regular touchpoints, understanding the culture, engaging with PN students early, and immersing everyone in the Academy's events and curriculum.

"We begin to engage the PN students as early as the orientation and acceptance ceremony and through various events on campus," concludes Bolandrina. "Our leadership and mentorship program connects PN students with advisors and mentors



Dr. Adelina Healy of Dudley and Risper Wanjuri of Webster.

and even provides insight into academic progression. These relationships are strengthened throughout their nursing journey, inclusive of job placements and networking." Through engagement with the Bay Path community, students and alumni develop and become prepared to be successful in nursing. Fostering a culture of belonging, encouraging mentorship, and celebrating diversity at Bay Path Practical Nursing Academy is successful because of goal-oriented and actionable activities and experiences.



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Chief's corner

Laws regarding license plates

By Chief Steven J. Wojnar
Dudley Police Department

I recently received a question relative to motor vehicle license plates. A person wished to know the rules regarding license plate holders or decorative brackets. I was asked to address what is, or is not, allowed.

Massachusetts General Laws Chapter 90 Section 6 and the Department of Transportation provide rules and regulations regarding the display of number plates. The General Laws state in part, "number plates shall be kept clean with the numbers legible and shall not be obscured in any manner by the installation of any device obscuring said numbers, and during the period when the vehicle or trailer is required to display lights the rear register number shall be illuminated so as to be plainly visible at a distance of sixty feet." According to the Massachusetts Registry, license plate frames or holders are not "illegal," provided they do not cover any part of the writing on the plates. Number plates are to be "undamaged, securely mounted, clean and clearly visible. No bumper, trailer hitch or other accessory may

interfere with a clear view of the license plates." It is also important, if you wish to use a clear or plastic cover over them, it must meet all requirements for visibility.

If a license plate holder meets these qualifications, they may be permitted. However, for a vehicle to pass annual inspection, the holder or frame cannot cover or obscure any portion of the writing on the plate. If this happens, the vehicle will not pass, and the holder would need to be removed. These situations are decided on a case-by-case basis by the people operating the inspection stations. Their opinions can differ at times. Take a few moments to review your situation. If you require clarification on your vehicle, you may want to contact or stop in at your local inspection station, or a Registry of Motor Vehicles office for an opinion.

Monday, August 2, marked a sad milestone. This would be Molly Bish's 38th birthday. Molly disappeared from her lifeguard post at Comins Pond in Warren, Mass. on June 27, 2000. Her body was discovered in nearby Palmer on

June 9, 2003. Although some persons of interest have been identified over the years, the case remains unsolved. Since her disappearance, Molly's parents, John and Maggie Bish, and her siblings, Heather and John Jr. have been tenacious in their fight to find Molly's killer. They have also undertaken many initiatives to protect children. They have taken a devastating situation and turned it into many positives. I had the privilege of getting to know this wonderful family and the honor to participate with them in many programs designed to protect children and prevent future incidents of abduction. They are active in the National Center for Missing and Exploited Children, Massachusetts Missing Children's Day, and many others. I recently worked alongside Heather and other professionals on the Massachusetts Missing Children's Task Force, designed to propose legislation to assist in preventing abductions and aid law enforcement in their efforts to solve cases. It is a personal honor to know the Bishs and it would be extremely satisfying to solve this

case. Please take a moment to remember Molly and her terrific family in your thoughts this week. Anyone with information is asked to contact the Mass State Police tip line at 508-453-7575. One of many heartfelt videos has been posted on Heather Bish's Tik Tok Page: user691003173431 (@heatherkbish) Tik Tok | Watch user691003173431's Newest Tik Tok Videos

Fraud scams

A variety of financial fraud "scams" continue to occur in our area. People can be asked to send money or card information to various locations or provide personal or bank details. These can take place in person, on-line, over the phone, or by mail. As a result, many people have lost large sums of money. In recent weeks, a local resident was scammed out of over \$2,000 in one of these instances. I wanted to provide once again everyone with some information on these illegal activities.

Money and identity scams have been occurring for many years. Various types have taken place during this COVID-19 time. Those responsible prey

on unsuspecting individuals, particularly seniors. Their goal is to obtain either quick cash or bank account numbers. Armed with this documentation, the criminal can commit identity theft and access your finances. Scammers can be well versed and prepared. Many do extensive online research, including checking obituaries, tax records, or other publicly available information prior to calling you. They may have the names of children, grandchildren, a deceased spouse, and a variety of other information, which they can use to intimidate or trick you.

These come in a variety of forms. One instance has an automated message telling the person they have been overcharged by their power company and they are due a refund. Others tell people their vehicle warranty is up, and they are eligible for renewal. The goal is to get you to engage with one of their "representatives" and provide personal information or send money. They most likely have little of the information they called you about and will ask you to provide it to "confirm" their records. The caller tends to become rude if they are questioned. Calls such as this are a hoax. If it is legitimate, the caller should already have all the information and be able to provide phone numbers, addresses, etc. to you to confirm their legitimacy. Do not trust any of this business over the phone. You can follow up with your power company, car dealership, or other business to which they refer. In addition to these situations, Social Security scams are also prevalent. People can be told their number has been compromised or blocked. Call-

ers threaten you with arrest or other penalties unless you divulge personal information or send some form of payment. Often, they will instruct victims to purchase gift cards and call them back with the numbers to quickly cancel the debt. If a victim ever gets this far into the process, let this serve as an obvious flag. No one is ever threatened over the phone by the Social Security Administration and our department has never arrested anyone on behalf of this agency.

Please exercise caution, do not provide any personal information over the phone, and seek out help from trusted people (family member, bank, police, etc.) before taking any actions. If you receive unexpected requests for money or other personal information, assume it is a scam. Be very cognizant of these occurrences and protect your personal information. Report anything suspicious to the proper authorities.

For those still seeking vaccination information, it can be found at www.dudleyma.gov or by calling 508-949-8036. Please continue moving forward with the "re-opening" of our state in a reasonable manner. Your cooperation is greatly appreciated. During these challenging times, we, at the Dudley Police Department, greatly appreciate the support we receive from our community.

Thanks again for your questions and comments. Please send them to me at the Dudley Police Department 71 West Main St. Dudley, Ma. 01571 or email at swojnar@dudleypolice.com. Opinions expressed in this weekly column are those of Chief Wojnar only and unless clearly noted, do not reflect the ideas or opinions of any other organization or citizen.

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PULL OUT SECTION

Programs and events at the Pearle

Join the Pearle L. Crawford Library, 40 Schofield Ave., Dudley for one of the virtual programs at the Pearle. To register go to www.crawfordlibrary.org or call 508-949-8021

Knit and crochet group Thursday 5:30 – 7:30 p.m. and Friday 10:00 a.m.-12:00 p.m. All stitchers are welcome for this informal group, meeting weekly in the Fels Room.

