

# The Yankee Xpress

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September 10-October 8, 2021

## Webster Five's new corporate offices in Auburn a dazzler

By Rod Lee

Like Reliant Medical Group, Karl Storz Endoscopy America Inc. and other commercial enterprises, Webster Five recognizes the town of Auburn's value as a place to do business.

This summer, Webster Five finalized relocation of its corporate offices from Thompson Road in Webster to 35 Millbury St. in Auburn—just a stone's throw from Karl Storz's modern warehouse and office center at 28 Millbury St., which opened in 2019.

Not that far, either, from Reliant Medical Group's impressive primary care and specialty care facility at 385 Southbridge St. in the former Macy's Home Store in the Auburn Mall.

The result of what Webster Five management calls "an extensive redesign of an existing 39,000-square-foot building" by Cutler Associates and various partners is nothing short of spectacular. In creating "an inviting and collaborative workspace for employees," Webster Five not only consolidated more than one hundred team members from three distinct locations (Auburn, Webster and Worcester) into a single facility, it introduced to South County the most advanced

corporate setting that can be found for miles in any direction.

There was understandable pride in Deirdre Gallagher's voice as she gave a visitor a walking tour of the building the afternoon of August 28. Ms. Gallagher is the executive administrative assistant to Webster Five President and CEO Donald F. Doyle.

"There are thirteen conference rooms!" Ms. Gallagher said, maneuvering her way through the corridors. The main conference room can accommodate thirty or more people around a large table and is being named in honor of former Chairman of the Board Daniel Ivascyn "who was very instrumental in the vision for this building. He retired in 2020."

The building "is all wireless," Ms. Gallagher said. "We have this collaborative café, with outside seating," she said, pointing out a large, spacious, comfortable dining area. "Microwaves, three big refrigerators! We have soft-touch door closings, everyone has white boards, there is a blue and green pattern, showers, a locker room, we have utilized a space-shuttle theme as a tribute to Robert Goddard with a

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The visitor entrance to Webster Five's new corporate offices on Millbury St. in Auburn offers a welcoming atmosphere.

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## September 12 is grand opening of J. Anthony's "new" Italian Grill

By Janet Stoica

It's new, it's different, and it's like nothing else in the area, according to Jason Villatico, owner of J. Anthony's Italian Grill on the Auburn/Oxford line. "To celebrate the beginning of the New England Patriots' football season on Sunday, September 12, we are having our newly-renovated restaurant's grand opening. It'll be great fun for all our new and loyal patrons. It all starts at 12 noon. We'll have door prizes and giveaways throughout the day along with some great drink specials and new food items," said Jason. "There will be TVs everywhere, complete with surround-sound. We've switched our host station to the opposite section to accommodate live acoustics. We'll target and feature all local artists in the mid-section of our building so that patrons at both newly-renovated bar areas will be able to see and hear the vibrant sound quality."

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Alyssa Pupillo serves up new craft beverages.

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## WEBSTER FIVE Continued from page 1

Goddard Room and a Christa McAuliffe Room, we have a wellness room for new moms (but others looking for moments of relaxation can use it too), we have moved our contact center here, we have this business banking area, a retail lending side.”

The use of glass in the remodel is extensive, allowing light to flood the building.

In a news item posted on the Webster Five website, it is explained that the relocation of the bank's corporate offices was sparked by “significant growth over the past twenty-five years.” The bank's footprint “now extends well beyond its original markets of Webster, Dudley and Oxford. As the bank approaches \$1 billion in assets, modernization and centralization of its corporate space is essential to provide an outlet for continued growth. Webster Five's corporate offices have been significantly enhanced, as the design of the new space

fosters a strong sense of collaboration, creativity, and inclusion for employees throughout the organization.

“There will be no change to the bank's branch footprint,” it was noted; “existing branches will continue to be important centers of activity and convenience for customers.”

In a statement, Mr. Doyle said “this consolidation gives us the opportunity for increased interactions between departments to enhance collaboration. The design of spaces was thoughtfully considered to create a unifying feel. While this move was planned prior to the COVID-19 pandemic, we are deeply conscious of the changes many of our employees have faced in the pandemic's wake. We are aware that our employees' family lives and schedules are still disrupted, so the transition back to full-time in the office will be gradual and our new space will accommodate a hybrid work model for the foreseeable future.”

Diana Fiorentino, market-

specialist for the bank, told the Xpress that “all Webster Five back-office employees moved into the corporate offices at the beginning of June. The move went smoothly and we feel our vision of creating a collaborative, innovative and modern workplace has been fully realized. Our employees were very excited to move in, and (they) feel the environment that's been created will help them to build efficiencies in their roles. They were also quite excited to see their coworkers in person after a large number of them worked remotely through COVID. When COVID rates were lower earlier this summer, we were able to host an on-site all-employee Partnership meeting, which allowed us the opportunity to gather all of our staff together and celebrate our new space.”

Bruce Varner, Webster Five's mortgage loan originator, in explaining why he likes the new corporate offices, said “one of the best things about the new building is the abundant natural



A main conference room is a signature feature of Webster Five's new corporate offices setting, as is a “collaborative café” with all of the amenities—and ample seating inside and out.

light and big, open work areas. When we need a smaller, more private meeting space, the conference rooms are perfect with lots of new technology that makes it easy to include others working off-site.”

Ms. Fiorentino said the bank has been flexible with its employees “on their in-office work schedules as we know that many of them have faced concerns with

child care, obtaining their vaccinations, and other COVID-related issues over the past few months. We've established a hybrid work schedule for employees to help support them into the future, and we continue to keep an eye on the current situation and remain flexible based on the changing conditions we face.”

Ms. Fiorentino said the bank will be hosting an

open house/ribbon-cutting ceremony in the future, an as-yet undetermined date. “We don't have anything set in stone due to the COVID delta variant,” she said.

The most common refrain heard around 35 Millbury St. in Auburn these days is “we love it!”

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

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# B. Kind Café & Lounge is Webster's new hot spot

By Janet Stoica

They're movin' and shakin' at B. Kind Café these days. Not one to stand still, owner Ericka Labonte is always on the lookout for something new and different for her unique dining establishment tucked into a cozy niche on Davis Street in Webster. They've expanded their menu for the vegans among us and their new dishes have become an unexpected hit with their diners.

They've established an always-sold-out monthly (adult) Comedy Night, and have Friday Night entertainment too with Tom Ford playing guitar and singing easy-listening tunes for all age groups.

Can't leave out Sunday mornings, though, with their scrumptious breakfast and brunch items accompanied by a blues-playing pianist who also takes song requests.

And, if that's not enough, Ericka and her family are cooking up a storm every Friday of the football season by donating and serving up a full breakfast to the Bartlett High School Football Team commencing on September 3. Team members will choose from an assortment of pancakes, ham, sausage, bacon, toast, eggs, hot chocolate, coffee, juice, and water. The day before the team's Thanksgiving football game, B. Kind Café will also prepare, donate, and serve a tasty spaghetti and meatball dinner, complete with salad, bread, and assorted beverages. The family's donations to the hometown team are

amazing. Ericka's son, David Mercado, is also on the Bartlett football team.

