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INSIDE

## Northbridge's historic Wing Tavern a perfect fit for Attorney Rob Knapik

By Rod Lee

Rob Knapik not only found his true calling years after seemingly establishing himself in other professions, he also discovered a property that suits his redefined career perfectly.

Mr. Knapik has been an attorney since graduating from the New England School of Law in 2000. He had formerly worked as a land surveyor and civil engineer. He was also at one time a pretty fair country photographer.

His concentrations as a general-practice attorney include commercial and residential real estate, business law, civil litigation, estate

planning, probate of estates and family law. Avril K. Waye, associate, and Julie A. Randall, paralegal, are members of the firm as well.

After a stint as an associate in two Boston law firms, Mr. Knapik set up his own practice in 2005. Since 2014, his law office has been located at 1279 Providence Road in Northbridge, just north of Plummer's Corner in the historic "White & Wing Farmers Hotel," or "The Wing Tavern" as it is better known. He took up residence there shortly after acquiring the circa 1820 Federal-style Colonial, which was built

Continued on page 2



The eagle has landed! This hand-painted war eagle motif completes a recently designed sign for the front of Rob Knapik's law office in the historic Wing Tavern on Providence Road in Northbridge.

**HE RIDES**  
From sea to shining sea  
PAGE 8

**NASCTF**  
Provides training, opportunities  
PAGE 9

**LIVING ON WITH LINCOLN**  
Two in the queue  
PAGE 19



## Women of Worth

By Magda Dakin

While most of us probably spent the bulk of the last year and a half keeping our head down, hunkering down, staying away from risks, catching up on reading, beginning new crafts, hanging with friends on line or relying on facetime and zoom for human interaction some of us took positive action to make a difference.

Michelle LaChapelle and Kelly Boll, already working together at Plummer Place, the Northbridge Senior Center, found a need and decided this was a good time to make it happen. During visits at

the local Northbridge cable station they discovered that the list of shows and topics currently offered on this station was lacking a distinct feminine influence and point of view. As an important part of the Northbridge community communication system it seemed like the perfect opportunity for Michelle and Kelly to access this source. Women of Worth was their solution.

In their role as director and assistant director of the senior center, Michelle and Kelly are in a unique position to meet many

local people, both business and individuals. They have had many years to mingle and learn about the needs of the people they serve. "We were especially impressed by the many women-owned local businesses that have popped up in the downtown area and wanted to showcase their efforts and applaud their resilience," says Michelle as she described how it all came about.

"The COVID hiatus gave us some additional time for training and organizing the project and on Oc-

Continued on page 2



Plummer Place Senior Center Director Michelle LaChapelle and Assistant Director Kelly Boll.

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Mr. Knapik set up his own law practice in 2005.

## WING TAVERN

Continued from page 1

by Jabiz Wing and Alden White and which originally served as a stopping-off point for stagecoach travelers on the “new” highway between Providence and Worcester.

The building also houses Larson, Potter, Stratton & Cote a financial services firm and the Hard Knocks barber-shop.

Home to generations of Northbridge families, the structure is in good hands today, as it was when previ-

ously owned by local realtor and developer Ed Renaud. Mr. Renaud renovated the premises for office space.

As he probably did in briefing people who attended an Open House at 1279 Providence Road seven years ago, Mr. Knapik enjoys sharing specifics about the building. It remains a strikingly handsome edifice and is one of the town of Northbridge’s many prized historic properties.

The Wing Tavern features four chimneys and eight fireplaces. The sturdy brick

walls of the main house are “four thick on the first floor and two thick on the second floor,” he explains. The main house as originally constituted included a kitchen and pantry. The backyard contained “a long shed for horses, carriages, coaches and wagons.” The roof over the front porch was constructed of a single massive slab of granite supported by the brick wall and two stone pillars.

The frame of the building was crafted of oak timbers from nearby woodlots.

Recently, Mr. Knapik says, “I went to pretty great lengths to design and commission a sign” out front “that [is] intended to be respectful and pay homage to the architecture and history of the building.” Engaging Sal D’Amato, and Dave and Brian Glispin from Sunshine Sign, he envisioned a sign that would be both durable and modern but also period-centric with the post-and-beam structure itself.

“Sal and his crew found

two posts from a dismantled barn” to hold the sign, he said.

“The final element,” the crowning touch to the sign, is “a war eagle motif, hand-painted,” which was due to be placed just below ‘1279’ and just above ‘Wing Tavern’ in late August.

His current attachment to 1279 Providence Road is not his first. Starting out, his office was situated in the building. “I was a tenant,” he says, pointing out that he has come “full circle.”

He is appreciative of having found his way back to the Wing Tavern.

“I don’t know too many lawyers who spend their workday with their Labrador

retriever snoozing next to them on the couch in their office, but I can tell you it sure does have a calming effect!” he says.

Mr. Knapik is respectful of and plans to continue to be a conscientious steward of the property.

“The brick walls were stacked in 1817,” he notes. “I ought to do what I can to leave it as well as I found it.”

Years ago, Mr. Knapik was a capable “stringer” photographer for local publications with a darkroom in his then-home in Linwood. He would not go so far as to say he was a working “photojournalist,” but he loved the challenge of mastering the equipment and developing an eye for

subject matter. He considered it “a hobby. As I tell my friends with tongue firmly planted in cheek, Sports Illustrated never called to offer me a job, so I went to law school instead,” he says.

In the sixteen years since he hung out his shingle, Mr. Knapik has been fortunate to have the support of family, “and I can say with certainty that after five years commuting to Boston working as an environmental lawyer, it was truly life changing to be able to open a practice in the town I called home.”

Contact Rod Lee at [rodlee.1963@gmail.com](mailto:rodlee.1963@gmail.com) or 774-232-2999.

## WOMEN OF WORTH

Continued from page 1

tober 13, 2020, we aired our first Women of Worth show on the local cable station, NCTV, channel 191 on the cable service in Northbridge,” continues Michelle. “We had another break around the holidays due to COVID and continued again later in the winter.”

“We are looking forward to starting our new season which will air on Saturday Sept. 25. We’ve learned a lot and our viewers have been so supportive. The cable station says we are the most watched show so far,” says a

happy, smiling Michelle.

“During our first season we interviewed some of the intrepid women-owned businesses gracing downtown Church St. It’s exciting to see their dreams and visions take place. We’ll be doing more of them in the coming season.”

“We also wanted to explore women coming in to themselves, through trauma, drama, growing and expanding. Some of the personal journeys we’ve encountered were moving and haunting. You can see all of last year’s programs on line at the website. We’ll be looking into putting them on YouTube as well,” says Kelly.

“We’d really like to make a difference in people’s lives, even in a small way. If even one person is helped then we know we’ve been successful,” says Michelle. “We’ve been blessed, everyone we’ve asked to come on the show has accepted.”

Michelle and Kelly clearly love their new adventure and are excited to share it with others. They especially enjoyed learning about Girls On The Run, a life-changing program for 8-to-13-year-old that promotes girls by teaching life skills through lessons and running. It’s an international organization with a local chapter right here in Worcester.

Looking forward they will be exploring more small women-owned-and-operated businesses, women’s health issues and self care, women in blue, women in military as well as any other interesting and informative topics. Northbridge Community Television (NCTV) channel 191. For programming information 774-624-4236.



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4th Friday: Auburn, Charlton, Dudley, Oxford and Webster, other 1/2.  
4th Friday BLACKSTONE VALLEY North: Grafton, Millbury and Sutton.

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## Healthcare and retirement webinar

AUBURN – Dennis Antonopoulos, Financial Advisor for Edward Jones will present a zoom webinar on healthcare and your retirement on Wednesday, September 29, 6-7 p.m.

Medicare open enrollment begins October 15. The increasing cost of health care is

a growing concern for current and future retirees. In fact, 30 years ago, retirees spent almost twice as much on food as on healthcare. Now the amounts are nearly equal.

The presentation will discuss Medicare coverage and traditional medical expenses; long-term medical care ex-

penses; and strategies for addressing uncovered expenses.

Lynne Mussulli from HealthMarkets Insurance Agency who will be available to answer questions.

The webinar is being held via Zoom. To register call Karen Rieser at 508-832-5385 or email Karen.rieser@edward-jones.com by September 28 to receive a zoom link.

## The Harvest Fair and Apple Pie Social is happening this fall

The 42nd annual Harvest Fair and Apple Pie Social, hosted by the Congregational Church of Grafton, will be held on Sunday, September 26, from 11 a.m. – 3 p.m. on the church grounds, at 30 Grafton Common. Admission is free to this family-friendly event, and it is rain or shine.

This year, the fair will offer its famous homemade apple pies and crisps (fresh and frozen), a huge yard

sale, lots of amazing raffle baskets, hot dogs, chili and corn chowder, plus live musical performances, including the always popular Kelly Clark Jazz Quartet, Alizone with Alison Balfour and Scott Marshall, plus new this year is IMZ, a new musical group based in Grafton that plays their own modern takes on timeless tunes. Band members are Ian Choi on vocals and keys, Matt Torres on

drums, and Zoe Mumford on guitar.

First organized in 1980, this annual event is a great way to bring together members of the community in fellowship and is a fundraiser for the many missions and charities that the Church supports. Come one, come all!

For more information, visit [www.uccgrifton.org](http://www.uccgrifton.org), email [griftonuccnews@gmail.com](mailto:griftonuccnews@gmail.com), or call 508-839-4513.



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# Shrewsbury native Dr. Sean Lordan expands physical therapy clinic

Concierge Physical Therapy is now in Shrewsbury. Owned and operated by town native Dr. Sean T. Lordan, DPT, his new clinic is located at 307 Grafton Street (next door to Café Noir). This is Dr. Lordan's second location in just three years. In 2018, Concierge Physical Therapy opened the doors to its first location in Sutton.

Dr. Lordan also added the title 'Author' to his resume this summer, publishing his first book titled: 11 Winning Secrets to Stop Aging in Its Tracks. This book is focused on practical tips and anecdotes designed to help readers form and streamline healthy habits.

He is also connecting with listeners and viewers as the host

of the popular podcast "Hooked on Health." Dr. Lordan sits down with a variety of guests including local Orthopedic Surgeon, Dr. Phil Lahey, IV of Worcester County Orthopedics, and PGA Golf Professional, Allan Belden, owner of Belden Golf and Director of Instruction at Salem Country Club. He and his guests chat Live about an array of health and wellness topics, viewers can type in questions during the Zoom. Live and unscripted, viewers feel like they are taking part in a vibrant conversation with experts about topics that impact their daily life. Find "Hooked on Health" Apple and all other major podcast channels, on Concierge Physical Therapy's YouTube channel,

and streams Live on Facebook.

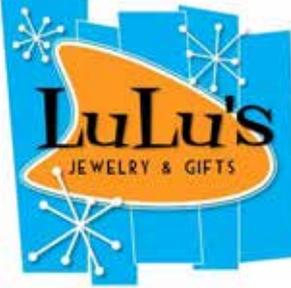
Dr. Lordan grew up in Shrewsbury, a graduate of Saint John's High School and Northeastern University. He resides in Grafton with his wife and daughter. Valuing a strong community, Dr. Lordan donates 10% of gross revenues to several local nonprofits, including UMass Memorial Health, Girls on the Run, March of Dimes, CASA Project, Rainbow Child Development Center, and the Boys & Girls Club of Worcester.

Dr. Lordan is a leading physical therapist whose focus is on delivering excellence in medicine and personalized care. His clinical practice is expansive, treating patients from pediatrics to professional and Olympic athletes. He is

Specialty Certified in Orthopedics by the American Physical Therapy Board of Physical Therapy Specialties (OCS). He is recognized as a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association and is Certified in Spinal Manipulation and Dry Needling.

A Worcester Business Journal, Forty Under Forty Honoree, Dr. Lordan is credited with establishing cutting-edge protocols to help adjust and strengthen the body. He routinely works with athletes, focusing on sports conditioning and rehabilitation, and regularly designs personalized treatment plans tailored to his patients' health, well-being, and specific goals.





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## Nine is the new eighteen at Uxbridge Senior Center 15th golf outing

The 15th annual Uxbridge Senior Center Golf outing, sponsored by the Uxbridge Elderly Connection, features what is now regaled as "nine is the new eighteen."

On Monday, October 18, the golf outing will be held at Whitinsville Golf Club in

Whitinsville, starting at noon with a shotgun start.

Whitinsville Golf Club was recently named the second best 9-hole golf course in the world by golf.com and is regarded among the top courses in Massachusetts.

Teams of four may sign up

to play for \$100 per golfer for nine holes, which includes cart and buffet supper. Golfers may contact Russ Rosborough at 508-579-5983 or Karen Beane at 508 769-3816. A full sponsorship may be purchased for \$600 which includes fees for four golfers,

carts and supper, plus tee sign with additional acknowledgement in press and print matter.

Special events at the golf outing include two closest to the pin prizes, longest drive, team prizes, individual prizes and more. The number of teams is limited to 14 on October 18, so don't hesitate to sign up early. Non-golfers may join in the fun for \$30 for buffet only at about 3:30 p.m.