Getting started with Libby Wednesday, September 8 10:00-11:30 a.m. Libby experts from OverDrive will help you learn all of the tips and tricks for accessing free ebooks and audiobooks through the Libby app. 10:00 a.m. Get Started With Libby (including plenty of time for questions and answers with the experts); 10:45 a.m. Libby Deep Dive. Register for this free session at <http://bit.ly/pearletrain>

A history of shoes Thursday, September 16, 6:00-7:30 p.m. Are you curious about the footwear of years gone by? If so, join fashion historian Karen Antonowicz to explore the evolution of shoes from the reign of Queen Victoria through the decades of the 20th Century. We will discover the changes that occurred in footwear for women and men of the 19th and 20th centuries, emphasizing the influences that precipitated these changes. Free; registration is required. Sponsored by the Hugh W. and Harriet K. Crawford Endowment.

Public whist party

WEBSTER - A public Whist party will be held on Sunday, October 3, at the Killdeer Island Club House, 191 Killdeer Island Road. A light luncheon will be served at noon. Play begins at 1 p.m. There will be door prizes and raffle baskets. Tickets are \$5.00 at the door, or advanced tickets are available for \$3.00 by calling Elizabeth Luchina at (508) 949-1498.

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Oxford UMC to host pulled-pork dinner

OXFORD - Oxford United Methodist Church, 465 Main St., will host its annual pulled pork dinner on Saturday, August 14, from 5:00 to 6:30 p.m.

This is a drive-through take-out event.

The menu will feature pulled pork, coleslaw, baked beans and dessert.

The cost is \$10 for adults and \$5 for Under-12.

Proceeds from the dinner will benefit OUMC's Missions.

A concert scheduled for the same day has been postponed to a later, at-yet-undetermined date.

For further information, contact Bob Parmenter at bobparmenter1949@gmail.com or Brenda Gabel at bgabel1959@gmail.com.



St. Andrew Bobola Yard Sale

St. Andrew Bobola Church, 54 West Main St., Dudley will be holding a Yard Sale on Friday, September 17, starting at noon and Saturday, September 18, from 8 am to 2 pm. Start your fall cleaning early and drop off any useable, gently used donations at the rectory. Please call head any day until Tuesday, September 14, to arrange drop off at the rear of the church by calling 508-943-5633.

List your yard sale here. news@theyankeeexpress.com

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- 1 LB. HOT DOGS OR 1 LB. BACON

B - \$50.00

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- 2 LBS. LONDON BROIL STEAKS OR 1 LB. SIRLOIN TIPS
- 3 LBS. CUT UP CHICKEN OR 1 LB. HOT DOGS
- 2 LBS. BONELESS SPARERIBS OR 1 PKG. (1 1/2 LBS.) MARINATED CHICKEN BREAST OF YOUR CHOICE
- 2 LBS. HAMBURG OR 3 LBS. GROUND TURKEY

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- 5 LBS. CHICKEN LEG QUARTERS OR 1 LB. HOT DOGS
- 3 LBS. BONELESS SPARERIBS OR 2 LBS. RACK BABY BACK RIBS
- 2 LBS. LONDON BROIL STEAKS OR 1 1/2 LBS. NEW YORK SIRLOIN STEAKS
- 3 LBS. HAMBURG OR 1 1/2 LBS. SIRLOIN TIPS
- 3 LBS. CUT UP CHICKEN OR 1 LB. BACON
- 3 LBS. BONELESS CHICKEN BREAST OR 1 PKG. (1 1/2 LBS.) MARINATED CHICKEN BREAST OF YOUR CHOICE
- 1 PKG. (1 LB.) SAUSAGE OF YOUR CHOICE OR 1 PKG. (1 1/2 LBS.) COOKED CHICKEN WINGS OF YOUR CHOICE

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VCC Harvest Festival in Whitinsville accepting vendor applications

WHITINSVILLE - The VCC Harvest Festival, sponsored by the Village Congregational Church in Whitinsville, is scheduled for Saturday, September 25, from 9:00 a.m. until 3:00 p.m. on the Town Common in Whitinsville. (The rain date will be Sunday, September 26 from 12:00 noon until 4:00 p.m.).

A 13-year tradition on the Northbridge Park common returns this year across from Village Congregational Church on 5 Church St.

Whitinsville. VCC brings the community a full day of arts, crafts, plants, food court, bounce pad, entertainment, children's activities and games, face painting, music, a huge variety of raffle prizes and a very special handmade quilt raffle.

VCC is currently looking for volunteers and accepting vendors of various hand-crafted arts and crafts, artisanal products, herbs, honey products, jewelry and crafted home decor. Check the Vil-

lage Congregational Church Facebook page to request an application or simply reach out to Harvest Fair Vendor Coordinator, Claudia Dexter at office@vccucc.org. Sign up soon. Vendor space includes a 12'x12' space on the park common at \$40 per space. All applicants are vetted and approved for appropriate wares and variety. Educational organizations and local businesses wishing to promote their craft classes or farm stands are welcome to apply.



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SEPTEMBER 6 • 1PM



SEPTEMBER 11 • 12PM



SEPTEMBER 12 • 1PM



SEPTEMBER 18 • 1PM



SEPTEMBER 19 • 1PM



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LAKE TOUR	AUGUST 26 • 4:00PM
LAKE TOUR	AUGUST 27 • 4:00PM
LAKE TOUR	AUGUST 28 • 10:00AM
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The Pluck-a-duck rubber duck race is on

PUTNAM, CT - A new name! A secret location! The Putnam Business Association proudly announces that the 2021 Pluck-A-Duck Raffle Event is taking place this year.

The Putnam Business Association's annual Rubber Duck Race, re-named the "Pluck-A-Duck Raffle Event," is scheduled as a unique solo fundraising event on Sunday, August 22, at 12:00pm.

In spectacular fashion, 65+ fantastic prizes, including the top prize of a \$500 VISA Gift Card, sponsored by Byrnes Agency. While unfortunately, this year's event will not be open to the public, viewers can cheer on their lucky duck during a live event broadcast on WINY Radio 1350 AM & 97.1 FM and the Putnam Business Association's Facebook page. The first two viewers responding to WINY Radio or the PBA's Facebook pages correctly identifying the total number of ducks "dumped" into the pond will win a \$75 gift card to a local restaurant, courtesy of Kazantzis Real Estate. And after all prizes have been plucked, the final three waddlers out of the pond will be selected for our "Lame Duck" prizes, sponsored by Linemaster Switch.



thousands of rubber ducks will be released at a secret, duck pond location in Putnam, swimming happily, and then "plucked" for a chance to win

The 2021 Pluck-A-Duck is a major fundraising event which deeply impacts the Putnam Business Association and its 200+ local members, provides advocacy to

local/small businesses, and provides support to its various community events such as Zombie Fashion Show, The Great Pumpkin Festival, and Fire & Ice Festival, that draw tens-of-thousands of visitors into Connecticut's "Quiet Corner."