"B. Kind is based on healthy, healthy, healthy," says Ericka. "There's a definite need in Webster for a place like ours. Just about everything we offer is organic, from our salad bar with its lettuce, tomatoes, mushrooms, carrots, olives, onions, peppers, and cucumbers to our eggs and bread products. Our breads are gluten-free, non-GMO, and organic. Coffee beans are roasted locally and include regular and decaf, house blend, Nicaraguan, Brazilian, and Mexican. Even our smoothies are made with fresh organic fruit and milks including almond milk."

Their menu consists of the standard breakfast and lunch offerings including fresh soups daily and B. Kind's version of a breakfast bowl offered with either sweet or regular potatoes, eggs, bacon, and onions. The breakfast bowl casserole is made fresh daily. Desserts are pies and fresh fruits along with homemade Brazilian macaroons and even whoopie pies. It's worth a trip to check out their menu which is ever-changing by customer request.

B. Kind has a full liquor license that is a nice addition to their Friday and Saturday dinner menu as well as their Sunday brunch offerings. Signature cocktails include margaritas, bloody marys, mimosas, and sangrias and they also have a small beer and wine selec-

tion. All drinks are made from scratch with freshly-squeezed juices. Their omelets are amazingly delicious with an endless variety of additions to choose from. Check out their menu before you go at [www.bkindcafe.com](http://www.bkindcafe.com)

B. Kind Café and Lounge, 8 Davis Street. Phone: (508) 461-7662.

Hours: Wed/Thurs/Sun 9 a.m. - 3 p.m.; Mon 10 a.m. - 2 p.m.; Fri/Sat 9 a.m. - 10 p.m. Closed Tuesday.

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



Pictured (l to r) Kaileigh, sous chef; Kayla, sous chef; Darleen, prep; Ericka Labonte, owner-chef.

## Grand Opening



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## Samuel Slater EXPERIENCE

Sheep will be roaming the streets of the community soon in anticipation of the opening of Samuel Slater Experience on Ray Street in Webster. Keep an eye out for these colorful creatures expertly painted by talented artists. Pictured on the left is a sheep painted by artist Hueting Wu at Boston Productions Inc. On the right is a sheep painted by Pam Redick. Below is the Indian Princess cruising Webster Lake painted by Dave Laabs of the Airbrush Shack.

*Note to businesses: there are only a few sheep still available for sponsorship. If interested please contact [bvanreed@samuel Slater Experience.org](mailto:bvanreed@samuel Slater Experience.org).*



# Upcoming events for the Webster-Dudley Boys and Girls Club

By Tailor Bailey

Asst. Director

The Boys and Girls Club of Webster-Dudley will be hosting a variety of fund-raising events over the next few months and we need your

support for our programs. Throughout the pandemic we were open to serve as an emergency childcare center for essential workers, using considerable amounts of our

funds for this worthy cause. We also were a remote learning hub providing support and services to area families during the school year, affording educational opportunities for

our area families that could not do so. We sincerely appreciate any assistance and support you give us and look forward to seeing you at one or more of these events.

### Annual Golf Tournament

Saturday, October 9, at 1 p.m. at the Dudley Hill Golf course, our annual 18-hole shotgun tournament is a great day of golf, fun prizes followed by a raffle and catered dinner

afterwards at the PAV in Webster. Enter a foursome, donate to the raffle or sponsor a hole. Greens fees are \$125, including a cart, prizes and dinner afterward with raffles at the PAV. This is always a great event. Contact John Lefebvre at [jlefebvre15@yahoo.com](mailto:jlefebvre15@yahoo.com).

### Spaghetti dinner fund raiser

Come join us Thursday, October 21, at Point Breeze Restaurant for a spaghetti dinner

fund-raiser. The event is from 6 to 8:30 p.m. Tickets are \$15. A portion of the funds raised will be donated back to the United Way of South-Central Mass. If you are interested in attending go to our website at [www.bgwebsterdudley.org](http://www.bgwebsterdudley.org) to purchase tickets.

### Craft and Vendor Fair

The Boys and Girls Club of Webster Dudley will be hosting a craft and vendor fair at the club on Oxford Ave. on Saturday, November 13, from 9 a.m. to 2 p.m. We are selling spaces to artists, crafters, holiday fair and decor vendors for \$25 and donation of one raffle item to the host table. For more information contact [kmayotte@bgcworcester.org](mailto:kmayotte@bgcworcester.org).

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## Gladys E. Kelly Public Library calendar of events

The Gladys E. Kelly Public Library in Webster, 2 Lake St., Webster, 508-949-3880, has listed the following calendar of events. All programs are scheduled to be held outside on the Library lawn (unless otherwise noted), weather permitting.

### Adult Programming

**Yoga with Julie** – Saturdays in September 10:00-11:15 a.m. Join Julie at Gladys Kelly for a vinyasa yoga class for all levels. In Sanskrit, Vinyasa yoga translates to the “uniting of movement with breath.” A typical class involves a centering of the mind with the breath, aromatherapy, movement of the body to release energetic blockages and, finally, a rest and relaxation. Classes are free for Gladys Kelly patrons, and will take place in the Library’s Community Room.

**Fall Concert Series:** Mark Mandeville and Raianne Richards – September 11, 2:00 p.m. Mark Mandeville and Raianne Richards have contributed their first decade to the legacy of American folk and country music, sharing emotively intelligent lyrics, unmistakable vocal harmonies, and a unique blend of instrumentation with audiences throughout the US and Canada. The songs poetically reflect their personal experience as factory workers, teachers, community organizers and natives of postindustrial mill towns in central Massachusetts. Accompanying themselves on guitar, harmonica, ukulele, penny whistle, electric bass, and most uniquely clarinet, their live performance is often punctuated by humorous commentary. Concert is scheduled to be held outside, but will happen in the Library Community Room in case of rain. Please bring a chair or blanket if the concert is being held outside!

**Indoor Movie Night** – third Thursday of the month, beginning September 16, at 6:00 p.m. Join us monthly on the third Thursday of each month as we show a new release film. We’ll make theatre-style popcorn for you to enjoy! The film selection changes each month, call the Library for this month’s title: 508-949-3880.

Book Discussion Group – September 20, 6:30 p.m. The Gladys E. Kelly Public Library Adult Book Discussion Group meets at 6:30 pm on the third Monday of the month. New members are always welcome! Next month’s book discussion will be on Monday, September 20th at 6:30PM the meeting will take place via Zoom, and will be about the book A Woman of No Importance by Sonia Purnell. Stop by the library, or reach out by phone to 508-949-3880, or by email to ehale@cwmar.org for inquiries.

**Children’s and young adult programming**  
Songs and Stories Storytime – Wednesdays at 10 a.m. Join Miss Emily Wednesday mornings at 10 am to read books, sing songs, and do rhyme games. Meet other children and caregivers at this community event. After stories, catch up with other community members over a simple craft. This Storytime is best for children 0-5, but all ages are welcome. Masks are required for everyone in the children’s room over the age of 2 years. Disposable masks will be available.

**LEGO Club** – Thursdays from 3:30-4:30 p.m. LEGO Club is back, and we’re so excited to have you build with us again. Stop by the storytime room every Tuesday at 3:30 to freeplay with our bucketloads of LEGOs or try out our weekly challenge. Masks are required for everyone in the Children’s Room over the age of 2 years. Disposable masks will be available.

**Drop in Paint Hour** – Tuesdays starting September 13, from 3:30-4:30 p.m. It’s time to break out the paintbrushes! With a variety of paints and paper available, bring your artist in any age to join in the fun. Masks are required for everyone in the Children’s Room over the age of 2 years. Disposable masks will be available.