Local businesses and community members may support the event by purchasing a tee sign, making a donation or donating a basket or gift item. Tee signs go for \$100 and are a mainstay of this important fundraiser which benefits the Uxbridge Senior Center in its efforts to provide numerous services, education, nutrition, medical transportation and socialization for our Uxbridge seniors.

Forms for golfers and donors also can be obtained at the Uxbridge Senior Center between 8 a.m. and 4 p.m. or contact Cathy Thornton at catherinethornton941@gmail.com or Phyllis Dunn at phyllisdunn@hotmail.com, regarding tee signs, gifts or donations. Checks may be mailed to Uxbridge Elderly Connection, Inc., P.O. Box



Katie Esposito and Russ Rosborough enjoy a moment at the last Uxbridge Senior Center golf outing.

215, Uxbridge, MA 01569.

Much praise for the staff of the center, under the leadership of Director Lisa Bernard, which has succeeded at keeping services going, while following required protocols during the pandemic, beyond what could be reasonably expected.

The Uxbridge Elderly Connection, Inc., is a non-profit 501 c 3 organization and donations are deductible to the

extent allowed by law. The Board of Directors includes Russ Rosborough, President; Phyllis Dunn, Vice President; Cathy Thornton, Secretary; Marianne Shanley, Treasurer; Donna Oncay, Karen Sherlock, Karen Beane, Sharon Emerick, and Peggy Stewart. Its mission is to support the Uxbridge Senior Center and to fulfill some of its needs not provided for by its municipal budget.

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## WCC's Unibank benefit golf tourney to bring radiance

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This tournament will benefit the WCC's Gymnasium Fund, to help overhaul our nearly 100-year-old gym, which aims to increase bleacher seating, install a new floor, re-paint, and purchase new basketball hoops and nets, just to name a few! The WCC's Gymnasium Project will help with these much-needed upgrades to benefit the entire community and bring back its radiance for generations to come to enjoy.

Thank you to the incredible Sponsors for supporting this event: UniBank, Gaudette Insurance Agency, Inc., OMNI Control Technology, Inc., Open Sky Community Services, Jackman Funeral Home, Homefield Credit Union, SkiWithCharlie.com, and Dr. Michael Fitzpatrick. Please contact Sarah Lawson at 508.234.8184 ext 122 or Sarah.Lawson@OurGym.org for more information about sponsorship opportunities and their benefits!

Head on over to [www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com) to

register yourself, or your foursome, for this perfect golfers experience event.

The Whitin Community Center is committed to enhancing the health and well-being of individuals and families and building a strong community in the Blackstone Valley. They offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together. The Whitin Community Center is the Blackstone Valley's most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information call 508.234.8184 or visit [www.WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com).

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# He rides from sea to shining sea

By Janet Stoica

"The west coast ride was colder than I thought it would be," said Denis LaForce of Manchaug, "even though the temperatures there had broken new records the likes of which no one had ever seen. It was 105 degrees in Washington State where I began my ride but the winds off the Pacific Ocean made it much colder."

Mr. LaForce is a dedicated bike rider of the highest magnitude or, as he likes to say "a reformed backpacker." He's in great shape for a man of 74 years, having just reached his 74th birthday on his last trip down the west coast cycling along the PCH, or Pacific Coast Highway, as it's known to the locals. His 1800-mile

cycling trip took him from the Canadian border to Mexico's boundary line, which must be one of the most amazing trips any of us could ever imagine. Can you visualize yourself cycling through Washington, Oregon, and California? Perhaps if it were all downhill, more of us might try it but Denis LaForce fulfilled a bicycle trip he'd been planning for some time knowing that his road trip would be as physical as it could get. As you can expect, he has his bicycle, packing, and planning down to a science of minimalism that ensures his comfort and everyday needs.

After hiking the Appalachian Trail twice, Denis decided it was time for some new activity and bicycle touring turned out to be something he dedicated himself to. He and his wife, Jane, also breed LaMancha goats and raise chickens and Jane has been known to make delicious cheese and yogurt from their goats' milk. "The LaManchas are very

personable, intelligent, and affectionate," says Mr. LaForce. Before embarking on one of his cycling trips, Denis is sure to stack the barn with hay and fill the grain cans to make it a bit easier for Jane to feed the animals in his absence.

Denis says that you don't really need a dedicated touring bike to make these types of long treks. "A steel frame is more solid," he says, "even though it's not lightweight, an extended wheelbase will take the road bumps better and the longer back end provides more supply-pack space too."

When he hiked the Appalachian Trail, he learned about post office restocking areas for food drops and how to pack his gear: a tent, sleeping bag, cook stove, and other essential items. He also ensured he carried lists of police dept. phone numbers as well as motel names, campgrounds, and grocery stores along his route. His daily biking mileage averages 70-80 miles sometimes pedaling as much as 100 miles.

For his recent Canadian to Mexico jaunt, he shipped his bike in two pieces with the use of S & S couplings (also known as bicycle torque couplings or BTC) via jet to Seattle, WA. Denis then flew to Seattle and reassembled his bike in his hotel room. As Canada was not yet allowing Americans across its border, he was allowed to place his bike's back wheel on Canadian soil before pedaling off on his latest adventure.

"As I mentioned, the Pacific ocean breezes were quite cool pedaling down a highway so I'd have to put my windbreaker on but going up a hill that jacket was quickly put away. As I travelled the coastline I found that Washington had many peninsulas with the highway running along them. Sometimes, in the mountains, you could see the drop right



Denis LaForce at the giant redwood trees.



At the Canadian border.



Denis LaForce at the Mexican border.

to the ocean where there were many beautiful beaches but there were no people on those beaches as access roads were non-existent. They carved the roads right out of those mountains. And the redwood forests you just wouldn't believe their beauty. Until you stand next to a giant redwood and look up to see their astounding height, you quickly realize that a camera lens could never capture the breadth and depth of their magnificence. Just amazing.

"Traveling across the Golden Gate Bridge in San Francisco was breathtaking. As you approach the bridge you begin to appreciate its structure and the feat of engineering that went into its construction. It was an incredible ride across that bridge. There is no comparison of biking through America's greatest landmarks at 12 mph where you can truly grasp and appreciate their beauty as opposed to a 60 mph car ride where the views speed by your window. Biking along the Big Sur with its ocean views and rugged coastline was just beautiful. The way the road wound around the mountains was impressive. I met so many interesting people along the way and they were doing biking and camping and hiking for the same reason I ride, pure enjoyment and the physical part of it all. There were many biker/hiker campgrounds along the way and they always seemed to find room for a biker.

"I had so many great conversations around the picnic tables and campfires. We all gave each other advice on where to

stay or stopover. Everyone was friendly and helpful."

Mr. LaForce has also biked many other parts of the USA and has actually biked the perimeter of our country on the bicycle routes laid out by the Appalachian Mountain Club and many other bicycling clubs. He is a member of the Seven Hills Wheelmen of Worcester. He teaches cycle touring and is a Certified Touring Leader with CPR training. Local touring includes a ride to Horseneck Beach in Westport. There are also beginner rides to selected locations, an annual ride to Winchendon from North Brookfield, as well as 3-10 day cycle tours.

He is proud to say that he has not had any accidents, uses a helmet mirror, and has never been "doored" (when someone opens a car door as he rides along a line of cars). However, his greatest fear currently is drivers who are cellphone texting.

"To see the world at 12 mph is the perfect speed," says Denis, "I'm not out to do a certain amount of miles but I do enjoy the workout. Every part of our great country is just beautiful. We all have our political differences and opinions but when you have the chance to speak with a new person one-on-one, you quickly realize that we are all the same."

For more information on learning about bike touring, contact the Worcester Chapter of the Appalachian Mountain Club. [www.amcworcester.org](http://www.amcworcester.org)

Contact Janet: [jstoica@TheYankeeXpress.com](mailto:jstoica@TheYankeeXpress.com)



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Focus on non profits

# North Atlantic States Carpenters Training Fund provides training, opportunity and more in Millbury

By Christine Galeone

On Monday Sept. 13 at 6 p.m., the North Atlantic States Carpenters Training Fund will hold its monthly free information session at its Millbury Training Center, located at 13 Holman Road. Although the meeting will provide detailed information about the NASCTF, for some attendees, it will provide much more. "It's a gateway to the middle class," Thomas Fischer, NASCTF Executive Director, said.

That's because the fund provides four years of high quality tuition-free training and apprenticeship to qualified applicants. The program has led to multitudes of successful careers in the construction industry.

The apprenticeship program consists of a combination of classroom instruction, workshop training and job experience. Over the four years, the apprentices need to receive more than 640 hours of classroom instruction and up to 8,000 hours of on-the-job training at worksites in order to complete the program. As the apprentices gain experience and knowledge, their wages continue to rise until they become full carpenters,

which are referred to as journeymen.

And program applicants don't have to have prior construction industry experience. "It really is what's the best fit for your passion and maybe your skillset," Fischer said. He added, "You have to work incredibly hard to become a journey level carpenter."

The program, which has training centers throughout New England and New York, offers training in commercial and residential carpentry, floorcovering, pile driving and mill cabinet. With more than 2,500 apprentices currently enrolled in the program, it continues to grow.

Ziven Drake, the NASCTF Technical Coordinator, attested to the fact that it's not just recent high school graduates and burly men who succeed in the program. Although she's a petite woman, she thrived in and completed the program before taking on her current role at the nonprofit. In recent years, she's also seen single moms complete the program to improve their financial situations for the health of their families. "My incredible instructors can

teach people how to be great carpenters," Drake said, noting that what matters most is a person's attitude, ability to be conscientious and desire to learn. She later added, "When I found this place, it was a gem."

Fischer, who has a Master's degree in Education and worked for many years as a high school educator, agrees. And both have seen how maintaining strict COVID-19 safety protocols and procedures has actually improved the program. Fischer explained, "Access to live on-line learning has been an upgrade to our training, and it's been well received as well."

Since the apprenticeship program is self-funded by the North Atlantic States Regional Council of Carpenters and the council's signatory building contractors, the NASCTF isn't in need of funding or volunteers. But it could use the community's support in another way. "For people to continue to spread the word that we exist," Drake said.

Additionally, Fischer hopes that people will see beyond the misconceptions about carpentry that are prevalent in our society. "It's a very viable way to make a

living," he said, noting that choosing to pursue excellence in a vocation is no worse or better than choosing a college education. He added, "The lobster is no better than the filet mignon."

More information about the nonprofit is available on the NASCTF website, [NASCTF.org](http://NASCTF.org). If you would like to suggest a Blackstone Valley nonprofit or initiative for this series, please contact Christine at [cmgaleone15@gmail.com](mailto:cmgaleone15@gmail.com).



North Atlantic States Carpenters Training Fund program participants

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## 9/11 tribute and concert planned

DOUGLAS - Douglas Orchard and Farm, 36 Locust St., will present a 9/11 Tribute followed by live music at the Pavilion featuring 19th Nervous Breakdown - Rolling Stones Tribute on Saturday, September 11.

19th Nervous Breakdown is a Rolling Stones tribute band that celebrates the music of the greatest, most successful, and longest-running rock band of all time.

25th Anniversary of the 1993 World Trade Center attack will be commemorated at 4:15 p.m. 4:30-5 p.m. opening act is a female fronted tribute to Creedence Clearwater Revival. 5-7p.m. live music by 19th Nervous Breakdown.

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# Douglas Oktoberfest is back

October 2, from 9 a.m. to 4 p.m. the Douglas Oktoberfest Committee will once again be closing down Main St. Douglas and hosting one of the largest events in the Blackstone Valley. This year will not only celebrate the return of Oktoberfest, but the 275th birthday of Douglas as well.

The committee will be bringing back favorites such as the Weiner Dog and small dog race, train rides, bouncy rides, car show, and more. The Beer Garden will once again feature ultra-local Purgatory Brewing with limited edition craft beers.

Among the new features for Oktoberfest this year will be the tricycle races held in the front lot of the Webster First Credit Union. The tricycle racers will have to weave their way through tight turns to beat the clock and their friends. An ice cream truck and even an au-

thentic soda jerk stand will ensure another incredible event for all ages.

They are also excited to bring back the Rib Cook-Off. In collaboration with the Olive Branch Lodge, Douglas Oktoberfest will be hosting a rib cook-off competition with a grand prize of \$500 going to best in show. This is going to be an old school smokefest to see who will have bragging rights for the best ribs in the Valley.

The event is going to wrap up with a celebration of Douglas' 275th birthday, complete with a custom artisan cake from Millbury based Cake Shop Café. And don't miss a special dance celebration performed by the talented team from Dance Sensations.

The committee is still booking entertainment for the event. If you are a band, musician, comedian, artist, ma-

gician or have an act that defies categorization, and would like to share your talents with town, let them know.