And this year, 17 non-profit organizations will also benefit from selling duck raffle tickets as an opportunity to raise more than \$6,500 for their worthy cause. These various groups include Bags of Hope CT, Boy Scout Troop 21, Danielson Veterans Coffee House, Killingly Business Association, NAMI Windham County NWC, NEIP, Northeast Opportunities for Wellness, Natchaug River Young Marines, PAWS Cat Rescue, Putnam Lodge of Elks #574, Putnam Rotary Club, TEEG, Thames Valley Council for Community Action Meals-On-Wheels, The ARC Eastern Connecticut, The Last Green Valley, The Hale YMCA Youth & Family Center, and Wyndham Land Trust.

Pluck-A-Duck raffle tickets can be purchased at these essential non-profit organizations, and local businesses, including The Putnam Business Association Office (158 Main Street, Putnam), WINY Radio (45 Pomfret Street, Putnam), Putnam Bank/Centreville bank (40 Main Street & 251 Kennedy Drive, Putnam, CT; 100 Averill Road, Pomfret, CT; and 125 Wauregan Road, Danielson, CT), bankHometown (182 Main Street, Putnam), Archambault Insurance (143 Providence Street, Putnam), at upcoming community Farmers Markets and events, and also online at www.discoverputnam.com/pbarubberduckrace.

Events at Booklovers' Gourmet

August Art Exhibit - "Soul Vibrations," a mixed media exhibit by Dawn Wilson will be on display and for sale August 3-31, at Booklovers' Gourmet, 72 East Main Street, Webster, during regular business hours: Tuesday-Saturday 10 a.m.-5 p.m. A meet the artist reception will take place on Saturday, August 14 from 2-4 p.m. For more information, call 508-949-6232.

Artist Statement: The mystery of life is all around us. Soul Vibrations is an exploration of life through energy. These interpretations are rooted in energy medicine (Reiki, Chakras, and meditation), wavelengths of color, frequency of sound, and quantum physics. Experimenting with different mediums the artist digs into the meaning of life using art as the vehicle through which the divine can be reached.

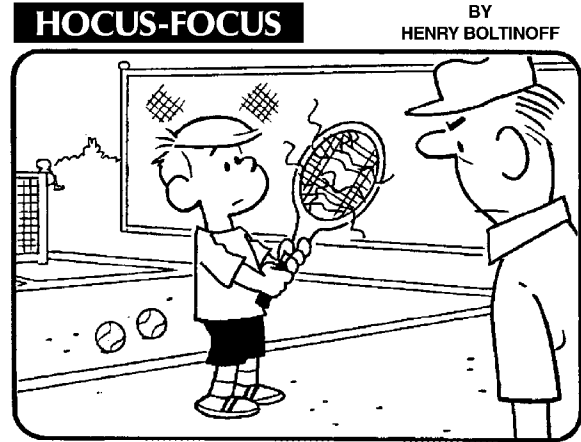
Dawn Wilson is a Central Massachusetts artist, teacher, and soon to be author. Dawn has a BA in Fine Arts from Framingham State College and a Masters in Occupational Education from Fitchburg State University. Her artwork has been shown in local galleries and museums throughout the United States. She has also been published in Somerset, Art Doll Quarterly, and Cloth Paper Scissors Magazines, as well as, the following book "Altered Art: Techniques for Creating Altered Books, Boxes, Cards & More."

Dawn's inspiration is drawn by her daily life, life observations and the relationship to human energy and healing. The work is created from recycled and repurposed materials from her many collections. Using what she has is an important part of the making process. Exploring themes of healing, the human connection, and relationships to color, she hopes to empower others in their own healing journeys.

Granite: The Bullmastiff Story, author signing, reading and coloring activity with Louise Chadborne on Saturday, August 21, at 11 am at Booklovers' Gourmet, 72 East Main Street, Webster. To reserve your space, please call 508-949-6232 or email deb@bookloversgourmet.com. Please note: children must be accompanied by an adult.

Granite: The Bull Mastiff Story is about a family pet that was adopted when he was a puppy into a family that loves dogs. When Granite gets to his new home, he is given some amazing presents including toys, a bed, treats, and a huge condo to sleep in. As he grew from 8 lbs to 165lbs, he became a great helper to the family. For instance, standing guard and helping to do chores around the house and yard. The book also, includes pet tips to teach your children how to take care of their pet.

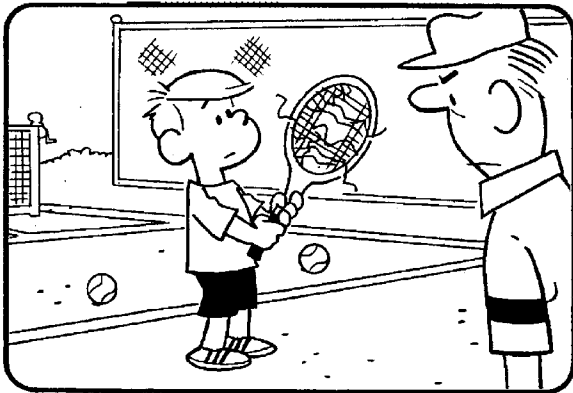
Louise Chadborne is born and based in Webster. She has worked in the Department of Mental Health for more than 32 years and co-own Frosty's Tree Stand Farm. When not writing, she can be found volunteering at the zoo because animals bring her joy and a feeling of companionship.



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Bartlett and Shepherd Hill welcome new football coaches

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Here's a Bartlett welcome to **Mike Harpin**, the newest Indian head football coach. Harpin, 56, takes over for Dane Laboissonniere, who led Bartlett to a 56-60 record over 11 seasons.

Laboissonniere leaves the football position as a nice guy who cared for his players' well being and will continue teaching at Bartlett. Bartlett's numbers were on life support over the past 6-7 years, trending with the sign-of-the-times for all small town teams across Central Mass.

The Pop Warner/ Youth Football league should have never left Webster and it was the demise and downfall for the football program at Bartlett. Webster Pop Warner football was owned by Webster as far back as the 1960s. It fed Bartlett football healthy portions of new talent every year. Bartlett's numbers dropped in drastic measures when the youth program moved to Dudley within the past ten years. Laboissonniere did make the Southbridge game on Thanksgiving morning the number one priority during his 11-year tenure even though the MIAA playoff format took November football out of the picture for most teams. Waiting a full month just to play on Thanksgiving was the death march for all high school football programs across the state.

The MIAA disrespected the traditional high school Thanksgiving football games in favor of creating an eight division playoff format across the Commonwealth and favoring eastern Mass. football programs over central and western schools, completely a disaster for any program trying to reload, reset, or rebuild. Bartlett seemed to be under water with their numbers for the past half decade.