## Programs and events at the Pearle

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

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

**Toddler time**, Wednesdays 11:00 – beginning September 15.

Come join us for Toddler Time. We will have a different theme each week with stories and songs. This is geared for ages 18 months to 3.

**Deb’s sing and swing**, Thursday, September 16, 10:30-11:15 a.m. Preschool Music and Movement with Deb Hudgins. This is a 45 minute interactive program featuring singing, guitar music, dancing, rhythm instruments, stories and variety of fun props, including a parachute, beanbags, scarves, and pom poms. These programs are theme-based, and cover everything from holidays and seasons to dinosaurs and bugs.

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

**Baby time**, Fridays, 11:30 a.m. – beginning September 17. Join us for a Baby Time story time. We will be doing songs, fingerplays, and reading to our babies. This is geared for babies 0-15 months.

**Story book bingo**, Monday, September 20, 6:00-7:00 p.m. Come play Story Book Bingo, and for every Bingo pick out your very own children’s book to take home, ranging from board books to chapter books and everything in between.

## Calling all photographers. Show off your talent in TLGV’s 2022 calendar

The Last Green Valley, Inc. (TLGV) is searching for 13 photos capturing the unique spirit of the National Heritage Corridor. The selected images will appear in the 2022 TLGV Calendar and hang proudly in businesses and homes throughout the National Heritage Corridor and beyond!

Photos must capture the heart and soul of the natural, historic and cultural resources of The Last Green Valley. We welcome photos of people caring for and enjoying the National Heritage Corridor, but we must have the subject’s permission to publish.

The TLGV Calendar is a full 8.5 by 11 inches, printed in color on high quality paper and will be available through the TLGV online shop, with all proceeds supporting the programs and projects of the National Heritage Corridor. The name of the photographer and title of the image is printed with each image.

The photographer who earns the cover will be featured in a press release about the calendar, in addition to receiving 10 copies of the 2022 TLGV Calendar. All other winners will get five copies of the calendar.

Each photograph must be in color digital format, sized to 10” wide x 8” tall (landscape orientation), and at least 300 dpi and be accompanied by a completed contest form. Photos that do not meet the criteria will be disqualified. There is a limit of three entries per person. Contest forms are available online at [thelastgreenvalley.org](http://thelastgreenvalley.org). All submissions will become the property of TLGV. Submissions are due by email no later than noon on Sept. 23, 2021. Send to [LyAnn@tlgv.org](mailto:LyAnn@tlgv.org), subject line “Calendar Photo Contest.” For more information, please call 860-774-3300 or send questions to [LyAnn@tlgv.org](mailto:LyAnn@tlgv.org), subject “Calendar Photo Contest.”

The Last Green Valley National Heritage Corridor is the last stretch of dark night sky in the coastal sprawl between Boston and Washington, D.C. The Last Green Valley, Inc. is a member-supported, non-profit organization working for you in the National Heritage Corridor. Together we can care for, enjoy and pass on The Last Green Valley!

## 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@mystpatricks.com](mailto:officesupport@mystpatricks.com). Cash preferred. No credit cards will be accepted.

- 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.

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## J. ANTHONY'S

Continued from page 1

Distinctive craft cocktails will be part of their signature drink and meal menu. Jason stated that their lounge area was always a very successful part of their business and that many customers came to J. Anthony's for the atmosphere of their lounge. "We brought the comfortable and relaxing atmosphere of our

lounge to the front of our establishment. Two unique bar areas with local entertainment and lots of video with mint audio. You won't find another place like ours anywhere in this area. We're proud to show everyone the new changes we've made."

Jason was also quick to point out that J. Anthony's is still the same family-friendly restaurant it's always been.

They've listened to their frequent diners and have switched up their menu to reflect their diners' current tastes and requests and he feels that everyone will be happy with the results. "Our new dining area will be above the Garden Court in the Deck Room," he said. "We're utilizing all areas to their best advantage. It's definitely a new style. Our

customers will really enjoy themselves. Our same great staff will be right here for them."

J. Anthony's will certainly be focusing more on acoustics and sports, more so than in the past. They've renovated from top to bottom. "The days of missing your sports game will be rare if you decide to join us here," Jason said. "You can enjoy a

great meal, great cocktails, and still catch your team in action while experiencing a pleasant social atmosphere. Our craft cocktails will be made with specific ingredients for each unique request. Private event rooms, of course, will always be available for weddings, showers, graduations, family reunions and gatherings and the like. We feel that we

have the best quality food and pricing in the area!"

J. Anthony's Italian Grill, 917 Southbridge Street, Auburn. Phone: (508) 832-9705. Open Mon-Thursday 4 p.m. - closing; Fri-Sunday 11:30 a.m. - closing. www.janthonygrill.com. Find them on Facebook and Instagram.

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

## 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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Webster Public Schools will be hosting a FREE COVID-19 vaccination clinic run by the Massachusetts Department of Public Health. This vaccination clinic is open to any community member as well as any Webster Schools student and staff.

In order for children between the ages of 12 and 18 to receive the vaccine without a parent/guardian present, parents/guardians must fill out a consent and screening form and send them to school with their student that day. Consent and screening forms can be found on our website.

www.webster-schools.org

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

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*

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### 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.

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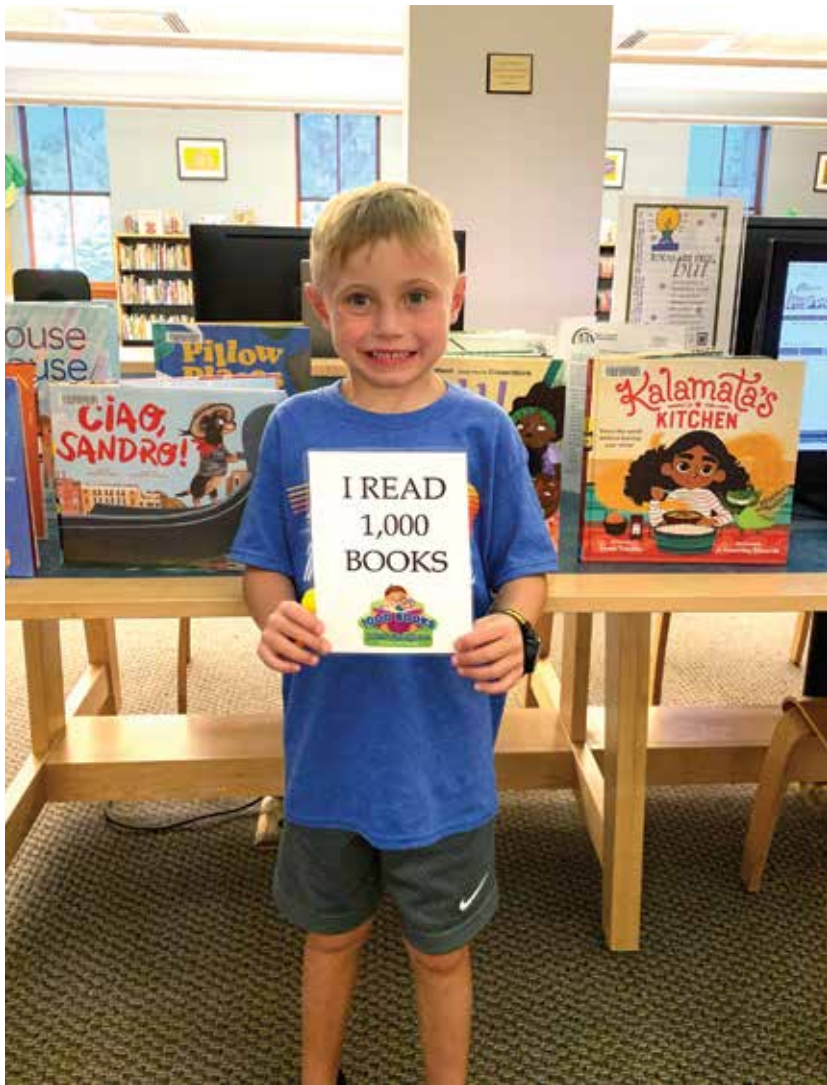
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## 1000 Books Before Kindergarten



Jaxon Thorstenson of North Grosvenordale, Conn., has completed the 1000 Books Before Kindergarten program at the Pearle L. Crawford Memorial Library. Way to go, Jaxon!