Vendors and Rib-Off contestants can sign up using the forms on the website: [www.douglasoktoberfest.com](http://www.douglasoktoberfest.com)

Interested volunteers and entertainment can contact them through their Facebook page [www.facebook.com/douglasoktoberfest](http://www.facebook.com/douglasoktoberfest) or by email at [douglas\\_oktoberfest@yahoo.com](mailto:douglas_oktoberfest@yahoo.com)



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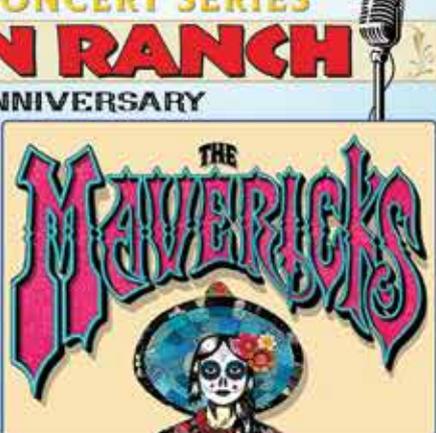
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Living well and looking good

Reader seeks alternative to Rx antidepressant

**By Keith Roach, M.D.**  
 DEAR DR. ROACH: I suffer from depression. It comes and goes, but I've been feeling sad, worried and angry, as well as irritable, for the past four months or so. I force myself to function. My family doctor prescribed a 37.5 mg dose of Effexor once a day to start and after one week, twice a day. I looked up the side effects and what I read scared me. Instead, I've been taking 1,000 mg of St. John's wort daily for almost three weeks, and I have noticed no discernible effect. I told my doctor I would take the Effexor after three

weeks if the St. John's wort hasn't helped. Should I take his advice? Are there better alternatives? I am middle age and take zero prescription drugs. - S.M.  
 ANSWER: St. John's wort, *Hypericum perforatum*, is a yellow flower that has been medicinally used for centuries. Initial studies suggested benefit in people with mild to moderate depression, and several substances in the flower have been shown to have pharmacologic effects on serotonin receptors, among other ef-

fects. However, other trials have shown it to be no better than placebo.

To your good health

It does have important drug interactions, fortunately not an issue for you (as long as you let the St. John's wort wear off before starting Effexor), but for some people the potential interactions are dangerous. Side effects are not common, but include gastrointestinal upset, dizziness and confusion, fatigue, dry mouth and sexual side effects. It can make people more sensitive to sunlight, and may decrease fertility.

The studies that did show a benefit lasted four to 12 weeks. It is possible you might not have had benefit from it yet, and waiting a little longer - say another week - wouldn't be unreasonable to really give the St. John's wort a chance. However, I seldom recommend this herb due to lack of consistent benefit in trials, the potential for drug interactions and a concern

about poor regulation of supplements in terms of amount and purity of the ingredients. For people who want to avoid prescription medicine, I have often recommended S-adenosyl methionine (SAMe). The evidence is better and the side effects and drug interactions fewer.

Effexor may be a good choice for you. Prescription antidepressants have been shown to be better than placebo, but they certainly do not work for everybody. If Effexor isn't a good choice, there are several others. However, I would strongly recommend you consider nonpharmacologic treatment for depression whether or not you decide to take additional medication treatment.

Aspirin and dreams

DEAR DR. ROACH: Whenever I take 325 mg of aspirin for pain, I sleep very well. I dream of things that happened 60 years ago as though they just happened. I see people I knew then, and I am with them like it was yesterday. - S.C.

ANSWER: Odd dreams can be a side effect of aspirin. It sounds like yours have been pleasant, but if they aren't, you should avoid taking aspirin in the afternoon if possible, as most of the aspirin (and the active component, salicylate) will be gone after six or so hours.

The effect on platelets, which is how aspirin prevents heart attacks, is unique because aspirin blocks an enzyme in platelets irreversibly. That's why aspirin can increase bleeding risk for days after taking it.

*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*

Alzheimer's Support group meetings begin September 13

The Alzheimer's Support Group sponsored by the Alzheimer's Support Network of South Central MA will meet the second Monday of the month at St. Denis Church in Douglas, at 23 Manchaug Road, from 6:00-8:00 p.m. The meetings were formerly held at Webster Manor.

Caregivers and family members not only obtain information about Alzheimer's

Disease, but also learn many helpful techniques in caring for a person with dementia at all stages.

New caregivers can learn from experienced caregivers and support group leaders so they leave each meeting feeling more supported.

We welcome you to join. Our first meeting will be held on September 13.

Frank S. Yacino

Divorce Support Group began new session in-person or online

WHITINSVILLE - The DivorceCare support group began a new weekly session on Tuesday, September 7. This program is for men and women struggling through separation and divorce. The program offers support from knowledgeable leaders and interaction with others going through the same experiences.

Each meeting includes time for making some new friends, refreshments, and a video, followed by small group discussion. Weekly topics include What's Happening to Me, Facing Your Anger, Depression, Financial Survival, Loneliness, and KidCare.

The meetings are done in a hybrid fashion. Participants can come to the in-person meeting or join online if that is more comfortable.

The DivorceCare program is free, non-denominational, and open to all.

Meetings of the group are held on Tuesdays, from 6:30 p.m. to 8:30 p.m. at Pleasant Street Church, 25 Cross Street, Whitinsville. The program continues for 13 weeks through November 30, and participants can begin attending at any time. Contact Howard DeVries at 508-282-9347, e-mail howard@psrc.org or visit www.psrc.org for more information and to register.

Grief Recovery Support Group Started; in-person and via Zoom

WHITINSVILLE - A new grief recovery support group has started on Tuesdays, at the Pleasant Street Church. GriefShare is a program designed to help people in bereavement find encouragement and support during the grieving process. GriefShare meetings are for anyone who is grieving the loss of someone close.

The meetings are done in a hybrid fashion. Participants can come to the in-person meeting or participate online via Zoom if that is more comfortable.

Each GriefShare session includes a video seminar and group discussion, providing an opportunity to interact with others who have experienced a recent loss. Weekly topics include "Living with Grief," "The Effects of Grief," "Your Family and Grief," "Why," and "Stuck in Grief."

The program continues for 13 weeks until November 30, and attendees are welcome to join the group at any point.

GriefShare is free, non-denominational, and open to all. Meetings are held every Tuesday, from 6:30 p.m. to 8:30 p.m. at Pleasant Street Church, 25 Cross Street, Whitinsville. Contact Marlene DeVries at 508-282-0436, e-mail mrsrevhowie@gmail.com or visit www.psrc.org for more information and to register.

Free flu shot clinic

The Uxbridge Senior Center, located at 36 South Main Street in Uxbridge, is proud to sponsor a Free Flu Shot Clinic. This is an annual program which will be provided this year by the Uxbridge Hannaford's Pharmacy. The clinic will take place on Monday, October 4, from 9 am-12 pm at the Senior Center. All Uxbridge residents six months or older are welcome. Please bring your insurance cards with you, no copays required and remember to wear a short-sleeved shirt. Safety precautions will be in place for everyone's safety. Please call the Senior Center to register before attending this event at (508) 278-8622.

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### 36th annual Valley Friendship Tour at the Whitin Mill

WORCESTER - In 2020, COVID-19 forced Open Sky Community Services' signature fundraising event, the Valley Friendship Tour, to go virtual. Although last year's Tour proved to be successful, raising close to \$150,000, Open Sky recently announced that the 36th Valley Friendship Tour is being planned as an in-person event. Scheduled for Saturday, September 11 from 9:00 AM to 1:00 PM, the Tour will return to the Alternatives Whitin Mill, 50 Douglas Road in Whitinsville. In light of the current rising rates of COVID-19 driven by the Delta variant, plans are being made to help ensure a safe and enjoyable experience.

The Valley Friendship Tour is an opportunity to gather friends, family and co-workers for a day of fun and exercise in the beautiful and historic Blackstone Valley. Participants of all ages and abilities can travel along one of three non-competitive routes: a one-mile walk titled the "Golden Mile", a 5K walk/run, or a 30-mile bicycle ride. After completing their route, participants enjoy a complimentary lunch on the Dennis H. Rice Community Plaza at the Whitin Mill, kid-friendly activities, raffles and live music. Since it began over three decades ago, the Tour has raised over \$3 million in support of individuals and families in Central Mass.

For 33 years, the Valley Friendship Tour was the signature fundraising event for Alternatives Unlimited. In 2018, Alternatives affiliated with The

Bridge of Central Massachusetts, another well respected non-profit with a long history in Central Massachusetts, to form Open Sky Community Services.

Open Sky has over 100 programs through the region and serves more than 4,900 individuals each year. The organization provides services and programs for youth, adults and families experiencing mental health challenges, intellectual/developmental disabilities, autism, brain injury, substance use disorders, homelessness or other complex challenges.

Sr. Director of Advancement and Marketing Karen Goldenberg is looking forward to welcoming participants back to the Whitin Mill. Goldenberg is also pleased by the support from area businesses who have signed on as sponsors, led by Champion Sponsors MSG Staffing and The Shop at Whitinsville.

Both teams and individuals are welcome to register; pre-registration is \$30 while registration the day of is \$35. For

more information, or to register online, visit [openskycs.org/vft2021](http://openskycs.org/vft2021).

#### About Open Sky Community Services

Open Sky was formed through the 2018 affiliation of Alternatives Unlimited and The Bridge of Central Massachusetts. With over 100 programs throughout Central Massachusetts, the organization provides services and supports to more than 4,900 adults, young adults and youth with mental health challenges, developmental disabilities, brain injury, substance use disorders, homelessness or other complex challenges. Open Sky also provides services and supports for LG-BTQIA+ youth through its Safe Homes program, as well as expert training for human service professionals and school personnel on evidence-based practices and best practice treatment models through the Bridge Training Institute.

For more information about Open Sky, visit [openskycs.org](http://openskycs.org).



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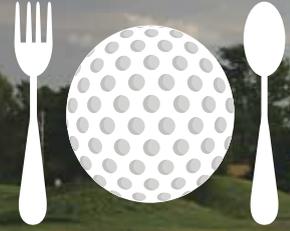


# Upcoming Events

## BLACKSTONE VALLEY CHAMBER of COMMERCE

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## 9 & DINE



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CHILDREN (3-10YRS) \$40

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CHILDREN (3-10YRS) \$55

NON-MEMBER:  
ADULTS \$90  
CHILDREN (3-10YRS) \$65

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5:30PM: WORLD OF LIGHTS (FOR SAFARI PLUS PACKAGE ONLY)

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<https://www.festivalofillumination.com/about-the-festival>

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**Women's Bible Study Started**  
**Tuesdays @ 9:30 am**  
Topic: 9/7 Movie "A Matter of Faith"  
9/14 Joshua-"I Will Be With You"  
Where: 25 Cross Street, Whitinsville  
QUESTIONS OR NEED INFO?  
CALL: Anna 508-234-4902- EMAIL: churchoffice@psrcr.org  
VISIT: psrcr.org/coffee-break

**Women's Bible Study Started**  
**Thursdays @ 9:30 am**  
Topic: Genesis "The Beginning of the Story"  
Where: Fairlawn Church 305 Goldthwaite Rd, Whitinsville  
QUESTIONS OR NEED INFO?  
CALL: Ginette 508-234-4806  
VISIT: fairlawncrc.org/outreach/coffeebreak.cfm

Child care is not available at this time due to COVID-19. Feel free to bring your own refreshments due to COVID-19.



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## Small Stones Festival of the Arts Announces 2021 Art Call

GRAFTON - Artists and photographers please submit your original works of art to the fourth annual Small Stones Festival of the Arts, a juried fine art painting and photography exhibit. The Festival

returns Oct. 15 to the Great Hall, Grafton Town House, One Grafton Common, Grafton, for a live ceremony announcing the winning artists. The top three artists in each category will win cash awards.

Four regional arts organizations - Apple Tree Arts, the Worcester County Camera Club, the Blackstone Valley Art Association and the Shakespeare Club of Grafton have collaborated to create the exhibit accompanied with music and literary programs, jurors and artist talks and an art collection presentation. The extended Festival runs Oct. 15-24 with free exhibit hours on weekends and weekday evenings of Oct. 20, 21 and 22.

The Festival's art call opened Aug. 15 for submissions of artwork. Photography and all forms of two-dimensional artwork are welcomed, with a maximum of three

entries per artist. The art call will remain open until 500 entries are received. Visit <https://smallstonesfestival.org/> to submit artwork.

Three prestigious jurors for each category will select 144 works to appear in the exhibit and hardbound printed catalog. Fine art category jurors include renowned artist Carol Arnold, first place prize winner in the best figure/portraiture category of the June 2020 Plein Air Salon Art Competition; Charlotte Wharton, a highly accomplished portrait, plein-air and genre artist and Susan Swinand, a prominent painter with a preference for water media. Photography category jurors are David DeMelim,

founder and managing director of Rhode Island Center for Photographic Arts; Jessica Roscio, director and curator at Danforth Art Museum; and renowned fine art portraiture photographer Al Weems.

Awards will include first, second and third cash prize winners, juror's choice and popular choice for each category. Cash awards are \$500 for first; \$250 for second; and \$100 for third place. The exhibit catalogue will be sold



online in late November.

For more information about the festival, visit <https://smallstonesfestival.org/> or contact chair Ken Crater, Worcester County Camera Club, [ken@smallstonesfestival.org](mailto:ken@smallstonesfestival.org).