Enter Mike Harpin into the Bartlett football locker room. Harpin has been a teacher in Webster's Middle School for the past 12 years and does not need mapquest to get to his new job. Harpin had a lengthy interview at Shepherd Hill this summer as he applied for the SH football position and was excited that the interview lasted as long as it did. Harpin has been around the football

block and went 26-39 at Algonquin as the head coach from 1994-2000. He currently is the defensive coordinator for the Marlboro Shamrocks, a semi-pro football team who won the national semi-pro title last year. Harpin will continue his duties with the Shamrocks this season and coach Bartlett at the same time. Harpin already hired two Bartlett alumni in Scott Kunkel and Nate Stawiecki to assist in the upcoming season which begins later this month. Harpin and his staff are on the giddy up with a lot of work to do in a short time. His experience will be a key as he needs to get at least 25 players to start the preseason.

Bartlett beat Southbridge in their last game in the spring of 2021 due to the COVID rescheduling from the cancellation of the 2020 season. Bartlett fans should know that every high school football program is fighting an uphill battle as everyone has issues entering next month's season opener. Here's hoping the local teams can persevere their own issues and give the kids a good experience. Low numbers, lack of skilled players, and a tough schedule are the football gossip this summer.

The Bartlett Gridiron Club is welcoming all sponsors for the upcoming football season. You can contact Ray and Lori Patterson at 508-943-7501 to secure your business or personal ad that includes a business card or personal photo for a individual fan club ad for your favorite player. The program book will be available at all the home Bartlett football games this season.

Welcome **Dave Buchanan** as the new head football coach at Shepherd Hill. Buchanan succeeds **Ryan Dugan** who was a former SH player, assistant coach, and the head coach since 2017-2021. Dugan has a four year head coaching record of a respectable 21-17 in the strongest league in Central Mass, the Mid Wach A. Dugan was an important cog in the SH football program especially during his assistant years dating back to the early 2000s. His fingerprints and dedication were all over the Ram football blueprints. Credit Dugan for being the glue to the Ram program as he held things together as a very loyal assistant in so many ways. A lot of guys have played and coached at

SH, but one thing is for sure and that is Ryan Dugan has seen it all and has been there through every situation for the maroon and gold.

This address only knows Dugan from a distance, but it is clear that he made the right impressions with people who are respected here. Dugan's football acumen is excellent and he continued to be a student of the game at all times. Because of Dugan, SH made the transition from the SWCL to the Mid Wach A league. His SH goal was the only success for the program. His situation at SH was unique as his stepfather is **Chris Lindstrom**, who played at Boston University and then the NFL. Dugan's brothers are **Chris and Alec Lindstrom**. With all that in Dugan's life, he is seen here as the leaning post and sounding board for his close-knit family. That entire mentioned group are truly loyal to each other, who supports each other in every aspect of life. All their records and accomplishments are outstanding, but their family beliefs are the deepest in support. Here's wishing Dugan the best in the future. His mark on Shepherd Hill football was a successful one.

Here is a brief look back on the SH history over the last four and a half decades.

The Shepherd Hill football brand has marketed itself well over the past ten years. Although they have appeared in four Super Bowls over 48 years of playing football, they have been well respected since 1973 in the eyes of every opposing coaching staff. 2012 was their last appearance in a Super Bowl and their only bus ride to Gillette Stadium. They won a Division 2 Super Bowl in 2000 and 2007. Both the 2007 and 2012 teams were coached by Chris Lindstrom who had a record of 96-43 at Shepherd Hill and a 16-28 record previously at Tantasqua. To Lindstrom's credit, he put Shepherd football on the map as he developed the programs reputation as being tough and well coached. Lindstrom made the weight room important to being successful on game day. The weight room became a culture change in Dudley under Lindstrom. A former pro player, Lindstrom was a humble coach who never liked the limelight. His players played hard and his assistant coaches coached hard. His teams began to dominate the SWCL

on the early 2000s when he stopped the Auburn win streak at 41 wins-in-a-row, which was a state record at the time and he dominated Northbridge to the point of Northbridge saying "no mas." Northbridge couldn't figure out the SH double wing offense and ended the series. Right about that time Shepherd Hill's calling card of being physical in the interior lines caused concern in the SWCL.

Leo Biron was the original and first football coach at Shepherd Hill and his 2000 team went to a Super Bowl. He leads the Shepherd Hill program with 100 wins and is the soul of the football program. Biron had three stints as the head coach at SH. The 1973 was the first Ram team under Biron and he coached the first eight years of the program and then came back for one year in 1985 and had one last stint from 1993-2000. Biron is the program leader in wins at exactly 100. He was an assistant at Milford before getting the Shepherd Hill job that included being the schools first Athletic Director and taught in the physical educa-

tion department. Biron went to Bartlett and is responsible for Bartlett's biggest upset on Thanksgiving Day when he quarterbacked the Indians to a 44-12 victory over undefeated Southbridge in Webster.

Biron's Shepherd Hill teams competed in the old Border Conference before their move to the SWCL ten years ago. Biron remained loyal to the Rams football program and was the freshmen coach under Lindstrom. **John Hickman** coached the first Super Bowl team in 1987 where the Rams lost a 3-0 heartbreaker to Worcester South at WPI. Hickman coached for six seasons. The other Shepherd Hill head football coaches were **Jim Hackenson** two seasons and **Bob Bradley** and **Bob Galante** each coached one season.

Here are a few SH tidbits:

The Rams best player ever is current Atlanta Falcons starting right guard and their number one draft pick **Chris Lindstrom** who started for four years at Boston College.

The Rams' most important football player of all time is

the late **Eddie Jarosz**, who quarterbacked the very first Ram team and never let SH be a start up program. Jarosz led SH like it was a seasoned long standing football program. Eddie had ice water in his veins.

The Rams beat Bartlett right away in their very first year with Jarosz and the football program was competitive because of Jarosz' leadership from the beginning. He had first year football players surrounding him. Only **Marty Paglione** had football experience then. Jarosz was "the guy" back then and he would be the guy today. He was charismatic on the playing fields. The true definition of a competitor.

Amazing. Another pearl is that quarterback **Drew Ravenelle** is the all time victory leader with 24 quarterback wins at SH. He is the only Ram quarterback to start a game at Gillette Stadium in 2012. Ravenelle credits his teammates and coaches for all those 24 wins. By the way, those 24 wins hold a state standard and could be close to the state record for high school quarterbacks.

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Paws corner

Are dog treats bad for Fido's health?

By Sam Mazzotta

DEAR PAW'S CORNER: I use dog treats to train my 18-month-old puppy, "Jif." At the dog park, an owner said that using treats is bad and that Jif will eventually get fat. That's hard to believe, as he is really energetic. He only responds when he knows there is a treat after each command. What do you say? - Lee

DEAR LEE: Ah, to treat or not to treat! That's a big issue for many pet owners. Ultimately, you are in charge of Jif's training and health. Unsolicited advice from other dog owners is only a little helpful, at best.