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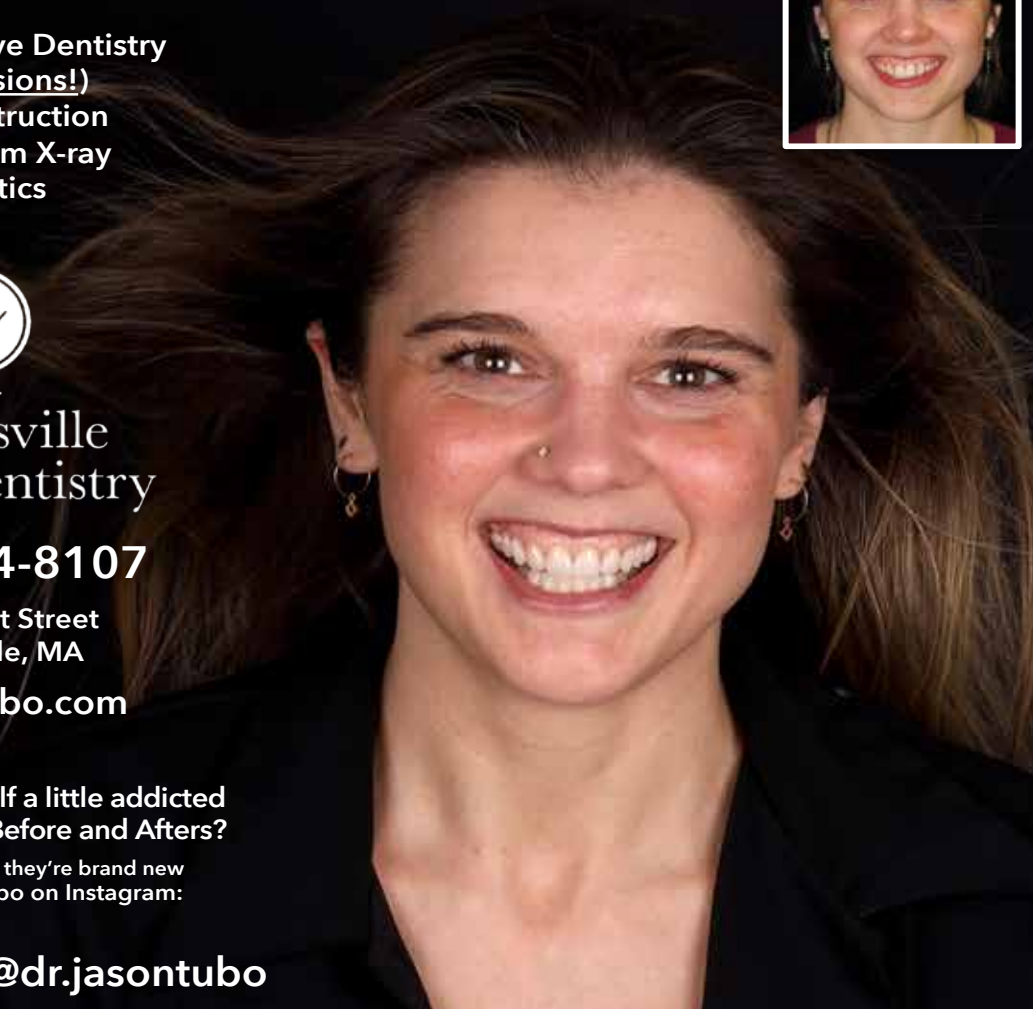


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# Samuel Slater EXPERIENCE



The Samuel Slater Experience is in the final stages of fine-tuning the exhibits. Nicole Huang of Boston Productions Inc. is one of the inter-active designer experts preparing the computers for visitors. She was on hand recently to test them out on individuals, young and young at heart to get reactions and suggestions for improvements. The displays were well received and enjoyed by all who had the opportunity to test them out.



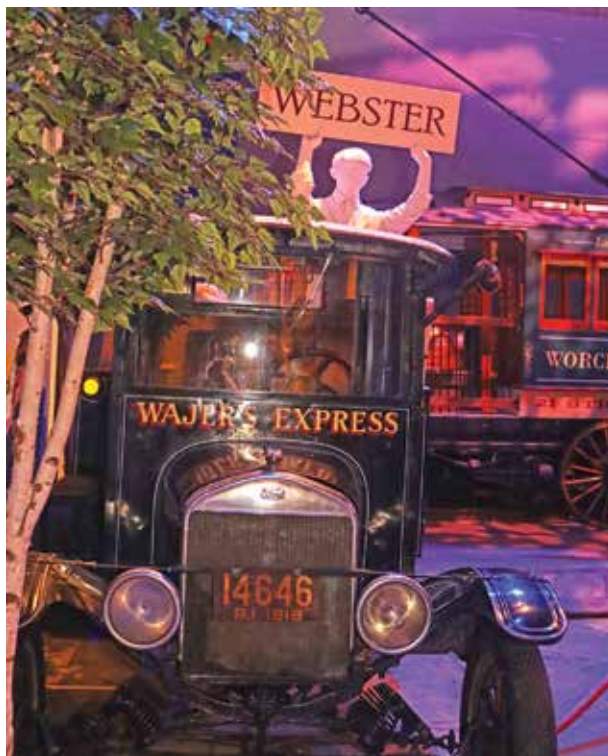
Julian and Viola Shore are busy choosing the design and colors of their fabric. The finished product will be sent to them via email or text displaying their masterpiece.



Connie Gallant designs her custom fabric.



Jocelyn Patterson is in the Webster Times building, pasting up her headlines for the newspaper.



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**Chief' corner**

**School started, watch for the school buses**

**By Chief Steven J. Wojnar  
Dudley Police Department**

The last year and half plus have certainly been a challenge, especially for kids attending school. Even though we are not completely back to "normal," the start of the "in-person" school year is upon us. With classes back in session, this is a good opportunity to remind everyone of the laws surrounding school buses. Buses transport hundreds of children each day. Safety is a great concern while they are engaged in their business.

The law covering school bus violations is contained in Massachusetts General Laws Chapter 90 Section 14. Drivers are required to come to a full stop when these vehicles have red lights flashing and children are entering or exiting the bus. A first offense penalty for a violation carries a \$250 fine. Subsequent offenses can range from \$500 to \$2,000 and can also include a license suspension for a minimum of 6 months. Drivers must also keep their vehicles at least 100 feet behind a school bus. Buses are required to have the words "keep back 100 feet" prominently displayed on the rear of the bus.