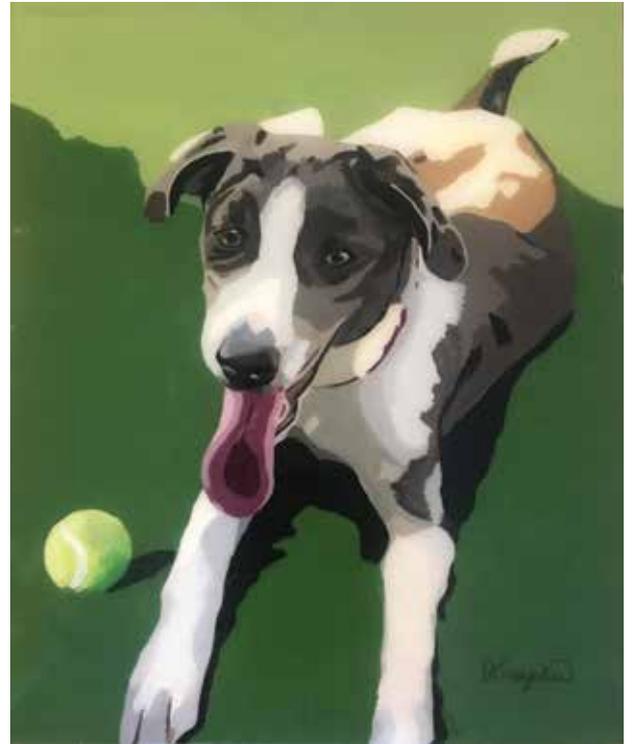
Rockport Motiff - Scott Nelson



Bonnie Frederico - Apple Blossoms



Carolyn Kinlock-Winkler - Sparrows in the Mulberry



Gimme a Break - Doreen Evangeline.

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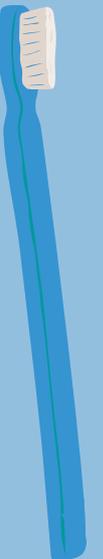
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# Uxbridge Senior Center news

UXBRIDGE - The Uxbridge Senior Center, 36 South Main Street, has listed the September newsletter

## Director's news

The Home Delivered Meals program was discontinued on September 2 in order to fully re-open the Congregate Lunch Program five days a week, effective on September 13. If you would like home delivered meals, you may be eligible for the Tri-Valley Home Delivered Meals Program. We can help refer you to this program, please call the center for assistance. All of the senior center lunches are cooked with fresh ingredients and are nutritious, heart healthy meals. We strongly encourage folks to attend the center for lunch, check out the Senior Center Congregate Lunch Menu, for more info and be sure to RSVP by calling the center to reserve your spot. Transportation is provided to and from the senior center.

We are proud to announce the Grand Re-opening of the Center is scheduled for the week of September 13-17. Please check out

the Activities Calendar, for special events, In addition, please plan to attend our Grand Re-opening Luncheon on Friday, September 17, for a BBQ sponsored by State Rep. Mike Soter. Tim Brooks will provide the entertainment. RSVP is required; sign up early because this event will fill-up fast!

Additional services are being added back on the schedule this month:

\*Benefits Enrollment Program with Tri-Valley: September 14, from 1-2pm.

\*\*"Ask the Attorney" September 20, at 1:30pm. Atty. Ralph Tepper is available to answer your legal questions.

\*SHINE program: September 21, from 9am-12pm

\*\*"Ask the Nurse" September 28, from 11am-12pm. A nurse from the Salmon Health VNA will do blood pressure checks and answer your medical questions.

Please call the senior center to book your appointments.

Are you in need of disposing of sharps? The senior center now

has a drop off sharps box. Please ensure your sharps are in an appropriate sharps container. The following items are accepted: needles, syringes, lancets, infusion sets, connection needles/sets, auto injectors (epi and insulin pens). The following are NOT accepted: prescription meds, aerosol cans, inhalers, liquids, garbage or hazardous waste/chemicals. Thank you to the Uxbridge BOH for helping us obtain this receptacle. Additional containers will be available for use.

*Stay well, Lisa Bernard*

Flu Shot Clinic will be held on Monday, October 4, from 9:00 am - 12:00 pm at the Uxbridge Senior Center. This is a program with the Uxbridge Hannafoord Pharmacy. Call the senior center 508-278-8622 to sign up. Transportation to and from the center will be available for those who need a ride.

Tuesday, September 14, 1:00 - 2:00pm - Benefit Enrollment Center - Tri-Valley, Inc. Call the senior center to book an appointment with Cole Ackerson.

Monday, September 20, 1:30 pm - "Ask the Attorney" with Attorney Ralph Tepper by appointment only on the third Monday of every month. Please Call 508-278-8622 to schedule your appointment at the Uxbridge Senior center. There will not be one scheduled for Oct. 18.

Thursday, September 30, the Foot Doctor starting at 8:30 am at the Uxbridge Senior Center. Appointments are set up on a first come, first served basis. If you would like an appointment with Dr. Biancamano, please call 508-278-8622 to schedule. Transportation is available.



## Encouraging people of all ages to read

I was recently tasked with writing an overview of what has changed at the Simon Fairfield Public Library in the last 25 years in preparation for the town of Douglas's 275 anniversary celebration. It became apparent rather quickly that this is one of those questions to which the answer truly can be "everything and nothing." When the library was built in 1903, someone standing across the street and looking at the building would see people entering and exiting with books—some staying longer than others for story hours or to meet up with others.

In 2021, said onlooker would see the exact same thing, only with cars interrupting the view rather than horses and carriages. People still borrow books, read them, and bring them back. Kids and grownups alike still attend book clubs and other events to instill a love of reading. The Library still offers a public space to sit, read, have conversations, and offer people information which may not be readily available from home. We are still doing the exact same things we have done for the last 118 years, in nearly the exact same space.

But how we do it has changed so much as to be nearly unrecognizable, and almost all of those changes have occurred in the past 25 years. In 1996, the librarians in Douglas were still using a physical card catalog to manage holdings, patrons, and loans. If a patron wanted a book that wasn't here, the librarian had to pick up the phone and call around to find a library willing to loan it and send it via the post office. If a patron had a question, there was no googling it. Yahoo was still a human-compiled directory with hand-crafted website descriptions that was too new and popular to use in the daytime. No, no no—the library had reference collections of atlases, technical manuals, encyclopedias, thesauri, journals, almanacs, and more that had to be updated periodically to keep up with a changing world.

The digital revolution and the information age made the li-

brary evolve more in a couple decades than it had in the previous century. The card catalog became a thing of the past, with all of its contents copied into a digital format and posted online for public perusal. Library consortia emerged and became ever more integrated until someone in Douglas could place a hold on a book in Deerfield and it would just come. Instead of providing access to reference books and teaching people to navigate them with indexes and finding aids, libraries are providing free public access computer and wifi and teaching people to use search engines and databases.

From the library of 1996 to the library of 2021, there have been so many mini-transitions that it could make one's head spin. For just one example: books on cassette became books on CD. Books on CD became available as mp3 CDs, which meant a 25 disk audiobook became a 1 disk audiobook but not everyone could play it. Then there was a backlash because not everyone had CD players so the playaway device became a popular item. Now, in Douglas, we allocate our entire audiobook budget to buying additional digital licenses in Libby/Overdrive. But at its core, the service is the same. My favorite example of this is that the library once provided the service of helping people write and send letters. Nobody has asked help with that in a very long time, but we do spend a lot of time helping people log back into their gmail accounts when they forget their passwords...

How we do it is unrecognizable from the past, but we are still doing what we have always done at the Library: encouraging people of all ages to read and giving access to material for free so they don't have to pay for the privilege of doing so. Providing access to information and assistance sifting through it free of judgment or agenda.

*Thanks for reading,*

*Justin Ray Snook, Director, Simon Fairfield Public Library*

## Women's Bible Study

WHITINSVILLE - Coffee Break, a non-denominational community Bible study for women will open their fall season with a study called "Genesis, The Beginning of the Story" which began Thursday morning, September 9. This fall's study will be in small groups of 6 or less at Fairlawn Church—masks are optional, and we'll be physically distanced in the study groups. Due to COVID-19, you are encouraged to bring your own refreshments. If you plan on bringing small children, please call prior the meetings.

Coffee Break is free and open to anyone in the community and is held each Thursday from 9:30 to 11:00 a.m. at Fairlawn Church. Coffee Break offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. Each lesson is independent, so if you can't attend every week, you won't feel "lost." There's no "homework" required, and no previous Bible knowledge is necessary. Study guides are provided free of charge.

Fairlawn Church is located at 305 Goldthwaite Road (off Hill Street) in Whitinsville. For directions, questions, or to get more information, call Ginette at 508-234-4806 or visit fairlawncrc.org/outreach/coffeebreak.cfm.

## St. Patrick's Halloween recycling event

WHITINSVILLE - The St. Patrick's Halloween recycling event will take place on Saturday, October 30, from 8 am - 1 pm in the church parking lot, 7 East Street. The profits will benefit upcoming YNIA (Young Neighbors in Action) service projects. Please keep items for each station separate. For more information & electronics pricing, call 508-234-5656 or email officesupport@mystpatrick.com. Cash preferred. No credit cards will be accepted. Thank you for your support!

- On Site Paper Shredding - 9-11 only. \$7/per copy paper size box. No x-rays; binders; binder clips; hanging folders; notebooks; plastic; cardboard or magazines.
- Electronics Recycling for a fee - No batteries/light bulbs/propane tanks. All equipment must be bone dry of oils/liquids.
- Bottles and Cans - Please rinse. Items must be returnable in MA.
- Textile Collection - Clothing; handbags/totes; accessories; linens; shoes; blankets; window treatments, etc. No rags/rugs, toys/books mattresses or housewares. Items must be gently used (no stains), and in a condition to be resold. If you cannot make it on October 30, please call office to donate.

## Women's Bible Study

WHITINSVILLE - Coffee Break, a non-denominational community Bible study for women, began its Fall season on September 7. On Tuesday, September 14, we will begin a study of Joshua: I will be with You. You're only allowed to be a newcomer the first week. After that, we're all friends. We look forward to meeting you.

Refreshments and childcare are provided—There's loving care for your babies and toddlers through age five.

Coffee Break is held each Tuesday from 9:30 to 11:00 a.m. and offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. There's no "homework" required, and no previous Bible knowledge is necessary. Study guides are provided free of charge.

Pleasant St. Church is located at 25 Cross Street in Whitinsville. For directions, questions, or to get more information, please call Anna 508-234-4902, email churchoffice@psrc.org or visit psrc.org/coffee-break.

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# Five ways zero gravity training can help you

By Dr. Sean T. Lordan, author of *Stop Aging in its Tracks*

I would like to take a moment this month to talk about the benefits of “zero-gravity” training. The concept of training in a “zero gravity environment” was actually reverse-engineered from NASA technology dating back to the 1960s and 1970s. NASA uses Differential Air Pressure (DAP) technology to simulate gravity while in space, in order to help astronauts maintain their muscle mass and bone density.

Here on earth Alter-G treadmills use the same air pressure principles to unweight the joints to reduce your bodyweight while walking. How does it work, you might ask? You simply put on a pair of shorts, zip into the Alter G treadmill, and then a pocket of air fills around you to calibrate your bodyweight. From there, you select your desired weightlessness (you can choose to go down to 20% of your weight, 40lbs for a 200lb Male) and that

will be the weight you train at.

The Alter G treadmill has many outstanding rehab and training functions, which I will get into in a bit more depth below, but first let’s just touch on a few facts. 107 million Americans have a mobility impairment, that amounts to about 1/3 of the US population. 27 Million people in the U.S. have been diagnosed with osteoarthritis, and many more suffer without proper diagnosis. Over 100 million Americans suffer from

chronic pain. What if there was a solution to help those who experience pain during exercise? Below are 5 ways zero gravity training could help you or a loved one.

**1. Take pressure off of arthritic joints.** If you suffer from chronic arthritis and joint pain, or have had difficulty walking recently- why not try walking with decreased bodyweight? Movement is the best medicine for arthritic conditions, and is a big part of all physical therapy programs for arthritic conditions. During physical therapy, we aim to reduce pain first, and then restore function. If your achy joints are able to move then that helps to strengthen the muscles surrounding the joints and allows for accelerated healing to occur.

**2. Get you moving faster after knee or hip replacement surgery.** Joint replacements can be especially painful in the immediate days and weeks post operatively. Walking can be especially difficult in the first few weeks. Body weight support helps by reducing pain and guarding in the post-surgical lower extremity, allowing a patient to work on proper weight shifting, stance time, and gait mechanics. The rehab approach utilizing the Alter G begins by reducing weight to 60-70% of bodyweight for the first 3-4 weeks post op in order to restore pain-free gait as soon as possible.

**3. Improve conditioning for obese or diabetic.** Unfortunately for those who struggle with being overweight, increasing physical activity on a regular basis is difficult, painful, and frustrating. Often their main mode of activity is walking, and this is where the Alter G can help. Getting an exercise program off to a “pain-free” start is paramount, and slowly ramping up stress on muscles and tissues is important to meet all training and weight loss goals. 2-3 months of an Alter G training regimen at three times per week will improve cardiovascular endurance and weight loss for those suffering with Type II diabetes and obesity, per case study reports.