I've interviewed and observed champion breeders and trainers, and one thing I've noted over the years is that some dogs get a treat at every turn, for seemingly every move they make. Other dogs do fine with a treat at the end of their routine. And backstage, when show dogs are being groomed, primed and prepped? They're getting treat after treat. These are champion dogs in top shape. Things to note with using treats:

* Treats help build a positive

association with specific commands or actions.

* The pros use treats that are as healthy as possible: no byproducts, no preservatives. They're often homemade.

* Treats are cut into very small pieces. They can be given more frequently without adding too many calories.

* Dog treats don't replace meals. Make sure your puppy is fed on time each day with the recommended amount of food for his age and weight.

It's possible to replace some of Jif's treats with other positive associations. Praise, attention, a favorite toy - things that bring him joy. Build that anticipation of reward in different ways. Check out a few training books, or work with a dog trainer on new ways to reward Jif.

Grieving cats unite after losing brothers

DEAR PAW'S CORNER: I wanted to share a tale of two cats. One is "Bean," a chocolate Burmese. Bean had a brother, "Coco." I purchased the two of them when they were kittens. Sadly, Coco passed away at age 3 from cancer. Bean grieved for a very long time.

A few months ago, I met someone in an online group who also had two Burmese cats, and one of them passed away. The surviving cat, "Storm," was inconsolable. Like Bean, she roamed

her house day and night, meowing for her brother to reappear.

Storm's owner had health issues and was looking to place her in a new home. I had a feeling that together we could help both of these grieving cats. But cats, especially adult cats, often do not get along - especially when one is introduced into the other's home. However, both cats were fixed, which helps reduce territorialism and aggression, among other problems. We both agreed to a two-week trial; if the cats were too stressed out or fought, then it was a no-go.

Fortunately, after a cautious sniffing-out period during their introduction, Bean and Storm snuggled right up together. They have been buddies ever since. Neither of them goes meowing around at night. Bean and Storm are a new family, and they couldn't be happier. Thought I would share! - Dana A.

DEAR DANA: Thank you for a heartwarming story! You did the right thing by setting up a trial period, because cats that don't like each other may escalate aggression with each encounter, and the trauma is bad for both. But it sounds like Bean and Storm have settled in nicely. Congratulations!

Send your tips, comments or questions to ask@pawscorner.com. (c) 2021 King Features Synd., Inc.



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Meet Fadrea! She is a 3 year-old, 38 pound pitty mix from South Carolina. Fadrea was surrendered because her owner's new landlord wouldn't allow her to stay there. Since she was 6 months old, she lived with children, one as young as four, and another dog. Due to her excitement when meeting new people, we recommend older children as toddlers may accidentally be hurt. Although she was with a family, she spent most of her time outside, even at night, so she may take some time to acclimate to a new home. She was described by the rescue down south as a "gem" and the staff absolutely loved this girl. We recently had Fadrea tested with a cat and she did great.



Meet Willow! Willow is a 2 year-old, 52 pound, beautiful pitty mix from South Carolina. Willow was taken from someone who was trying to give her away for free. A friend of our partner rescue took her in so she didn't end up in the shelter or in the wrong hands. Even after all she has been through, Willow still is the happiest of girls and is always showing off that pitty smile we all know and love. Willow is a ball of fun energy. She loves to play with other dogs, toys, and doing her zoomies. As she is a ball of energy, we prefer children over 7 years so they do not accidentally get knocked over.

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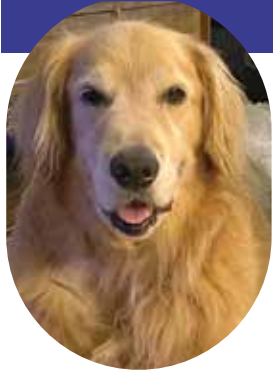
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Living ON with Lincoln

Lincoln's best day

By Amy LeClaire

The summer is different. His orange ball is still there, frozen in time beneath the deck. I walk around the yard to check out the new blooms (what did I plant last year again?) and wait for Lincoln to trot by my side, the blue ball (yet another) lopsided in his mouth. He loved to shadow me while I kneeled down to dig a hole, then drop the ball down into the fresh soil. "I was thinking we could play ball today."

Dog People understand. A dog's presence, coupled with his personality, are qualities unrivaled by anyone or anything else. Dogs bring us the intangible reminders that life is perfect just as it is, and so aren't we. Everything is as it should be, and we are just right, as-is. The sun is out, the birds are singing, and guess what? We're together. Let's go smell the roses! Better yet, let's play ball around the roses!

Every dog I have owned, though different in breed and personality, has reminded me of the importance to be present. Max, my childhood fave, was a medium-sized mongrel partial to Rhodesian Ridgeback roots. His sleek coat, a peppery cinnamon shade, betrayed a cheap diet of value-packed kibbles and occasional table scraps. My family's 35 mm slide shots (later) captured his life of leisure on the big screen, a white sheet repurposed for movie night. There's Max on the front lawn! Remember the orange shag! Max lived the life of a rock star. He would taunt our neighbor's irritable, long-leashed dog Lido, galloping to the very border of the dog's furthest edge to flaunt his freedom. Until the unlucky day when Lido broke free.

"It's Max!" I sobbed to my father. "Lido's going to kill him!"

Max shook off the fight. He may have needed to trot the hood with one eye shut, but he got over it. That was the seventies.

Fast forward forty years. Living without a dog still feels unnatural and still, like sitting on a broken, unused wooden rocking chair. I'm still "getting-it-done" (an energetic person by nature) but there's a disconnect in the process, a blip in the journey. I no longer wait in Dunkin Donuts Drive-Through lines. What's the point? My trips with Lincoln were not about the donut and coffee. Rather, they were about the journey. I'll never forget the time I brought Lincoln through a McDonalds Drive-Through line for the first time. He sniffed the air, took in

the sights, and barked with belligerence, his world askew with change. Where are the pinks and browns? The smell of hazelnut? What's with the gigantic letter M? Wrong, wrong, wrong. He paced the backseat with fury, completely beside himself. "It's okay, Lincoln. Mummy just wants to try a Newman's coffee today." A burger at the window may have sold him, but he knew what he wanted. I miss seeing his head tilt to the robotic sound of the speaker voice before greeting his Dunkin pals. "Hi. My name is Lincoln! Do you happen to have a piece of Day-Old cheese?"



Watching mom plant.

Every single day spent together was the best day of Lincoln's life. Dogs appreciate us fully. They love us every day, regardless of circumstance and without exception. They study our habits and remind us of their favorite quirks. The mere jingle of my keys would set Lincoln into a spiral of elation, as though we were about to embark on an exotic cruise. He'd hop up to the backseat of my Pilot and wait for me to drop the window down. The

destination didn't matter, only the journey. "You're such a good boy, Lincoln." I'd reach back to pat his head and he'd break into smile. "I know I am."