It is important to note, there are many other vehicles used to transport school children that qualify as school busses. These are outside the normal "large yellow bus." Passenger cars and vans are used quite often to transport students, particularly those who are disabled or with special needs. The Dudley Charlton Regional School District will have a number of these vehicles out transporting children in our area. Due to the less obvious appearance of these vehicles, many drivers fail to stop when required.

The same bus rules apply to these vehicles. Please pay extra attention and be aware of their presence.

Remember to watch for children approaching or leaving busses. They may be rushing around and not paying particular attention to their surroundings. This is especially true for younger kids during the first few weeks of the school year. It can take some time for children and parents to become acclimated with their situation. Buses will make frequent stops, especially when transporting the elementary school children. As drivers, take the time to pay extra attention for potential hazards and always exercise patience.

On behalf of everyone at the Dudley Police Department, I wish you all a happy, healthy, and safe 2021-2022 school year.

**An evening of great music**

WEBSTER - Join in for an evening of great music and good company on Saturday, September 11, at 2 p.m. It will take place on the lawn between Webster Town Hall and the Gladys E. Kelly Library (rain location Community Room in the library) featuring Mark Mandeville and Raianne Richards.

Mark and Raianne are contemporary folk singers.

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

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

They have contributed their first decade to the legacy of American folk and country music. These local musicians will perform songs from their recent release *The Road Must Rise* and many old favorites. Be sure to bring a chair. The event is free at the Gladys E. Kelly Library, 2 Lake Street, Webster, funded by a grant from the Janet Malser Trust.



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## Ring Bells on Sept. 17 to remember the US Constitution

September 17 at 4:00 p.m. church bells and fire alarms will be rung in the United States to commemorate the signing of the Constitution 234 years ago, and 230th anniversary of the ratification of the first ten amendments known as the Bill of Rights. This is the 66-year of the first resolution by the U.S. Congress to observe Constitution Week. Every September 17 all schools who receive Federal funding are required to teach students about the Constitution. The Daughters of the American Revolution (DAR) are dedicated to honoring those who gave their lives for this Constitution and defended it at all cost.

Captain Job Knapp Chapter of the Daughters of the American Revolution promotes this week every year. The Constitution is a living document that assures each citizen of the freedoms Americans cherish and appreciate. As members of the Daughters of the American Revolution, it is our responsibility to keep our ancestors' legacy alive by promoting the ideals they fought valiantly to give their descendants. For more information contact Carolyn Lavallee at clavallee234@gmail.com.

## Auburn Homcoming and Fall Festival

AUBURN - The Auburn Homcoming and Fall Festival will take place on Friday night and Saturday, September 24 and 25.

Friday night the Auburn football game will be played at 7 p.m. Saturday-11:00am - 4:00pm at Auburn High School there will be games, train rides, pumpkin decorating, live music by East West Duo, food, craft vendors, fun for all ages. Schedule of events will be listed in the Auburn News and on [www.auburnguide.com](http://www.auburnguide.com), sponsored by the Auburn Recreation and Culture Department, Auburn Public Schools, the Home Depot and Lungren Honda of Auburn. For information please call-508-832-7736 or email [kpappas@town.auburn.ma.us](mailto:kpappas@town.auburn.ma.us). The event will be held rain or shine.

## Alzheimer's Support group meetings begin September 13

The Alzheimer's Support Group sponsored by the Al-

zheimer'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



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Andrew Kennedy

Rob Steen  
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Steve Scarfo  
appeared in Fever Pitch and The Fighter

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starred in "Comic To Watch" by the Boston Globe, Boston Comedy Festival

Lineup subject to change without notice.  
Reserved Seating. Order your tickets online at [www.thebradleyplayhouse.org](http://www.thebradleyplayhouse.org)  
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DCLT is also conducting a "Native and Pollinator Bulb

Sale" and most of the plants for sale will be noted in this program. "Native Wildflowers through the Seasons" presentation is scheduled for Tuesday, Sept 21, at 7 p.m. sharp at The Dudley Grange, 139 Center Rd, Dudley. Event is free, however registration is

necessary, as space is limited. Please call 508-949-0250 to register and leave voice mail with your name and number.

Visit our DCLT website [www.dudleyclt.org](http://www.dudleyclt.org) for added information of the above program and our bulb sale, now showing limited quantities.

1771

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There will be door prizes and raffle baskets. Tickets are \$5.00 at the door, or advanced tickets are available for \$3.00 by calling Elizabeth Luchina at (508) 949-1498.

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The Indian Ranch Box Office is open Thursday through Monday, 10AM - 4PM. Tickets are also available by phone: 1-800-514-ETIX (3849). All events are rain or shine. No refunds. For ticketing and group sales, contact [tickets@indianranch.com](mailto:tickets@indianranch.com) or call 508.943.3871. For event booking, contact [banquets@samuelslaters.com](mailto:banquets@samuelslaters.com). Indian Ranch is less than an hour's drive from Boston, Providence, Hartford and Springfield. Indian Ranch is located at 200 Gore Road in Webster, MA.



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## bankHometown to host three free shred days

OXFORD — bankHometown invites customers and members of the community to three free Shred Days at local offices. Events will be held on the following dates and at the following locations. No appointment is necessary.

September 11: 8:30 a.m. to Noon, Lancaster office, 131 Main St.

September 25: 9:00 a.m. to Noon, Auburn office, 569 Southbridge St.

September 25: 8:00 a.m. to 10:00 a.m., Putnam, Conn., office, 182 Main St.

Local residents can reduce their risk of identity theft by bringing old mail, receipts, statements or bills, cancelled checks, pay stubs,

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- 1 LB. HOT DOGS OR 1 LB. BACON

### B - \$50.00

- 5 LBS. CHICKEN LEG QUARTERS OR 3 LBS. BONELESS CHICKEN BREAST
- 2 LBS. LONDON BROIL STEAKS OR 1 LB. SIRLOIN TIPS
- 3 LBS. CUT UP CHICKEN OR 1 LB. HOT DOGS
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- 3 LBS. HAMBURG OR 1 1/2 LBS. SIRLOIN TIPS
- 3 LBS. CUT UP CHICKEN OR 1 LB. BACON
- 3 LBS. BONELESS CHICKEN BREAST OR 1 PKG. (1 1/2 LBS.) MARINATED CHICKEN BREAST OF YOUR CHOICE
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# Samuel Slater **EXPERIENCE**

## Help us tell the story as a Slater Experience Guide

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

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

### Requirements

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

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

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

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

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

### Benefits

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

For an application form, contact Reanna Kuzdzal at 528-461-2955 or email rkuzdzal@samuel Slater Experience.org. Applicants will be asked to come in for an in-person interview.

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## September events at Booklovers' Gourmet

**September Photo Exhibit - The Curious Life of Pollinators**  
**By Nature's Perspective Photography** on view through September 30 at Booklovers' Gourmet, 72 East Main Street, Webster. A meet and greet with the artist will take place on Friday, September 10 from 3:30-5 pm. For more information email deb@bookloversgourmet.com or call 508-949-6232. The show will be available for viewing in our cafe gallery during regular business hours: Tuesday-Saturday 10-5. Please note, the store will be closed September 14-16 for a brief vacation.