**4. Work on balance in a “fall safe” environment.** The Alter G system utilizes a unique support system with side bars as well as visual monitoring feedback (via a camera pointed at the legs) in order to help reduce falls. As a user, you are “zipped in” to the treadmill and thus can not have a fall while in it. It is the perfect training tool for those who are 70+ with a history of falls and poor balance who are looking to improve their endurance and lower body strength.

**5. Rehab safely from a running injury.** 79% of runners will experience an injury over the course of their running career. A great way to rehab the foot and ankle is to take pressure off of the joints, and slowly add



Dr. Sean T Lordan

it as your body can handle more. Oftentimes a stress fracture or severe tendonitis leads to an offloading boot or an air-cast for 6-8 weeks. What if you could reduce that time to 4-6 weeks and begin doing what you love sooner? That could be life-changing right?

If you or someone you love are interested in learning more about using the Alter G training system, please feel free to reach out to me personally at [drlordan@conciiergephysicaltherapy.com](mailto:drlordan@conciiergephysicaltherapy.com). We currently utilize the Alter G via at Concierge Physical Therapy in Sutton.

*Dr. Sean T. Lordan is the author of Stop Aging in its Tracks (now available on Amazon), and the owner and CEO of Concierge Physical Therapy, with locations in Sutton and Shrewsbury. He is a Doctor of Physical Therapy with board certification in Orthopedics and resides in Grafton with his wife Brooke and daughter Noelle.*

## Raffle benefits EN Jenckes Store Museum

The Douglas Historical Society is holding a raffle to raise funds for the maintenance of the E.N. Jenckes Store Museum on the occasion of the town’s 275th anniversary.

“The E.N. Jenckes Store Museum is a building that is nearly 190 years old and it needs frequent maintenance. It’s on the National Register of Historic Places and a jewel of the Blackstone River Valley National Heritage Corridor. We’re asking everyone to pitch in so we can keep this landmark looking great!” Society President Laurie Church said.

“First prize is a cabin rental at Wallis Cove Cabins for Memorial Day weekend 2022. The cabins offer a popular vacation experience for those who like to enjoy the beautiful outdoors on Whittin Reservoir,” Jean Dwinell of the society’s fundraising committee explained. “The generous donation is a

\$400 value and the cabins are booked way in advance so this is a really special prize.”

“Second prize is \$275 cash in recognition of the town’s anniversary and third prize is a hand crocheted wall hanging of the Town of Douglas seal that the winner can proudly display,” she added. Tickets are \$5 each and the drawing will be held at Octoberfest on

Saturday, October 2.

All proceeds will go to the Douglas Historical Society for the continued maintenance of the museum and to continue educational programs promoting the history of Douglas. For tickets please email Sue at [Susan.Martinsen@yahoo.com](mailto:Susan.Martinsen@yahoo.com) or call Lisa at 508-341-4876. Ticket holders need not be present to win.

## “The Chosen” on the big screen

WHITINSVILLE - Save the date and mark your calendar for a free community event on Friday, September 17, when two episodes of “The Chosen” will be shown on the “big screen” in Fairlawn Church’s parking lot. Showtime begins at 7:30 p.m. (Rain date: Friday, September 24) This historical drama, directed by Dallas Jenkins and inspired by the Gospels, with its powerful performances, explores the

life of Christ through some of the experiences, struggles, emotions and trials the people around him may have gone through. The Chosen is the #1 crowdfunded media project of all time, with a record \$22 million donated by 144,000 people. You won’t want to miss it!

Fairlawn Church is located at 305 Goldthwaite Road (off of Hill Street or North Main Street) in Whitinsville. Questions? Call the church office at 508-234-2838.

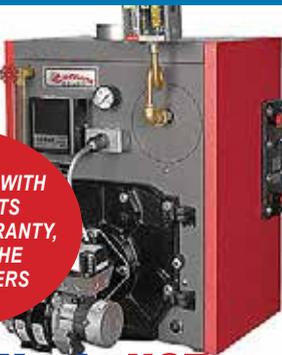
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## Blackstone Heritage Corridor survey results identify priorities for the region

WHITINSVILLE – Results from the Blackstone River Valley National Heritage Corridor’s Public Input Survey this summer reveal top interests and desired priorities in the 25-community, bi-state region extending from Worcester, to Providence, RI. BHC was assisted in this effort with the cooperation of the Central Massachusetts Regional Planning Commission (CMRPC). BHC’s Board of Directors will use the results to refine goals in its strategic plan for the next five years and beyond.

Outdoor recreation topped the list of activities most enjoyed in the National Heritage Corridor, followed by visiting scenic overlooks, museums and historic sites, dining out, and concerts and plays. Of the nearly 500 people who took

the survey, 15% do not live in the Corridor but often travel to the region to enjoy similar activities as Valley residents, and ranked recreation, museums and historical sites, food and drink, entertainment, and events as the top five things that inspire visits.

The survey asked what respondents would like to see more of in the Corridor and the top priority was identified as an off-road bikeway, followed by bike lanes on the road, canoe and kayak access points for rivers, fish ladders to open the river for Alewife, Herring, and Shad, and signage directing to historic sites.

Respondents revealed that many had never visited the Corridor’s Heritage Centers, and answers showed the most visited center was River Bend

Farm at Blackstone River & Canal Heritage State Park in Uxbridge, MA, followed by the Blackstone River Valley Heritage Center in Worcester, MA. Other Corridor centers include the Museum of Work and Culture in Woonsocket, RI, the Blackstone Valley Visitor Center in Pawtucket, RI, the Kelly House Museum in Lincoln, RI, and Roger Williams National Memorial in Providence, RI.

The survey asked respondents to rank the importance of historical and societal features in setting goals for the Corridor. The top five include preserving the history of the communities within the Blackstone Valley, celebrating the Blackstone Valley’s role as the Birthplace of the American Industrial Revolution, telling

the Valley’s story to residents and visitors, supporting the National Historical Park, and supporting historical museums and sites in the Corridor communities. Promoting tourism in the Valley ranked a close tie in this category.

The top five desired goals for environmental and recreation features in the Valley include completing the Blackstone River Bikeway/Greenway, improving state and local parks, preserving key features of the Blackstone Canal, developing river walks along area rivers, and organizing annual river and community cleanups.

The Blackstone Heritage Corridor manages the National Park Service Volunteers-In-Parks program and asked survey respondents if they were interested in volunteering with

the National Heritage Corridor and the National Historical Park. Thirty-four percent responded yes, with their top interest being river cleanups followed by water quality monitoring, visitor center support, Blackstone River Bikeway Ambassadors, and historical interpretation. To learn more about volunteer opportunities, visit [BlackstoneHeritageCorridor.org/volunteer](http://BlackstoneHeritageCorridor.org/volunteer).

“We’re very pleased with the number and quality of the responses received,” BHC Board Chair Richard T. Moore noted. “Blackstone Valley residents clearly support historic preservation, environmental

conservation, and an active outdoor recreation program. The results also re-affirm the Corridor’s efforts to complete the Blackstone River Bikeway/Greenway and advocate for the restoration of key segments of the historic canal.”

To discover and navigate to the Blackstone River Valley National Heritage Corridor’s many parks and trails, heritage centers, museums and historic sites, canoe and kayak launch sites, and more, visit BHC’s new interactive map at [bit.ly/BHCIMAP](http://bit.ly/BHCIMAP). The map can also be found on BHC’s website at [BlackstoneHeritageCorridor.org](http://BlackstoneHeritageCorridor.org).

## Festival of Illumination World of Lights at Southwick’s Zoo announce new dates for Grand Opening Weekend

Southwick’s Zoo in Mendon, Massachusetts, a New England favorite destination for over 55 years, considers guest experience their top priority; therefore, after careful consideration and due to circumstances beyond their control, the much-anticipated Grand Opening of the Festival of Illumination World of Lights has been rescheduled to September 23, 24, 25 and 26 – 5:30pm to 10:00pm each evening.

Southwick’s Zoo has partnered with the award-winning Zigong Lantern Group work-

ing together over the past two years to create this premium, one of a kind Chinese lantern showcase. In addition to the breathtaking lantern exhibits, guests of the Grand Opening Weekend will experience live entertainment including Chinese Acrobats, Asian Night Market, Street Performers, Specialty Foods and more.

From late September to January 2, Southwick’s Zoo will be illuminated by breathtaking custom-built exhibits consisting of hundreds of Chinese lanterns meticulously handcrafted from silk, steel, and environmentally friendly LED lights. Guests will travel the globe through the incredible artistry of handcrafted Chinese Lanterns and be immersed in the magical world of imagination and illumination, visiting the African Savannahs, the Amazon rainforest, the Great Barrier Reef, as well as many beautiful and fascinating regions in between. Beginning on November 26 the experience becomes a drive thru, with the addition of Southwick’s Zoo’s traditional Winter Wonderland holiday lights as well as holiday themed Chinese Lanterns. Santa will also be visiting at his enchanted Village.

The Festival of Illumination World of Lights is an evening event, 5:30 pm-10:00 pm,

and environmentally friendly LED lights. Guests will travel the globe through the incredible artistry of handcrafted Chinese Lanterns and be immersed in the magical world of imagination and illumination, visiting the African Savannahs, the Amazon rainforest, the Great Barrier Reef, as well as many beautiful and fascinating regions in between. Beginning on November 26 the experience becomes a drive thru, with the addition of Southwick’s Zoo’s traditional Winter Wonderland holiday lights as well as holiday themed Chinese Lanterns. Santa will also be visiting at his enchanted Village.

The Festival of Illumination World of Lights is an evening event, 5:30 pm-10:00 pm,

Wednesday through Sunday, September 23 to January 2, 2022. Advance ticket purchase is recommended for this must-see experience! More information please visit [www.festivalofillumination.com](http://www.festivalofillumination.com)

Southwick’s Zoo is a privately-owned zoo located at 2 Southwick Street in Mendon, MA and has been a favorite New England destination for over 50 years. The zoo is home to over 850 animals, featuring more than 160 varied species, many of which are endangered. Southwick’s Zoo’s mission is to provide an extensive zoological collection and educational facility for their visitors, offering exciting family fun and entertainment for guests of all ages. [www.southwickzoo.com](http://www.southwickzoo.com)

## Clothing swap planned

The Blackstone Valley United Methodist Church will host a clothing swap on Saturday, September 18, from 9-11 a.m. They accept donations of gently used women’s, men’s and children’s clothing shoes and accessories. No rips or stains please. Everything is free and open to the public. You don’t have to donate to take something home and you don’t

have to take something home in order to donate. Donations can be dropped off on Friday, September 17, between 6 and 7 p.m. or the morning of the swap. The church will follow all local, state and national guidelines regarding the wearing of masks.

Any questions, please email [edalynne@hotmail.com](mailto:edalynne@hotmail.com) or call Christine at 774-262-6415

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## Meet our available orphans. Don't shop...ADOPT



We have several dogs up for adoption at this time with more scheduled to come in. They range in age from 5 months to 6 years. If you are not looking to adopt at this time, please share these beauties with friends and family to help find their forever homes. Visit our website [dogorphans.com](http://dogorphans.com) to see more photos of each.

Meet Rudolph. Rudolph is an 8-month-old terrier mix from Florida. Rudolph was taken off the streets down there. No one ever came for him. Rudolph in a goofy, active, kind-of-class clown sort of character. Rudolph’s got lots of young puppy like energy. He will need and active home and maybe a friend to play with to burn off his energy. Rudolph would do best in a home with kids 10 and up due to his energy level.



Meet Griffin! Griffin is a friendly, affectionate Lab/Great Pyrenees mix who is 8 years old and weighs 71 lbs. This beautiful boy came into rescue in rough shape and was severely underweight at 46 lbs, but has been regaining his health and putting on pounds since he was taken in. He loves people (including kids), is fine with other dogs (although not a huge fan of young, crazy dogs in his face), and walks fairly well on leash. He enjoys hanging with his people if they work from home, going on the occasional walk, and exploring the fenced in backyard. He is a sweet, gentle, easy keeper and is pretty much perfect in every way! Can you give this happy, playful, deserving senior a loving home? He will be a wonderful, devoted and grateful companion. Griffin is housebroken, crate trained, neutered, fully vaccinated and microchipped.

Meet Biggie. biggie is a four year old Husky mix from Florida. This big handsome beefcake was abandoned down there. Biggie is a little bit of a shy guy but the most gentle giant ever. Down in Florida, due to over-crowding, kennels are doubled up. Biggie’s Roommate was a 20lb feisty little mix. Biggie enjoyed spending his time with with the other dog. Biggie needs a little bit of a confidence boost. All he needs is a loving family to never let him go again. Biggie would do well in a home with kids 7 and up as he is a large boy.



Meet Sunny! She is a 3-year-old boxer mix from Georgia. Prior to being rescued, her name was “money.” Can you guess why? Her former owner would breed her over and over and sell her babies for drug money. We have given her a new name and a new start to a better life. Her mom was finally incarcerated and sunny was able to get away from that terrible life style. Sunny is a doll. A happy, goofy girl who loves all humans, including kids. She will be hyper if you are, and calm if you are. She does loves to splash in her kiddie pool. Sunny gets along well with other dogs. She is great with everyone except cats. Sunny weighs 46lbs.