His last day of life, unexpectedly and remarkably, ended on a snowy April 16th with a car ride. He didn't know the ending of that ride, only that we were going on another adventure together. Although I've found myself second-guessing what I could have done better (why didn't I pack a jar of goat's milk for him to sip in the backseat?) I know in my heart that his ending was exactly as it should have been. My husband, heartbreakingly, had to turn down his request to play ball in the snow early that morning. "Daddy, it's snowing out! Let's go play!" More devastating (for me) was facing his moment of truth, when Lincoln actually made a mind-body connection in regard to what was happening with his breathing and consequent ability to function normally. He knew he wasn't right. A few days before his time, he even tried to "hack up" the tumors in his throat while out in the back yard. My dog is innocent. Please, give me his pain.

Up until those final days, he was able to find a way around his illness. Most days, I don't think he even knew anything was wrong with him. His thirst for being happy and his will to go on overshadowed any discomfort.

"Go ahead, Lincoln. Take your ball." I was desperate to see Lincoln as I always had, and as he always was. He was ageless, a survivor, the largest male of the litter, and he needed to go on. "I can't play anymore. It's my breathing." That morning was different. He rested his head on his chin and turned his head

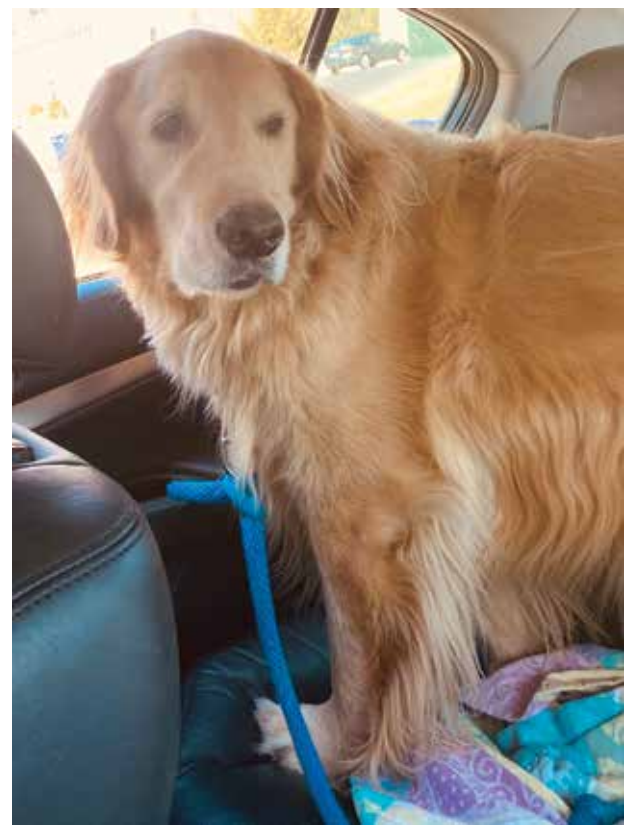
away. My eyes closed in pain.

Then something happened. The sound of my key jingle awakened him to old times! "Want to go for a ride, Lincoln?" The inflection in my voice (I fought to sustain a positive ring) was just what my dog needed. He snapped up and led me to the accent table by the refrigerator, where the same ball he had just resigned from had rolled beneath. "Great idea! Let's bring my ball along too!" Old times.

Rushes of cold air and snow blew his ears back while, window open, he watched the world pass him by. The moment was harsh and unforgiving but, for Lincoln, it was beautiful. Another day, another car ride, another journey to take part in. Yesterday's worries were gone. Tomorrows were pointless. All that mattered was that his two favorite people were taking him somewhere. Where to? It didn't matter. "Lincoln can come too." I repeated the words over and over while he rested on my lap and went to sleep. All that mattered was this. We were together.

Every day spent with Lincoln was the best day of his life, even his last.

Contact Amy at amyleclaire@hotmail.com



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Nichols College students to learn techniques from Milwaukee Bucks strategists

DUDLEY – This year, Nichols College students enrolled in the new sport sales & strategy concentration can take their training to the next level, with the help of two industry leaders.

Nichols has contracted with The Milwaukee Way Sales Academy to offer a training course taught by sales managers of the 2021 NBA champion Milwaukee Bucks, an organization known for developing a winning approach to recruiting and training sales talent. The program balances curriculum, application and fun as students learn the fundamental techniques of The Milwaukee Way from the Bucks' leadership team and current sales representatives. Students will receive individualized coaching and earn professional certification from a championship-caliber franchise and expand their network through the sales academy alumni database.

Starting this fall, Nichols will introduce SponsorUnited, giving students access to a world-leading platform of aggregate sport sponsorship data used by professional teams, college conferences and teams, and media and entertainment organizations. Students will elevate their ability to effectively research, buy and sell sponsorships, and can apply their skills to Nichols sporting events, increasing their prospects in a burgeoning and competitive sport management field. (According to Hanover Research, sports-related jobs in the New England region are projected to grow 8.9 percent through 2026, with openings in sales positions topping the list.)

"Experiential learning is a hallmark of the Nichols education, and our nationally

ranked sport management program has progressively raised the bar on offering impactful and distinctive opportunities for our students," said Glenn M. Sulmasy, JD, LL.M, president of Nichols College. The new partnerships support President Sulmasy's goal to ensure that every Nichols student participate in at least one experiential learning opportunity.

The industry-level partnerships tie directly to the college's sport sales & strategy concentration, which debuts this fall, along with a new concentration in sport marketing & content creation, as well as others, including real estate management and non-profit management.

With 260 students, the sport management program comprises the largest major at Nichols College. The program is ranked 37th in the country by Intelligent.com, based on student engagement, potential return on investment, and leading third party evaluations.

"These newest opportunities are yet another example of how we prepare students as a 'triple threat,'" said Mauri Pelto, PhD, vice president of academic affairs, referring to the range of professional development opportunities available to Nichols students: consulting experiences, external industry certifications, and internships.

Brittany Jacobs, PhD, chair of sport management, is particularly excited to learn from the sales team behind the Milwaukee Bucks. "Working with 2021 NBA champs adds a whole new dimension to the partnership, which already offered a steep value proposition for our students," she said. "It takes their training to a decidedly new level."

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Tales from beyond

The Poland Spring Resort

By Thomas D'Agostino

Maine can be a magical destination in the summer months. Tourists flock to the many places of interest that the Pine Tree State has to offer. One place in particular is the Poland Springs Resort in Poland. Everyone knows the area is famous for its bottled water, but few are aware that the resort and springs are haunted.

The stories of the springs go back before Europeans occupied the land. An Abenaki medicine man, Mollyockett used the water for healing purposes. In 1793 Jabez Ricker bought 200 acres of the Poland Spring land from the Shaker colony that had settled there. The family built an inn and opened it as the Wentworth Ricker Inn. Business prospered and was soon known as the best inn in northern Massachusetts (at the time Maine was part of Massachusetts). The establishment expanded with the passing of time and the healing waters of the springs brought people from all over.