Nature's Perspective Photography started when photographer Nicole Giles began raising Monarch Butterfly Caterpillars in 2017. The hobby grew and in 2018, Nicole released 271 tagged butterflies, with almost 200 more in 2019. She is now working on a Master's Degree in Entomology where her interest continues to expand to include improving insect habitat and pollinator health. Along the way, Nicole discovered a talent and passion for photography, and has now amassed a collection of nature-themed pictures ranging from beautifully colored butterflies to macro photography of native bees and caterpillars.

The goal of Nature's Perspective Photography is to increase nature appreciation through educational and artful photographs. Through craft fairs, library displays, and social media posts, Nicole is opening eyes to the curious life of pollinators and the need for conservation. Follow Nicole on Instagram at @naturesperspectivephotos to join her on an endless search for the perfect photos of new and different pollinator species. See attached images.



### Open mic poetry

The return of monthly open mic poetry event is starting September 18, from 2-4pm and will continue on the third Saturday of every month, as long as it is safe to do so. Masks are required for anyone not vaccinated. Bring original or favorite poetry to share in a round-robin style. Space is limited so please reserve your space ahead of time in order to participate by

emailing deb@bookloversgourmet.com or calling 508-949-6232. Booklovers' Gourmet, 72 East Main Street, Webster.

### Book signing

On Saturday, September 25, 11 am-12:30 pm, join us for a book signing and talk with Dorothy Cooper-Browne, author of "Four States of Abuse," at Booklovers' Gourmet, 72 East Main Street, Webster. RSVP to deb@bookloversgourmet.com or 508-949-6232. Masks are required for anyone not vaccinated.

About the Book - "Four States of Abuse" is my personal journey of experiencing abuse from my childhood to adulthood. I did not know that I was being abused at times, but it was abuse, mental and physical. I was born in the south. Sheltered from society. Taught to not question adults.

At a young age, I found out that my mother did not want me and sent me to live with my Aunt and Uncle, who did not have kids. It was here that I was closed off from the world, sheltered from society. I was made to follow commands without question or hesitation. Being an only child, my sense of innocence was not exposed to life and I took everything at face value. There was no one really there to educate me about the way life should be. Through my story, I hope to inspire people to get out of their situations and seek help.



Dorothy Cooper-Browne wants to help other people by sharing her harrowing story of abuse. While she did not know at the time that she was being abused, she survived mental and physical mistreatment. Growing up, Dorothy thought she would be a nun, so she never smoked, never drank, and never did any drugs. To this day, she is still living a clean lifestyle. Though she never had any idea what the future would hold for her, she has always been on a journey to love herself unconditionally. With her sons' encouragement, she finally decided to pen her story. In her downtime, Dorothy loves to read, spends quiet moments working on puzzles—everything from crosswords to Jigsaws—and enjoys dancing and singing. With an impressive forty-two years in the banking industry, she is proud of her achievements. She hopes to inspire others who are caught in abusive situations to escape and seek help. There is no shame in starting over and she believes everyone has the right to be happy, safe, and loved for their true selves... even if they can't see that.

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# Fall football outlook is positive

The 2021 football season has started on all levels - NFL, college, and high school. Thank you Bill Belichick, New England Patriots football coach for naming Mac Jones as the starting quarterback this season. Tom Brady should have never left the Patriots and it was because of Belichick that he did, but let's move forward with rookie Mac Jones.

Good Luck to the Nichols College Bisons and coach Dale Olmsted who begins his 7th season at Dudley Hill. Olmsted has a career record of 21-39 at Nichols and has improved the program in many intangible areas since his arrival in 2016. He is the only right guy for this job and is a favorite of legendary coach Mike Vendetti's former players. Olmsted has kept Vendetti's golden era coaches Ed Kunkel and Rene Langevin and former players part of the current Bison program with annual golf tournaments and naming awards after former great players.

This relationship between Vendetti's era and Olmsted's rebuild has been a positive ex-

perience as the years unfold. Prior to Olmsted's arrival at Nichols, the once well respected football program was on life support and an ultimate death walk due to the administrative powers closing both their eyes on the program. It was that bad, but Olmsted has revived the program and has generated life and enthusiasm into the great tradition up on Dudley Hill. Nichols will be back to championship form soon. They are the dark horse in the CCC in 2021. The Bison have been picked to finish 3rd in the Commonwealth Coast Conference this year.

### Welcome to Bartlett

The Mike Harpin era has begun at Bartlett High School as the new football coach and the word on the new Indians coach is that the kids have already taken to the new playbook with much enthusiasm.

Harpin has been around the football block and has brought over 25 years of Division One Central Mass high school football and semi-pro offense and defense to the Bartlett locker room in the way of Xs and Os.

Bartlett has scrapped the single wing antique offense for a brand new Corvette. Sounds great, but the Corvette is only good as good as the driver meaning the Indians personnel has to fit Harpin's Xs and Os. Bartlett needs a shot in the arm and Harpin is the right guy for the Indians. As always on this level, the Indians have to stay injury free.

### MIAA changes

The MIAA has a new realignment for your high school 2021 football season. This space has been opposed to the alignments of the MIAA since the mid 2000s and was actually on the original Central Mass. committee for an eventual statewide divisional champion. It was a bad idea and I respectively excused myself from the committee because of the Eastern Mass. bully mentality.

Well, after a decade of a playoff format that assassinated Thanksgiving football, the MIAA is keeping the seven game regular season schedule and November playoffs the same. The only change is they realigned the bigger schools in Central Mass. to Division One instead of being in Division 3. St. John's, Shrewsbury, and Wachusett move up to Division One and get to compete for a Division One statewide Super Bowl. That's the only worthy crumb Central Mass.

got in this whole playoff nightmare.

Remember this is high school football in Massachusetts not Texas, Ohio, or Florida. Massachusetts is all about Thanksgiving football, not getting full scholarships to football factories. Can we say Chris Lindstrom and Sean McKeon and Alec Lindstrom? The first two made the NFL, the younger Lindstrom is on track for the same. Enjoy those three now because it is highly improbable that we will never see that scenario ever again. It is special. Becoming an NFL player from these parts is like winning the lottery. Nothing against our athletes, it just never happens. Ask any local parent who pays to send their son to any high end football team, think AAU, and if they are honest those parents will tell you their son can compete with the big boys, but realistically there are no Division One offers or a shot at the NFL. In the future. Competing with

the best players in the country doesn't mean you can play consistently everyday at their level. Plain and simple. Our kids are tough and hard nosed, but the John Fitzgeralds of Southbridge, the Lindstroms and Sean McKeon are few and far between. Even the great Mark LeBlanc of Southbridge, the best high school football player in these parts in the 70s until Chris Lindstrom came along, didn't play in the NFL. LeBlanc went to Notre Dame on a full scholarship. He uses that education today in fine fashion. That's what it is all about.

It was great to hear from so many readers regarding the piece on the history of Shepherd Hill coaches and former players. There was no doubt that Eddie Jarosz was the unanimous choice for being the most important football player in Shepherd Hill's close to 50 year history. Remember the key thing to this: Shepherd Hill never was a first year

football program because of Jarosz. Jarosz was the first quarterback for the Rams. Not only was he the QB but he was a charismatic leader. The Pied Piper. Eddie also had the same effect as a basketball and baseball player in the Rams' early years. Don't get the wrong message here about Jarosz please. His supporting cast alongside of him in those early years deserve a lot of credit.