Meet Benjamin! Benjamin is a 1-year-old shepherd mix from South Carolina. Benjamin was taken in as a stray and no one ever came to claim him as their family pup. Benjamin is a goof ball who loves to run and play with his canine friends. Benjamin does great with kids but we prefer no toddlers as Benjamin is still just a pup himself and may accidentally knock them over. Benjamin weighs 47lbs.



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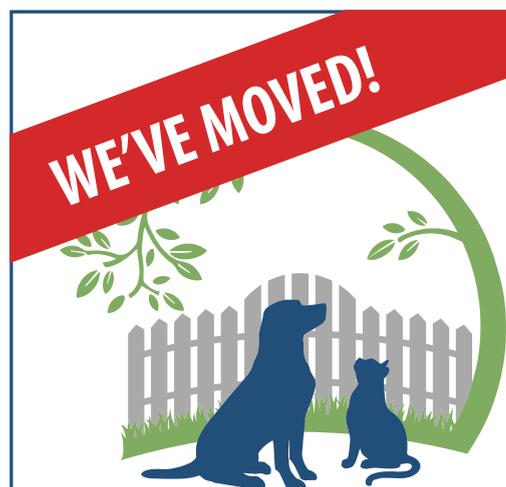
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## Living ON with Lincoln

### Two in the Queue

By Amy LeClaire

Lincoln brought our family so much joy. Nothing will compare to his smile, his expression, and the easy way in which we understood each other. It has been said that dogs are a lot of work. Partial truth. Dogs, indeed, are a lot of work, but with just the right dose of adventure. Sometimes it's hard to know the difference between work and play. Here, Lincoln blurred the lines. He made work feel like play. He even found a way to have fun on rainy days, his least favorite. Well, with my help that is.

"Want to play Hide and Seek, Lincoln?"

Nothing is more depressing than seeing a happy (energetic) dog defeated by a grey day. Just as he'd pull me out of funks, so did I, him. I'd hold up one of his Kong balls and rotate it in my hand like a planet. "Mummy will hide the ball and Lincoln will go

GET it." His spirit lifted to the mere review of game rules. He propped his head up and stared at the turning ball. Could this really be happening? An indoor game of ball? He snapped from the nook beneath the counter. "I'm in."

"Sit." He sat on command. "Lincoln - Staaaay. Wait until I tell you." I stretched out the word stay to emphasize its importance to the game, and also, because learning to stay was more difficult for him. He loved that ball so much, and needed to rescue it. "You have to wait until I tell you." He couldn't resist the occasional head start. "Wait until I tell you." I'd lead him right back to the same spot.

Then, like a burglar with a ball, I tiptoed to the front of the house to choose a hiding spot: in the big mouth of Daddy's shoe, beneath the corner of his dog bed upstairs, or beneath one of numerous accent tables. Occasionally I'd provide a game challenge, hiding the ball downstairs yet emulating the sound of footsteps by drumming the bottom step with my palms. "Sounds like she went upstairs." Seated on the edge of his seat, Lincoln waited for the go-ahead.

I needed to move quickly. He needed to rescue his beloved ball. I could sense his impatience.

"Go get it!" Like a bloodhound wearing a Golden Retriever costume, Lincoln weaved his way through all of the hot spots, nose to ground. Meanwhile, I encouraged him. "You have to go get it!" He would look down at me from the foyer at the top of the stairs. "I know. I'm trying to find my ball!" Then came the moment of truth, the profound "AHA" when he'd grab that ball, slosh it around his mouth, and retreat beneath the dining room table to be alone. "You're not getting away from me again."

He'd chew on the ball for a while before coming back to me. "Lincoln - do you want go get it?" Dogs, like humans, learn from repetition. A second game felt as refreshing as the first. As if both of our moods hadn't been lifted enough (I do believe dogs are natural anti-depressants) the game offered an added caveat. I showed him my iPhone recording of him playing so that he could watch himself on video! "Go get it!" He'd listen to my voice repeat the whole

game, tilting his head curiously, reliving the moment. "Is that me looking for my ball?" Sometimes the taping would make him uncomfortable and jittery, as though spooked. He'd dash to my husband's office. "Mom's phone is possessed again, Daddy."

Dogs innocently remind us of life's subtle, humorous, and joyous moments. Their lives are far too short, yet the happiness accrued within their life is so very potent. How does one quantify or place a value on a dog's positive influence on our lives? I've considered the math and come to a conclusion. Dogs provide so much joy. When considering getting another, why not make it a double?

The pain of losing Lincoln is not directly proportional to the joy spent with him. Joy spilled over our days, saturating them as would a napkin, red punch. The joy of owning a dog is exponential. Two puppies, like two cocktails, are happier than one!

Such was my rationale when, after struggling to (first) find an experienced and caring Golden Retriever breeder and (next) be accepted onto their list; two doors opened



Up for adventure, only weeks before his passing.

up, one following my husband's research, the other, mine. Both breeders accepted my family as a happy home for their upcoming puppies. How could we say no? Now we've got two in the queue and we couldn't be happier!

In honor of Lincoln, during the winter of next year (Jan/Feb 2022), we will take home Puppy #1. Fast-forward four to five months later, and puppy #2 shall follow. So - we have two in the queue! Are we spending too much money? Most definitely. Are we adding on too much work? Possibly. Will there be too much joy in

the house?

Not a chance.

Stay tuned for more on Living On with Lincoln.

To my faithful readers - just as the joy of having a dog is immeasurable, so is the gratitude I have for all of you who have written me in the past five months, following Lincoln's passing. I have saved every word, every card, every e-mail, every thought, and every gift. You are all in my heart. Together, as Dog People, we will always be connected.

Write to me amyclair @hotmail.com



Lincoln enjoys happy times with friends.



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# Uxbridge Lions Car Show slated

Collecting trophies and ribbons is one exciting aspect for participants in car shows, but showing off their autos in various categories with pride and love is what it is really about. The Uxbridge Lions will host its Third Annual Car Show on Saturday, October 2, from 10 a.m. to 2 p.m., at Valley Chapel, 14 Hunter Road in Uxbridge.

All car classes are welcome from antique to muscle to foreign cars and trucks.

Even motorcycles can zoom by. The Registration Fee for every category is only \$10.00. Admission to the public is free. For convenience, registration can be made in advance, but not required, by making checks payable to Uxbridge Lions Club, P.O. Box 455, North Uxbridge, MA 01538. Be sure to include pertinent information like name, phone number, vehicle make/model. Prizes will be awarded in a variety of categories by a panel of judges. The People's Choice Award is always a favorite.

Building on the success of the previous two Uxbridge Lions car shows, the event will include DJ Mark Desmarais to entertain with music, announcements of awards, prizes and drawings keeping things fun and festive. Food will be available and Sweet-wise Ice Cream Truck will be on site. A caricaturist will be a delightful addition. It will be a fun event for spectators of all ages.

Local businesses and organizations can support and participate by being Bronze \$25, Silver \$50, Gold \$100, and Platinum \$200 sponsors. Sponsors will be prominently displayed and announced throughout the day and acknowledged in print and radio advertisement. Checks can be sent to the Uxbridge Lions Club, P.O. Box 455, N. Uxbridge 01538 or

contact President Diane Seely at dmseely@hotmail.com.

The Uxbridge Lions Club is a member of Lions International which is the largest service organization in the world with clubs in 205 countries with more than 1.4 million members. Locally, the Uxbridge Lions have supported many organizations including school programs, student scholarships, First Night, Uniquely Uxbridge, Uxbridge Senior Center, the Food Pantry, Uxbridge Little League and Flag Football. Recently, it took over Beautify Uxbridge. While contributing to resources aimed at sight and hearing research, disaster relief, vaccinations and diabetes awareness, clearly home is where the heart is for this club.

President Diane Seely is enthusiastic about the club's third foray into the world of car shows saying, "We're hoping the community comes out

to see these incredible vehicles of all time periods, colors, shapes and sizes and meet the great people who treat them with such TLC."

There you have it: Saturday, October 2 (rain date October 9). Enjoy the peeping at the car show. The leaves will be around for a while.

## 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 handcrafted arts and crafts, artisanal products, herbs, honey products, jewelry and crafted home decor. Check the Village 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 welcomed to apply.

## People's coffee hour

DOUGLAS - Every Tuesday starting from 1:30 to 3 p.m. the Second Congregational Church of Douglas (289 Main St.), is hosting a no Bible experience necessary study including coffee and refreshments. Study guides are provided free of charge. This study will run to the end of May. All attendees are welcome to anything from our food closet (includes fresh bread and vegetables) or kid's clothing closet. All are welcome. Call Jeanie (508-476-9978) for more information.

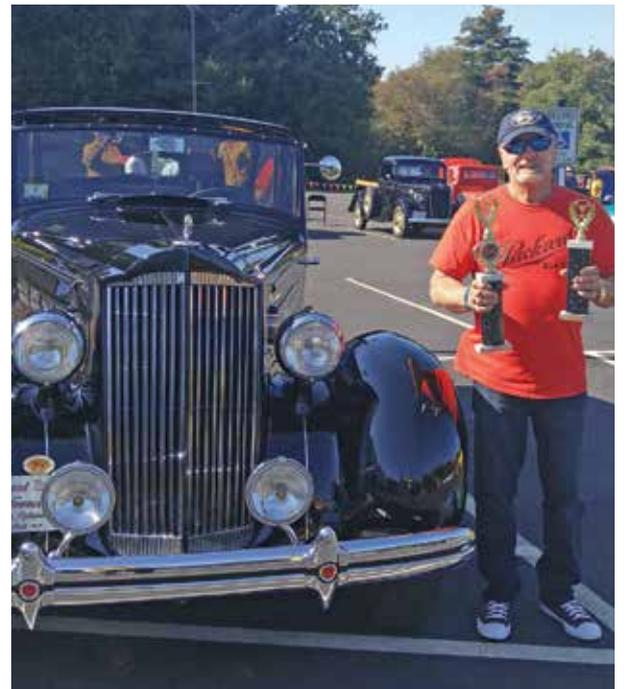
## Family Fun and Field Day

DOUGLAS - The Whitinsville Fish and Game Club will hold a Family Fun and Field Day on Sunday, September 19 at the club, White Court, Douglas.

Bring your family to unplug and enjoy the beautiful outdoors. Fun starts at 11:00 a.m., there will be free entry to the activities.

Field Day featured events include archery, shooting ranges, games for all ages, live DJ, pie eating contest, and raffles.

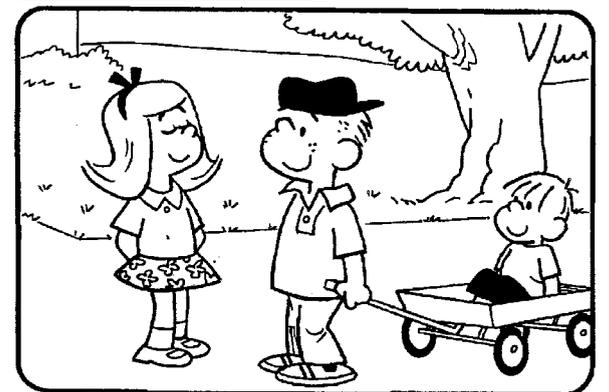
The grill will be open for light food, there will also be a BBQ Chicken Dinner available at 4:00 p.m. Tickets for this tasty meal will need to be pre-purchased and are \$15.00 each. Check out: www.whitinsvillefishandgame.com for additional information about this event or call 508-476-7204.



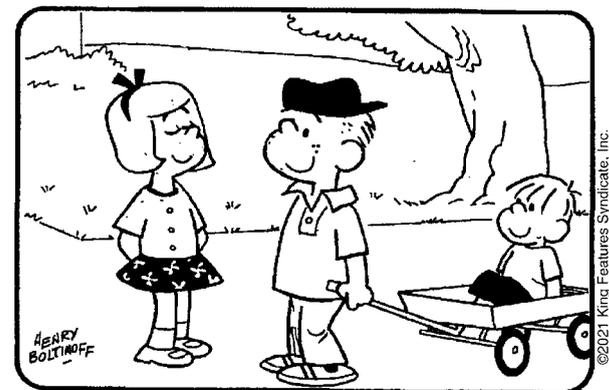
Joe Cutler shows off awards for his Packard Towncar at 2019 Uxbridge Lions Car Show.

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Skirt is different. 2. Wheel is missing. 3. Limb is removed. 4. Collar is different. 5. Buttons are added. 6. Hair is different.

## Prayer



Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil (intention), Amen.

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. **Believer**

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## Q & A with The Car Doctor

John Paul is AAA Northeast's Car Doctor. He has over 40 years' experience in the automotive business and is an ASE certified master technician. He will answer reader's questions each week. You can find the Car Doctor podcast at [www.johnfpaul.podbean.com](http://www.johnfpaul.podbean.com) or other popular podcast sites. Email your car questions to [jpaul@aaanortheast.com](mailto:jpaul@aaanortheast.com). Follow John on Twitter @johnfpaul and friend him on facebook [mrjohnfpaul](https://www.facebook.com/mrjohnfpaul).