Jabez died in 1827 and his son Wentworth carried on the business until he was diagnosed with a rare and fatal kidney disorder. He put his faith in the water and not only was he cured, he became stalwart and hardy in

health. In fact, he built the road that runs through the resort today, Route 26. In 1845, the water from the springs became known across the country as doctors began prescribing it for their patients. The family became very wealthy and healthy with the magical waters of the Poland Springs.

In 1876, Hiram Ricker expanded the resort by constructing a one hundred room hotel. Reservations came in to the point where people were reserving rooms two years in advance. Hiram had no choice but to expand the hotel to three hundred rooms. The resort has seen the likes of many famous people from presidents to Babe Ruth and more.

In 1893 the Ricker family purchased the Maine State Building that premiered at the Columbia Exposition in Chicago. No less than sixteen freight cars shipped the building to the property to be assembled. In 1896, an 18-hole golf course was added and the Presidential Inn in 1913. The property was purchased by Saul Feldman in 1962. It was Feldman who added the Maine Inn to the resort. Today, there are four different choices of ac-

commodations at the resort for guests to choose from. There is also at least one former owner still roaming the grounds.

Hiram Ricker, the man who made the waters of the land famous, haunts the various inns on the property. Employees and guests have seen his ghost wandering about the Presidential Inn. His voice is often heard in vacant rooms and footsteps are heard early in the morning in the empty lobby. Hiram had a sense of humor in life that he apparently carried with him to the other side of the veil. He likes to play tricks on people and move items to very unusual places.

He is not the only spirit residing at the resort. The ghost of an unidentified woman has been seen as well. Some of the employees will not venture into certain areas alone for fear of encountering the strange spirit. In the immediate area of the resort on Route 26, there are accounts of two hitchhiker ghosts that entice travelers to stop and give them a ride. One is reported to be a bride who was struck and killed en route to her wedding. Another is a girl in a prom dress. Both will vanish just before

they get into the automobile or right after.

Take a trip to Poland Maine and visit the grand resort. It has museums, gift shop, golf course, fine array of accommodations and, of course, ghosts.

Thomas D'Agostino and his wife Arlene Nicholson are seasoned paranormal investigators, authors, and co-organizers of Paranormal United Research Society. You can find out more about them by visiting www.tomdagostino.com.



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UniBank and Worcester Red Sox align missions; Dr. Charles Steinberg featured at bank conference



Left to right: Tim Wickstrom; Chairman of the Board at UniBank; Dr. Charles Steinberg; President of the Worcester Red Sox; Michael Welch; CEO at UniBank

WHITINSVILLE – UniBank had the privilege and honor of hosting Dr. Charles Steinberg, President of the Worcester Red Sox, at their annual Corporator's Meeting held this time at the Worcester Country Club.

Michael Welch, CEO of UniBank, stated, "When we decided to engage with the Worcester Red Sox as a Founding Partner, we knew we shared an impor-

tant commonality – that of community support and development. Our shared values and vision for the future of our beloved community make the relationship real and beneficial to all. Dr. Steinberg has a storied career of community outreach and his message of "doing good" for the betterment of Worcester runs deep throughout UniBank. We were honored to host Dr. Steinberg and we look forward to many years of collaboration."

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Collect memories in the "Memories Box"

The Town of Dudley Historical Commission and the Pearle L. Crawford Memorial Library have joined in a project to establish a "Memories Box" to be kept in the library's local history room. The purpose of the box would be to collect "memories" of Dudley residents about past and current local events. Residents are encouraged to submit a hand written or typed memory on a standard (8.5x11in.) sheet of paper. Photos or artwork mounted on a standard sheet would also be accepted. The submissions become part of an "ongoing time capsule" that could be accessed by historians and genealogists interested in the history of Dudley and its inhabitants. Multiple memories can be submitted, but each must be limited to one sheet of paper, and labeled on the back with the date and age of the person submitting the memory. Donor's name (birth and married), although not required, is preferred, for genealogical research. This project is well suited to teachers and students interested in specific topics.

The first suggested topic is: **the local impact of the pandemic of 2020/2021.**

This project was envisioned after Ed Bazinet, Chairman of the Dudley Historical Commission, realized that current "history" was being lost. In the past, diaries and letters provided insight into the lives of average people. Today, most communication is phone or text, and not something accessible later on.

When the library was built, the allocation of a room for local history was provided, which also includes a climate controlled and restricted room for books and documents that needed additional care and preservation. The Historical Commission has used this space over the years to accept donations of published histories as well as maps, newspapers and personal diaries and letters. This is where the memories box will be stored. Working closely with Librarian Drusilla Carter, the memories box idea was conceived as the logical location for collecting remembrances that residents can "store away" for future generations. MS Carter likes to call the project "an historical love letter to the future."

This project will be ongoing. Anyone may sit down and create a "memory" for inclusion, then either hand deliver or mail it to the Pearle L. Crawford Memorial Library, 40 Schofield Avenue, Dudley, MA 01571.

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If you pray three times a day, three consecutive days, you will receive your intention, no matter how impossible it may seem. Praise and Thanksgiving please the Heart of God.

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sleeping/work area. I then wanted to add a solar panel and inverter for power. What do you think?

A. The idea has certainly become much more popular. Airstream trailers actually have a model that is half trailer and half office, just for that reason. On YouTube there are videos of everything from converted first generation Ford Broncos to van conversions, so it is certainly doable. On my radio program several years ago, I met Josh Theberge who converted a Promaster Van and travelled the country working remotely for several years, eventually building a second van. His experiences are pretty amazing. https://www.podomatic.com/podcasts/johnpaul/episodes/2018-12-31T18_11_23-08_00

ers to move to a small SUV for ease of entry, versatility and a better view of the road. Still, I am looking for a small sedan. I have narrowed my choices based on availability to a Honda Civic, Toyota Corolla, Nissan Sentra and Hyundai Elantra. Any thoughts on these cars?

A. I have just evaluated the newly updated 2022 Honda Civic and found it to be a delight. The car rides and handles well, is comfortable and very roomy for a small car. My only complaints are a bit of road noise and I still would like to see an actual tuning knob for the radio. The Toyota Corolla and Hyundai Elantra are always a good choice. Personally I haven't driven the Nissan Sentra in a few years, but other reviewers put it closer to the bottom of the list.

Q. My 2002 Chevy Avalanche 2500 with the 8.1-liter engine keeps turning on the check engine light and throwing code P1125 and when this happens the truck goes into reduced power mode. The accelerator position sensor has been replaced four times over a several years. The last one a GM part only lasted six months before the codes started again. Is there something else that could be causing this failure? At \$300-\$400 a repair, its getting expensive. My other frustration is the local shop techs only want to replace the sensor and not look for additional problems. Any help would be great.