The coaches and players who were part of those upstart years at SH were also instrumental in the successful start. The best way to recognize everyone who was part of the beginning is to start a Hall of Fame. The recent "French River" story by close friend Rusty Oleszewski certainly made Shepherd Hill worthy of having a Hall of Fame. Come on all you Rams alumni, you deserve a Hall of Fame. Your tradition deserves better and a Hall of Fame would seal that deal.

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**Paws corner**

# Do cats, goldfish mix?

By Sam Mazzotta

**DEAR PAW'S CORNER:** My daughter received a goldfish for her last birthday, and true to her word, she has kept the fish healthy and happy. Now, for her 9th birthday, she wants a kitten. I feel that she's old enough to care for a cat, but am worried that the cat will stress her goldfish. What are your thoughts? – Judy G.

**DEAR JUDY:** As a parent, your instincts are important and this one is worth thinking about. Cats are fascinated with fish tanks and can often be found watching the fish inside with

rapt attention – if not actively trying to get a paw into the water.

Discuss your concerns with your daughter. At age 9, she's old enough to consider this problem as well. Is there a way for her goldfish to remain healthy and stress-free while bringing a kitten into your home? There are strategies for doing this successfully, including training that diverts a cat's attention from the tank and placing the tank out of sight or reach of the cat.

Caring for pets is a way to

help children develop empathy for all living things. It can help them learn about responsibility, too – but only when parents are actively involved in the process. You're doing a great job of helping your daughter understand the importance of caring for pets of all kinds.

Having second thoughts about bringing another pet into the house is exactly the kind of thinking parents should do. But you also have the opportunity to guide your daughter and have her be part of the decision as to whether a kitten

is a good idea at this point, or whether she should wait another year.

**Dog's begging spirals out of control**

**DEAR PAW'S CORNER:** Our dog "Boadicea" is a sweetheart, but when she wants a treat she turns into a little monster. She drools on my arm, chews on my roommate's shoe (with his foot in it), barks loudly, yips ... whatever it takes. We eventually break down and give her a treat. This happens several times a day. How can we stop this behavior? – Darren

**DEAR DARREN:** There are two steps I'd recommend to curb this behavior, because you know the downside of Boadicea's begging: spiraling behavioral problems, future digestive issues and potential obesity.

First, reinforce her basic obedience training. Work with her at least once a day on the "sit," "stay," "lie down," "leave it" and "come here" commands. I recommend not working with her during the time that you're normally relaxing in the living room with your roommate, because you want to try to reinforce that certain places and times are for training, play or treats.

Obedience training alone won't resolve the problem, though, because she's developed a habit of begging whenever you're trying to relax or socialize. So, you'll need to employ the "ignore and divert" strategy as well.

Ignore her attention-seeking behavior for a specific amount of time...say, five minutes. Next, command her to either sit or lie down, and give her a chew toy. When she inevitably gets up to beg again, repeat the process. Don't give her a treat at all. This will take time, but eventually she will get it.

Many dog owners add a structured treat time to the day. For example, after your dinner and dishes are done, she can have her treat. This will help reinforce when and where she gets treats, and how she is supposed to behave.

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

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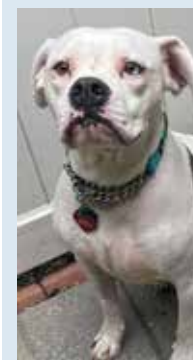
We have several dogs up for adoption at this time with more scheduled to come in. They range in age from 5 months to 6 years. If you are not looking to adopt at this time, please share these beauties with friends and family to help find their forever homes. Visit our website [dogorphans.com](http://dogorphans.com) 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 is a goofy, active, kind-of-class clown sort of character. Rudolph's got lots of young puppy like energy. He will need an 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 giant ever. 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 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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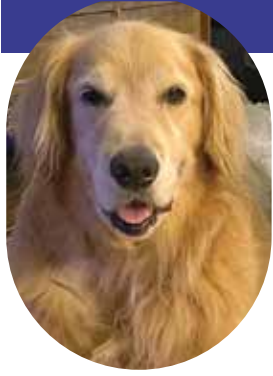
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## Living ON with Lincoln

# 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, 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 [amyleclaire@hotmail.com](mailto:amyleclaire@hotmail.com)



Up for adventure, only weeks before his passing.



Lincoln enjoys happy times with friends.



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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 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



Denis LaForce at the Mexican border.



At the Canadian border.

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.amcworchester.org](http://www.amcworchester.org)

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

## 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 expenses; 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@edwardjones.com](mailto:Karen.rieser@edwardjones.com) by September 28 to receive a zoom link.

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**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.

**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 sacredhearhopedale.org. Like us on Facebook: www.facebook.com/twiceblessedthriftshophopedale/

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**KOVELS® Antiques & Collecting**  
By Terry and Kim Kovel

**Satsuma Vase**

Satsuma pottery is from Japan. It was made in the 1860s and was sometimes purchased by American visitors to Japan and brought home. During World War I, American housewives who enjoyed hand-painting china could not get any from Germany, so they imported undecorated white Satsuma and made what is now called "American Satsuma" with stylized art deco decorations. But by the 1950s, the antique Satsuma was rediscovered by collectors and the pottery from Asia was prized. Old Satsuma has a creamy, slightly yellow background decorated in red, green, blue and orange, and highlighted with gold paint.

A rare type of old Satsuma made in the Meiji period (1868-1912) is called Reticulated Satsuma because it has not only painted

**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](mailto:auburnmuseum@verizon.net). Please no early birds.

decorations, but also designs made of tiny, shaped holes. A vase of this type needs a liner to hold water if it is used for flowers. Reticulated china is very complicated and difficult to make. Large pieces often collapse in the kiln.

Cottone Auctions had a spring sale that featured a 19-inch vase with an 11-inch diameter that was totally covered with a painting of iris leaves and flowers, and a partial design of a woman in a garden painted over a black background. The vase came with the original insert and was signed by the artist. The successful auction bid of \$14,160 was over the high estimate of \$10,000. Look for the Shimazu crest mark on old Satsuma. It is a circle with a cross inside.

**CURRENT PRICES**

Mechanical bank, Trick Dog, clown holds hoop, dog jumps through and deposits coin, cast iron, Shepard Hardware, 3 x 8 3/4 inches, \$340.

Advertising clock, 7UP Likes You, metal body, glass face, logo, bubbles, orange ground, green border, marked, Pam Clock Co., Brooklyn, 15 inches diameter, \$675.

Doll, Madame Alexander, Elaine, hard plastic, Tosca wig, walking body, white organdy gown, hat, pearl necklace, c.1954, 18 inches, \$1,095.

For more collecting news visit [www.Kovels.com](http://www.Kovels.com). (c) 2021 King Features Synd., Inc.



This Satsuma vase with intricate reticulation and decoration brought over \$14,000 at a Cottone auction.

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# The Big E returns for seventeen fun-filled days Sept. 17-Oct. 3

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 6:30 pm and Fri. - Sun., at 5 pm; 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 - 10 pm. 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.

Sahara, presented by Camel Kingdom Inside Gate 7 see this rare breed of blue-eyed, spotted dromedary camels - an educational glimpse into the world of this spectacular species.

Circus Spectacular, sponsored by MGM Springfield under The Big Top daily, 1, 4 and 7pm. Ringmaster Ian Garden leads an international cast of performers under the big top. Watch and be entertained and amazed by some of the finest circus acts performing today.

Premium reserved circus tickets are \$10, at TheBigE.com and The Big E Box Office.