**Q.** I own a 2005 Toyota Corolla that I inherited, and it is the most boring but also the best car I ever owned. The rear brakes are drum brakes and I have to periodically have rust blown out of the rear brakes as they make a distinct noise when I slow down and stop. Since the brake drums are very rusty, I was wondering if I could replace the rear brake drums without replacing the brake shoes as the shoes are fairly new. Also, the headlights on the car are not as bright as I would like. I have replaced the halogen bulbs with original equipment bulbs and cleaned some of the haze off of the headlight assembly with little improvement. I was wondering if there is an aftermarket bulb that you could recommend that would improve the efficiency of the headlights.

**A.** I prefer to match new drums with new brake shoes. Using new brake drums and old brake shoes or vice versa old brake drums with new brake shoes can cause brake squeal. One option is having the current brake drums resurfaced to clean up any accumulating rust. Regarding headlight bulbs, some people have added LED replacement bulbs as a brighter whiter alternative. The issue is that these bulbs are not Department of Transportation compliant. You could add a brighter DOT compliant bulb (Sylvania Silver Star Plus is one). These brighter bulbs add light but are designed not to offend oncoming drivers. The one downside, similar to high performance tires is a shorter lifespan. Where a typical headlight bulb might have a usual life of four to five years, performance bulbs might only last two years. For some drivers the tradeoff is worth it. You might also consider replacing the entire headlight assembly with a quality aftermarket product. The lenses will be crystal clear and provide better light than the reconditioned lenses.

**Q.** I have two general questions for you. The first is, can E3 brand spark plugs be used with an aftermarket electronic MSD ignition system. The second question - is a power steering oil cooler beneficial for an older car?

**A.** Holley (parent company of MSD Ignitions) recommends using regular spark plugs with their MSD ignition rather than specialty hotter plugs. Based on what I have seen, this means stay away from platinum and multi electrode spark plugs like E3. I would use traditional copper plugs and maybe gap them a little fat and after running them for a while check the plug condition. Some people will run a slightly cooler plug to somewhat offset the hotter spark. Regarding adding an aftermarket power steering oil cooler, unless you are auto crossing a car and really exercising the power steering system, I don't see the need.

**Q.** I took my new-to-me 1958 Buick to a car show recently and it generally runs quite well. The guys in the local car club that ran the show suggested that I should switch the ignition system to an electronic style and the generator to an alternator. What is your take on this?

**A.** With a solid-state ignition system, you never have to worry about points wearing or burning out and the ignition spark is generally stronger and provides quicker starts. The problem with generators is they don't do a good job at charging the battery at an idle. Replacing the genera-

tor with a simple to install General Motors alternator with a built-in voltage regulator would solve any possible charging problems. That being said cars performed just fine for nearly a century with this old technology and if it is working well you could certainly keep using it.

**Q.** My 2011 Mercedes Benz GLK 350 needs a power steering hose replaced. The repair looks easy enough, but my question is about power steering fluid. The owner's manual states the Dexron III is acceptable fluid to use. My question is can I use Dexron IV, V or VI? My other question is how long do sealed containers of oil last?

**A.** When I looked up the specification for power steering fluid in the databases that I use I did get conflicting information. One database stated use only Mercedes Benz fluid and didn't show an equivalent. When I looked it up, another agreed with the Mercedes owner's manual and it did state that Dexron III was compatible. According to AC Delco who markets Dexron fluids they state that Dexron VI are backwards compatible with previous DEXRON automatic transmission fluids and can be used as a replacement for older vehicles. Regarding shelf life of oil, the last time I had someone from an oil company on my radio program I asked that question and he said five years is the number they use. I don't believe the oil goes bad (although the additives could settle out) it is more of a case of newer vehicles need newer formulated products.



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**Qualifications and Skills:** Knowledge of Mack, Cummins, GMC, Chevrolet trucks. Knowledge of troubleshooting/diagnostic tools. Experience as a heavy duty truck mechanic. Ability to work safely in a shop environment. Mechanical skills should include, but are not limited to, mechanical, electrical, pneumatic and hydraulic troubleshooting and repair of trucks and equipment.

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**SENIOR NEWS LINE**

**Biggest raise in decades for Social Security?**

By Matilda Charles  
Don't count your money before it's in hand, of course. But word is that the Social Security increase we see in January could be as much as 6.1%, the largest since 1983.

For the average benefit recipient, currently receiving \$1,543, that could amount to \$94 per month. It's a few years too late for a serious increase, but certainly better than the 1.3% bump we saw for 2021 and the 1.6% the year before.

Social Security is calculated by the cost-of-living adjustment in the third quarter each year. For 2021, they calculated that a 1.3% increase should be plenty. We know that was wrong, as prices of everything had climbed. It's all in how and what they calculate. They use the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), which measures prices on certain goods and services.

But we're not wage earners, and we don't work in offices. We spend our money on different things. We wonder why they don't use the index for the elderly (CPI-E), which takes into consideration the things we do buy, such as medical care, medical services, housing and health insurance. (There's a bill in the House of Representatives - H.R.4315 - to do that very thing.) We spend less than the CPI-W group on transportation, food, clothing, entertainment, education and communication.

The Federal Reserve Bank did a midsummer survey on what consumers are expecting for the rest of 2021. The expectation of responders is that we'll see a 4.8% increase on top of what we've already seen this year.

Keep an eye on the news in October, when the rate of next year's Social Security increase is finalized.

Meanwhile start planning for next year as soon as you can. Look for savings everywhere you can find them.

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## Northbridge students learn manufacturing skills thanks to grant

Students from Northbridge Public Schools got to experience some STEM-based hands-on learning this summer, thanks to a \$15,000 Summer School Expansion and Engagement Matching Grant administered by the MA DESE Office of Family and Student Support and the Northbridge Public School district.

NPS collaborated with the Blackstone Valley Education Hub (BVEdHub) and Innovative Education Solutions (IES) to provide a two-week camp for high school students and a second two-week camp for middle school students. Students attended the BVEdHub for two days a week and Northbridge High School for two

days a week during the two-week camp.

While at the Blackstone Valley Education Hub (located in the Linwood Mill), students were introduced to a variety of manufacturing and STEM-related skills and tools. They attended Mondays and Wednesdays, and daily curriculum included introductions to Engineering Design and 3D Printing, CNC Machining, CNC Laser Cutting and Robotics. At Northbridge High School on Tuesdays and Thursdays, staff from Innovative Education Solutions led the students through project-based and experiential learning activities to further the knowledge and

skills they learned at the BVEdHub. Using real-world scenarios, students designed a shipping container prototype for a candy company, built a prototype as part of a potential redesign of the Route 122 bridge connecting Northbridge and Uxbridge, used tessellations to design geometric patterns, and built a working catapult.

The Blackstone Valley Education Hub is the educational partner of the Blackstone Valley Chamber of Commerce.

Their goal is to meet the workforce training gap in our region by enhancing vocational opportunities for all. The BVEdHub partners with such entities as Grafton Job Corps, the Blackstone Valley Superintendent's Consortium, Worcester County Sheriff's Department and MassHIRE to train and certify individuals with manufacturing skills and credentials.

Innovative Education Solutions is an educational consulting firm that provides

tutoring and test preparation to students, and professional development and training to teachers. Its goal is to increase access to these services, and its mission is to build teacher capacity, reduce teacher turnover, and improve outcomes for all students.

Superintendent, Amy McKinstry, shared her praise about the program. "We are so grateful to the BVEdHub and IES for partnering with us and helping to develop this amaz-

ing summer program for our middle and high school participants. The kids were engaged in some amazing and authentic learning experiences, and it was wonderful to see their creative juices flowing again after such a difficult year and half with COVID."

For more information about the Blackstone Valley Education Hub, visit <https://www.bv-edhub.org/home> and Innovative Education Solutions, visit <https://www.iescentralmass.net/>



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Tales from beyond

# Bristol Notch

By Thomas D'Agostino

Blood curdling screams echo through the woods followed by the ominous howling of a dog, yet there is no one who would dare venture into the vicinity where these unearthly sounds emanate. First of all, there are the many shafts that have been burrowed over the centuries by prospectors in search of a lost treasure, then, of course, there are the ghosts.

The accounts that have been penned in regard to the origin of the Bristol, Vermont's silver mine vary but the end result is that one of the shafts is haunted.

According to legend, three Spaniards came to Bristol just after the Revolutionary War and discovered the large vein of silver in the South Mountains. They left as quietly as

they came, but soon returned with two women and a boy named Philip DeGrau. They mined the silver and hid it in a nearby cave after smelting it into bars.

The Vermont winter came much quicker than the prospectors predicted. The snow piled up quickly and they knew they could not stay at the mine to brave the fierce winter that beckoned upon their door. The miners left with a vow to wait until all three were ready to return together the next spring and bring their riches back to the old country. The cave selected was covered with rock, mud and brush as to completely mask its whereabouts and hoard of silver from nosy intruders. It seems that many of the villagers were very interested in the strangers digging about in their woods.

For some reason or other, none of them ever returned to claim the cache. It was Philip DeGrau who returned some eighteen years later, but time had been cruel to his memory and the landscape. Using the landmarks he knew and remembered, he tried to find the cave but after months of searching, had to abandon his quest for the silver bars and return to Spain for the winter. He too, never returned. He

did, however, mention his purpose to a few townsfolk which was enough to send the town into "silver rush" frenzy.

Before long treasure seekers had burrowed scores of holes and shafts into the earth and rock around South Mountain. Some Canadian entrepreneurs started a business venture in 1840 in attempt to locate the silver stash but were unsuccessful in finding the lost cave. Even now treasure hunters scour the vicinity of South Mountain and the Bristol cliff in hopes of striking it rich, yet no one has ever found the hidden hoard. The shafts, some one hundred feet deep remain as a vestige to those who have searched in vain for the last few centuries. There is one shaft that everyone avoids and with good reason. It is the bore that is so aptly named "The Ghost Shaft of Bristol Notch."

Early in the twentieth century, a boy and his dog were



out in the woods around the shafts. While playing among the rocks, the little boy somehow fell into one of the deep caverns and could not climb back out. He was not discovered until weeks later when his dog was found dead at the entrance of the shaft. Forever loyal, the pooch stayed with his master to the end.

Now on those frigid Vermont nights when the wind picks up, screams mixed with the blustery gusts can be heard followed by an ethereal howling that reverberates around the mountain. Locals know

all too well that they are hearing the terrifying wails of the ghosts of Bristol Notch.

If you decide to go in search of the lost treasure, heed well these words, for the dreadful cries of the two ghosts are enough to make one turn and abandon the abandoned riches.

*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](http://www.tomdagostino.com).*



## Dining With The Dead 1031

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Dining With The Dead 1031 is holding another dinner/investigation event of the **Publick House** in Sturbridge, on September 29, from 6-9:30 pm. Go to [www.diningwiththedead1031.com](http://www.diningwiththedead1031.com) for more info.

*Thomas D'Agostino and Arlene Nicholson have researched and investigated the paranormal for over 39 years with well over 1400 cases to their credit. They are the authors of sixteen acclaimed books on ghosts, haunts, and legends of New England.*



*The husband and wife team has been hosting paranormal investigation dinners for fifteen years at restaurants, hotels, and Inns throughout New England. Each event allows you to be the investigator, using equipment alongside us in search of the spirits that roam within the walls of the establishment.*



- Kite flying is an official sport in Thailand.
- It's not unusual to cry at weddings, but in certain parts of China, weeping is a required part of preparation for the big day. A month before they tie the knot, Tujia brides will cry for one hour each day. Ten days in, they're joined by their mothers; ten days after that, grandmothers, and eventually other female family members.

The practice is said to date to China's Warring States era when the mother of a Zhao princess broke down in tears at her wedding.

- The Chinese soft-shelled turtle urinates from its mouth.
- Fashion designer Michael Kors' first project was a redesign of his own mother's wedding dress, at her second marriage. He was 5 years old at the time.
- Too much sunlight can damage the algae that live inside shallow-water coral and are the main source of its sustenance. To protect this algae,

the corals fluoresce, creating proteins that essentially serve as a sunscreen.

- The Greek national anthem consists of 158 verses.
- We all know hiccups can be annoying, but at least they tend to pass quickly – unless you were Charles Osborne, who began hiccupping in 1922 after a fall while attempting to weigh a hog before slaughtering it, and continued doing so for a total of 68 years. That's an estimated 430 million hiccups.
- Leeches have a brain in each of their 32 body segments.
- Looking to expand your ice-cream palate? Masiwa, a cafe chain in South Korea, offers a black-hued, squid ink-flavored version, served in glasses with an octopus mascot.

*Thought for the Day:* "The path of peace is not a passive journey. It takes incredible strength not to open a can of 'whoop-ass,' justifiably, when one's button is pushed." – T. F. Hodge

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### Summer yard sale

CHARLTON - The Helping Hand final summer yard sale date is September 11. The time of each sale is 8 am to noon. The yard sale is at Dodge Chapel, 81 Hammond Hill Road, Charlton. To donate call Deb 508-987-0708, Annette 508-347-7596, or Judy 508-248-5580.