A. Unlike some vehicles there is no mechanical connection between the accelerator pedal and the throttle body at the engine. There are three sensors in the accelerator pedal assembly. Three separate signals, one that is redundant. Due to the redundancy if one sensor detects a problem the engine will operate normally, with the check engine light on. If two or more diagnostic codes are set involving more than one accelerator pedal pressure sensor the "reduced engine power" message will illuminate. Although the accelerator pressure sensor is the most common issue, other possibilities include wiring to the sensor or the throttle position sensor which is part of the valve body assembly.

Q. I was talking with my buddies the other day about oil changes which most of us do ourselves. When it came to filter choice everyone has an opinion. I told one friend that I use a Fram filter, and he said the "orange can of death," implying the filter was terrible. What do you think and would you use one on your car?

A. Fram has been in business since 1934 and owns a huge percentage of the aftermarket filter sales. If the filters were poorly made, they would not still be around. Have I used Fram filters? Yes. But I will also say if you have any doubts use a factory oil filter.

Q. I recently purchased a used Buick Regal with all-wheel-drive. I really like the car but compared to the 10-year-old Buick I traded in, this car has a clunk when shifting between reverse and drive. I went back to the dealer, and they said it was normal. What do you think?

A. Buick considers some clunk normal and although some customers may find it objectionable, if there are no worn components it is normal and should have no effect on durability and performance. Also since your new car is all-wheel-drive there are more components interacting with each other which will generate more noise.

Q. Everyone seems to have an SUV but I like a small sedan. I have read that you have recommended to read-

Q. I have a crazy idea of turning a vehicle into a "tiny-house." With what I learned from the pandemic, I don't need to go to the office (my employer has gone 100 percent remote) and can work anywhere. I was thinking of subletting my apartment and buying a used Mercedes van or maybe a Ram Promaster van, adding cooking, bathing facilities and a

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Tips on financial planning



Dennis Antonopoulos

If you've had an IRA and a 401(k) for many years, you may occasionally ask yourself some questions: "Am I contributing enough?" "Am I still funding these accounts with the right mix of investments for my goals and risk tolerance?" But here's one inquiry you might be overlooking: "Have I used the correct beneficiary designations?" And the

Review your IRA, 401(k) beneficiaries

answer you get is important. It wouldn't be surprising if you haven't thought much about the beneficiary designation – after all, it was just something you once signed, possibly a long time ago. Is it really that big a deal?

It could be. For one thing, what if your family circumstances have changed since you named a beneficiary? If you've remarried, you may not want your former spouse to receive your IRA and 401(k) assets or the proceeds of your life insurance policy, for which you also named a beneficiary.

However, upon remarrying, many people do review their estate plans, including their wills, living trusts, durable powers of attorney and health

care directives. If you've revised these documents, do you have to worry about the old beneficiary designations? You might be surprised to learn that these previous designations can supersede what's in your updated will and other documents. The end result could be an "accidental" inheritance in which your retirement accounts and insurance proceeds could end up going to someone who is no longer in your life.

Furthermore, your retirement plans and insurance policy may not just require a single beneficiary – you may also be asked to name a contingent beneficiary, to whom assets will pass if the primary beneficiary has already died. As you can imagine, the

situation could become quite muddled if stepchildren are involved in a remarriage.

To avoid these potential problems, make sure to review the beneficiary designations on all of your accounts at some point – and especially after a significant change in your family situation. If you see something that is outdated or incorrect, contact your retirement account administrator – or your insurance representative, in the case of life insurance – to request a change-of-beneficiary form.

And if you really want to be on the safe side, you may want to enlist a legal professional to help you with this review to make sure the beneficiary designations reflect your current family situation and are

consistent with what's in your estate plans.

In fact, if you're already working with an experienced estate planning attorney – and you should – you might also pick up some other suggestions for dealing with beneficiaries. Just to name one, it's generally not a good idea to name minor children as beneficiaries. Because children can't control the assets until they become adults, a court would likely have to name a guardian – one that you might not have wanted. Instead, you could either name your own custodian to manage the assets designated to the minor or establish a trust for the benefit of the minor, which can distribute the money in

several disbursements over a period of years – which is often a good move, since young adults aren't always the best at managing large lump sums.

If you're like many people, you have a strong desire to leave something behind. But you'll want to do it in the right way. So, pay close attention to your beneficiary designations – when you first create them and throughout your life.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert Street, Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com. Edward Jones Member SIPC

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RE: Real Estate



Mark Marzeotti

Today's buyers may face added challenges if they're not coming in with a conventional mortgage.

Buying a home today is not an easy feat. While mortgage rates are competitive, there's a major shortage of property listings that's making today's housing market very tough to navigate. Not only are buyers being forced to compromise on home features, but they're also being forced to pay a premium to get a place of their own.

As a general economic rule, whenever a commodity is in short supply and demand for it is high, its price tends to go up. This is the case in the housing market today. Home prices have soared on a national level, and that alone is making it harder for buyers to qualify for high enough mortgages to make owning property possible.

But these aren't the only challenges buyers are fac-

Sellers are rejecting offers that come with FHA and VA financing

ing. Some buyers may have a harder time getting their offers accepted – not because they aren't high enough, but because sellers aren't happy with the type of mortgage those offers are tied to.

Sellers are rejecting FHA and VA loans

Many people who apply for a home loan take out a conventional mortgage. But many buyers turn to FHA and VA loans to make the purchase.

FHA loans allow buyers to purchase a home with as little as 3.5% down, while conventional mortgages generally require a higher down payment. Some conventional mortgage lenders will take as little as 5% down, but often, buyers will need to put down a minimum of 10%. VA loans,

meanwhile, allow buyers to purchase a home with no money down at all.

Both FHA and VA loans have been around for years, and they're backed by solid guarantees from the Federal Housing Administration and the Veterans Administration, respectively. Statistically, only 30% of sellers say they'd likely accept an offer from a buyer who's planning to use an FHA or VA loan. By contrast, 89% of sellers would likely accept an offer from a buyer with a conventional mortgage. Obviously this is driven by the current market.

This could put lower-income buyers at a disadvantage in this market. It could close off buying opportunities for a wide range of prospective homeowners, in-

cluding some who may not necessarily be on the lower side of the income spectrum, but rather, be U.S. military members or veterans who want to take advantage of the VA loan program.

Why are sellers rejecting these loans? Often these loan products with stricter home inspection requirements and home appraisal contingencies. Of course, home appraisals are a requirement for any mortgage. But for FHA and VA loans, sellers must reduce

their homes' purchase prices to match their appraised values, so it's easy to see why some may be less than eager to work with buyers who are coming in with these types of financing.

Because it's a seller's market, those who put their properties up for sale can afford to be choosier than usual. But that could hurt a lot of buyers and make it even more difficult for them to enjoy the benefits of homeownership in this market.

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