### First Congregational Church annual flea market

First Congregational Church at 148 West Main Street, Millbury, is sponsoring the annual Flea Market and Craft Tables on Saturday, September 11, from 9 a.m. to 2 p.m. Anyone wishing to reserve table space, please call Jeri Stead (508-865-5371). The \$25 inside area consists of a large supper table, plus a card table. An outside 10-foot plot reservation is \$20 and you will need to provide your own table. "The Kitchen" will be serving coffee and muffins, and at lunch time, Ron's hot dogs will be served. There will also be a Bakery Table, and a Church Flea Market Table.

### VFW Post flea market

UPTON - The Upton VFW Post 5594 will hold its flea market on September 11 and October 9 at Post headquarters, 15 Milford St., (Rt. 140) in Upton, weather permitting. Hours are 8 a.m. to 1 p.m. Vendors and crafty people are more than welcome. Good sized spaces are \$10 each or \$15 if a banquet sized table is needed. No reservations are needed, although Post member David Kennedy can provide more information by calling him at 508-529-3314 or via the Upton VFW Facebook page.

### Stratford Village Yard Sales

MILLBURY - Many yard sales at the new Stratford Village Condos, off Burbank Street in Millbury. Sat., October 2 - Rain date Sun., October 3. 9 am to 1 pm. "We packed it, we moved it, and now we don't need it!"

### Yard sale

DOUGLAS - Yard sale to benefit Walking in Light (a non-profit that serves low income families in Worcester and greater Blackstone Valley) on Saturday, September 11, from 9 a.m. to 2 p.m. at the Second Congregational Church of Douglas, 289 Main Street, Douglas.

### Yard Sale, Craft & Bake Sale

UXBRIDGE - The Prayer Shawl group of the Uxbridge Congregational Church will conduct a Craft and Bake Sale on October 2, from 9 - 2 p.m. in the church parking lot. It will be a good time to begin your holiday shopping with many beautiful items as well as homemade jellies, jams, gluten free baked good and pies.

A yard sale will also take place on the same day in the parking lot for those who enjoy browsing household items. More information on the yard sale will be available soon.

### Sacred Heart Church yard sale

HOPEDALE - Sacred Heart Church will hold two huge sales events on Saturday, September 11. "Twice Blessed" Thrift Shop Sale, 50% off all summer clothing and shoes, except special priced items; and the parish yard sale. Hours: 8:00 a.m.- 12:00 p.m. For more information regarding the parish yard sale, please contact the church directly. Catholic Community of Sacred Heart Church, 187 Hopedale Street, Hopedale, (508) 473-1900 or website sacredhearthopedale.org. Like us on Facebook: www.facebook.com/twiceblessedthriftshophopedale/

### St. Andrew Bobola Parish fall yard sale

DUDLEY - On a Friday and Saturday, Sept 17 and 18, St. Andrew Bobola Parish, 54 West Main St., Dudley, will hold a yard sale each day from 8 am to 2 pm in the church hall. Please enter from the rear parking lot. Household items, yard accessories, seasonal decorations and treasures for the entire family - all good, useable items will be available at bargain prices. Come early to get the best selection. As a precaution, should COVID restrictions change, please have a mask handy before entering, should one be required. For more info, please call Bonnie at 508-868-7718.

### St. Roch's Church Yard Sale

OXFORD - St. Roch's Church, 334 Main St., Oxford, will hold a yard sale on Saturday, October 2 from 8 a.m. to 2 p.m.

List your yard sale here.

Send info to: [news@theyankeeexpress.com](mailto:news@theyankeeexpress.com)

## The Big E returns for seventeen fun-filled days

SPRINGFIELD - The Big E is back. With a stellar line-up of entertainment, exhibits, fair foods, rides, shopping and more. Don't miss The Big Parade, Mon. - Thurs., at 6:30pm and Fri. - Sun., at 5pm; Comerford's Petting Zoo; spectacular and kiddie rides on the North American Midway; comedy fortune teller, Zultar, sponsored by Uncommon USA; and much more.

**Fair features**  
Eastern States Exposition History Museum in the Hampden

County Building daily, 10am - 10pm. NEW - The Thrill of it All: History of Auto Thrill Shows at The Big E, The Story of Storowton Music Tent and ESE remembers the 20th anniversary of 9/11.

Budweiser Clydesdales housed at the Avenue Show-Place and in The Big Parade, fairgoers will have an up-close and personal view of these famous Clydesdales, watch them prepare for the parade and experience the majesty of the breed.

### Fair food

At The Big E, it's all about food. Try our signature desserts - The Big E Cream Puff and Big Éclair and watch for a new surprise flavor for 2021. Experience The Big E Craze-Burger. Craving something specific? Not only are there hundreds of options to choose from across the grounds, but new dishes are available each year for you to try.

Known as the largest agricultural event on the eastern seaboard, The Big E offers an exceptional educational showcase and an up-close view of life on the farm.

Experience life on the farm with competitions for cows, sheep, goats, llamas and more throughout the Fair.

The Butter Sculpture, sponsored by C & S Wholesale Grocers, witness the food artistry team of Jim Victor and Marie Pelton's masterpiece made from

600 pounds of Agri-Mark/Cabot Creamery Cooperative butter.

**Farmers market and wine barn** - Home to some of New England's finest wines, cheeses, ciders and more. Agricultural demonstrations, such as spinning and weaving, or cooking in the Demonstration Kitchen. Want a refreshing drink? Grab a wine slushie and cheese plate, or a wine sundae in The Wine Café and relax in the courtyard. Don't forget to check out The Fiber Festival of New England, Nov. 6 and 7.

Regular gate admission Adults \$15/Children ages 6-12 \$10; Children five and under are free. Midway Magic Passes, \$30. Go to the front of the line with the Midway Express Access, \$15. Gate tickets and Midway Magic passes are sold online at TheBigE.com and Big Y@ World Class Market@ Sept. 16-Oct. 3.

### Book Sale

AUBURN - The Auburn Historical Society and Museum will be holding a book sale at the Museum, 41 South Street, Auburn, on Saturday, September 11, from 8:30 am-12:30 pm. Books of all genres will be available, including childrens, cooking, mystery and more. If you have books you would like to donate to the sale, please call us at 508-832-6856 or email us at auburnmuseum@verizon.net. Please no early birds.

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# Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                      |               |                     |               |
|----------------------|---------------|---------------------|---------------|
| 1. Take to the altar | ___ A ___ _ _ | Jolly               | ___ E ___ _ _ |
| 2. Peace pack        | ___ _ _ _ _ Y | Halloween goodies   | ___ _ _ _ _ S |
| 3. Indigenous        | ___ _ C ___   | Faithful            | ___ _ Y ___   |
| 4. Herd of sheep     | ___ L ___ _ _ | Gown                | ___ R ___ _ _ |
| 5. Negotiate         | ___ _ _ T ___ | Figaro's occupation | ___ _ _ B ___ |
| 6. Cookbook entry    | ___ _ _ _ P _ | Narrate a poem      | ___ _ _ _ T _ |
| 7. Illusionary feat  | ___ _ G ___   | Overexcited         | ___ _ N ___   |
| 8. Bush              | ___ _ _ _ B   | Shoulder movement   | ___ _ _ _ G   |
| 9. Talk turkey       | G ___ _ _ _   | Waver               | W ___ _ _ _   |
| 10. Meghan's husband | ___ A ___ _ _ | Rush                | ___ U ___ _ _ |

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## TRIVIA TEST

- MOVIES: What is the name of the trouble-making fraternity in "National Lampoon's Animal House"?
- LITERATURE: What kind of pet does Neville have in the Harry Potter book series?
- MUSIC: Which singer/songwriter is nicknamed the Queen of Soul?
- GAMES: In the NFL, how long is the halftime?
- TELEVISION: What is the name of Mork's planet on "Mork & Mindy"?
- GEOGRAPHY: Tokyo is located on which of Japan's four main islands?
- MEDICAL: What is the common name for deglutition?
- ANIMAL KINGDOM: What is a group of tigers called?
- GENERAL KNOWLEDGE: What word represents the letter "U" in the NATO phonetic alphabet code?
- SCIENCE: What is the "powerhouse" of the cell called?

- Answers**
1. Harry, Merry
  2. Treach, Treach
  3. Local, Local
  4. Flock, Flock
  5. Barber, Barber
  6. Delta, Tau Chi or Delta House
  7. A toad named Trevor
  8. Aretha Franklin
  9. 4-12-15 minutes, except for the Super Bowl
  10. Honshu
  1. Swallowing
  2. A streak or ambush
  3. Uniform
  4. Mitochondria, the organelle responsible for energy production
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RE: Real Estate



Mark Marzeotti

# Why don't rich people pay cash for homes?

Paying cash for a home may not be the smartest financial move even if you can afford it. For most people, getting a mortgage to buy a house is essential because paying cash for a home isn't feasible. But for rich people with millions of dollars in the bank, covering the costs of a property out of pocket would likely be within reach.

Despite the fact that many wealthy people could afford to buy a home outright, they often get mortgage loans anyway. Here's why they make this choice.

*Wealthy people may see benefits to getting a mortgage.*

There's a simple reason why many rich people opt to get a mortgage even though they don't have to. They see this type of debt as being financially advantageous.

See, mortgage loans tend to come with very low interest rates – especially for well-qualified borrowers. If you can borrow at a 3% interest

rate and use the bank's funds to pay for your home while keeping your money free to invest in assets that produce a higher rate of return, it may make sense to do so. After all, why tie up hundreds of thousands – or even millions – of dollars in a property when you could borrow at a very low rate and use your money elsewhere, like putting it in a brokerage account.

Many wealthy people also itemize on their tax returns. This means they claim specific tax deductions, rather than the standard deduction. And if you itemize, it's possible to deduct mortgage interest on loans up to \$750,000 (the IRS limit as of the time of this writing).

When you can claim a tax deduction for your mortgage interest costs, the government subsidizes some of your loan amount so the loan doesn't cost you as much. And wealthy people get an even bigger benefit from this because they tend to be in a higher tax bracket and pay taxes at a higher rate.

Say you can claim a mortgage interest deduction and reduce your taxable income by \$10,000, for example, because you pay that much in

annual mortgage interest. In that case, you can avoid paying taxes on that \$10,000.

If you make a lot of money and are in the 37% tax bracket, that \$10,000 deduction could save you \$3,700 on your tax bill – not counting any state tax savings you're eligible for. The government, in other words, is basically covering \$3,700 of the mortgage interest costs incurred for the year.

Considering that interest is already really low, often barely above the rate of inflation, the fact that the government lowers the cost further helps make mortgage debt even cheaper for the wealthy. And that tilts the balance that much more in favor of borrowing for a home to keep cash free for other things.

Of course, this doesn't mean that every rich person opts for a mortgage. But for many wealthy Americans, it just makes sense to optimize the use of their funds and invest their money while taking advantage of cheap debt that comes with generous tax breaks.

Of course, this doesn't just apply to wealthy people. Although many lower and middle-income Americans don't itemize on their tax returns, they can still get the benefit of borrowing at an affordable rate while using their money for other purposes. As a result, paying down a mortgage early – or making a very large down payment on a home – simply may not be the right choice.

*A historic opportunity to potentially save thousands on your mortgage.*

Chances are, interest rates won't stay put at multi-decade lows for much longer. That's why taking action today is crucial, whether you're wanting to refinance

and cut your mortgage payment or you're ready to pull the trigger on a new home purchase. The Marzeotti Group Realty can help you with approved lenders for the purchase of your dream home or surely help you sell! Call 617-519-1871

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## VETERANS POST

### VA tells health staff they must get vaccine

By Freddy Groves

The Department of Veterans Affairs recently announced that they will require their frontline medical staff to get the COVID vaccine. Specifically, they listed "physicians, dentists, podiatrists, optometrists, registered nurses, physician assistants, expanded-function dental auxiliaries and chiropractors who work in Veterans Health Administration facilities, visit VHA facilities or provide direct care to those the VA serves."

In other words, anyone who touches you in a VA medical setting, breathes on you or handles something they're about to put in your mouth has to get the vaccine.

It was unnerving going to the VA and asking whatever medical person was about to touch me or breathe on me, "So, which vaccine did you get?" only to be told they hadn't had the vaccine and didn't intend to get it.

Even waiting for the vaccine was difficult. When my age group finally came along, I ended up at a civilian pharmacy because it was faster. Nobody there had gotten the vaccine either.

And now, unfortunately, we discover that the vaccines don't work as we thought they would. There are breakthrough cases where fully vaccinated people are still getting the virus, the variants have gained strength, and we're likely going back to

Step One, complete with masks. If you need to go to a VA facility for health care, call ahead or use the VA health appointment app. You'll no doubt be met at the door, asked COVID screening questions and have your temperature taken. Have your vaccination card with you and wear a mask. You also might be able to get a telehealth appointment.

Meanwhile, if you've gotten lax about safety, get smart again. Do one full minute scrubbing your hands under warm water with an antibacterial soap, including your nails. Hang a mask on the front doorknob so you'll see it each time you go out.

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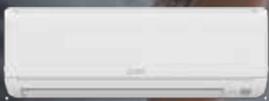
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