Swiftly Swine Racing Pigs, sponsored by Leaf Filter Gutter Protection at the Mal-lary Rotunda daily - 10:30 am, 12:30, 2:30, 4:30 and 6:30 pm. Grab a front row seat at the "Pork Chop International Speedway" and see these nimble squealers in a dash for the grand prize, an Oreo cookie. And don't forget to have your "pigure" taken with Swiftly.

Collector Car Live returns to The Big E Sept. 26 at noon on The Court of Honor Stage, sponsored by MattressFirm. Velocity Channel favorites, Mike Brewer of Wheeler Dealers, Wayne Carini of Chasing Classic Cars, and Barrett Jackson's Steve Magnante will emcee. This automotive event features a first class line-up of vehicles from Brass Era cars to million dollar exotics, plus commentary and interviews

by show hosts and car experts.

### 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 Crazy 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.

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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.



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## Cruisin' scene

### Downshifting car show season

By Jim Weicherding

Normally, during the car show season there would be an article featured in Motor Head about area cruisin' scenes. When these September issues hits the stores, automotive shops, car shows and cruise nights the cruisin' season will be winding down for the year. However, due to the constant poor weather conditions we had to endure this past spring and summer, some of the weekly cruise nights that normally call it quits the last weekend of this month are considering extending their car show season into the month of October.

Most of us are aware that the Bass Pro Shop bi-weekly Thursday cruise events usually end the week of Halloween. I know firsthand that the Tri-State Cruisers are extending their season into October as long as the weather permits. Their new weekly car show hours starting the first Saturday in October at Pizza 101 located in Pomfret, Connecticut, are from 1-4 pm weather permitting.



There may be other hosts and DJs who plan on doing the same with their weekly cruise nights for October as well. The few that do decide to continue hosting these venues might leave a lot of questions about where to attend these automotive events. The predominant DJs I can think of would be DJ Car Guy and Cruisin' Bruce Palmer in this area and visiting their events websites information should let everyone know what's happening, and where and when it's happening.

There are still a few more weeks ahead of us if you want to keep on cruisin' and enjoy weekend car shows and weekly cruise nights. This cruisin' scene feature will reappear again next March launching the 2022 car show and cruise night season. Watch for it.

## 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.johnpaul.podbean.com](http://www.johnpaul.podbean.com) or other popular podcast sites. Email your car questions to [jpaul@aaanortheast.com](mailto:jpaul@aaanortheast.com). Follow John on Twitter @johnpaul and friend him on facebook [mrjohnpaul](https://www.facebook.com/mrjohnpaul)



**Q.** I'm 25 years old and I have a chance for a new job in Park City, Utah, and unfortunately they do not offer work from home. They do offer remote access but to work for this company you do need to live within a reasonable commuting distance. The job looks better than great, with terrific pay and benefits but will require this very long road trip. Here is the issue; my car is a 10-year-old Honda Accord, can I take this car safely cross country?

**A.** The three most common reasons people call AAA are keys locked in the car, dead batteries and flat tires. If I was to do this trip, I would bring the car to a good garage for an overall checkup focusing on parts that age. This would be drive belts, cooling system, tires, and the electrical system. If your Accord has a six-cylinder and the timing belt was not replaced, do it before the trip. The four-cylinder engine uses a timing chain and requires no maintenance. I would also look at brakes, steering and suspension components and fuel and brake lines. Also carry an emergency kit of premixed coolant, extra oil and transmission fluid, first aid kit, portable air compressor and jump-pack. If everything is repaired or looks okay the trip is certainly possible. The job sounds like a great opportunity and best of luck.

**Q.** I have a GMC 2500HD pickup that is used for work (I'm a carpenter) and towing my 24-foot boat on weekends. The door sticker states the front tires should be at 65 PSI and the rear tires should be inflated to 75PSI. I just had an oil change and tire rotation at my dealer, at about 11,000 miles. I

checked my tires, and they are all at around 65PSI. Should I set the tires at different levels?

**A.** I believe in setting vehicle tires at the pressure recommended by the vehicle manufacturer. The only time I would vary the pressure is when you are towing your boat or if you were carrying a heavy load for a long distance.

**Q.** Recently, while driving out on the highway the windshield just cracked. I didn't see anything hit the window, but the crack ran across the entire windshield. The car is a 2016 Honda Pilot and I have only owned it for a couple of years, so I don't know if the windshield was original or not. When I had the windshield replaced the glass guy said this is fairly common with these cars. If it is, why?

**A.** Glass can shatter from stress, (the body flexes) poor installation, defective product and of course impact. Glass also has a memory, and an almost undetectable chip can turn into a crack due to heat and stress. A quick search of online forums show the incident of cracked windshields in the 2016 Honda Pilot to be common.

**Q.** I have a 2019 Toyota Corolla and the air conditioner is stinky, not that it doesn't work, it cools fine, it just smells. The dealer told me it is normal and there isn't anything they can do about it. I purchased the car when it was about 18-months old, I wonder if this is why they traded the car.

**A.** Start with making sure the air-conditioner evaporator drain is clear (you should see water drip under the car when the A/C has been running for a while). When using the air conditioner, always try to use the fresh air or outside air setting. This will help in reducing odors stuck in the car and also will help eliminate excessive moisture which can lead to mold and mildew in the ducts and air-conditioner evaporator. In some cases, the evaporator and cooling ducts need to be cleaned. Toyota also has a charcoal impregnated filter which helps reduce odors. If you can get in the habit a couple of minutes before the end of your drive shut off the A/C but leave the fan on this will help dry out the air-conditioning/heater ducts.

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• A team of Japanese scientists and engineers created a fire alarm for the deaf that works by spraying vaporized wasabi into the air – it will even wake them up if they're sleeping.

• Bees can fly higher than Mount Everest.

• In 1960, during a period of high tensions between Havana and Washington, a Cuban cow got hit by a chunk of a falling U.S. satellite. Islanders got a dig in at their American neighbors by parading another cow through the streets sporting a sign that read, "Eisenhower, you murdered one of my sisters!"

• Before trees existed, the earth was covered with giant white mushrooms.

• All astronauts going to the International Space Station have to learn to speak Russian, as the controls of their

Soyuz spacecraft are in that language.

• Fried chicken originated in Scotland.

• Off-duty paramedic Matthew McKnight earned the dubious Guinness World Record for furthest distance thrown by a car when he was hit by a vehicle traveling 70 mph and was catapulted 118 feet. Amazingly, while he suffered serious injuries, he managed to recover.

• There is a Fictitious Athlete Hall of Fame. Inductees include Rocky Balboa, Mr. Miyagi and Happy Gilmore.

• You're more likely to be bitten by a human than a shark.

• Not that we think you'd actually drink this much, but 10 gallons of carrot juice will kill you. Its vitamin A content is high enough to make your brain swell, along with other nasty symptoms. By the way, you can also overdose on the vitamin by eating a pound of polar bear liver every day.

• Baked beans aren't baked. They're stewed.

• After he seized power in Cuba, Fidel Castro banned the board game Monopoly and ordered every set to be destroyed.

• Researchers have found that there are 19 different types of smiles, but only six occur when we're having a good time. The rest happen when we're in pain, embarrassed, uncomfortable, horrified or even miserable.

## Collect memories in the "Memories Box"

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

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

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

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

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

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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 dread-

ful 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.

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## Tips on financial planning



**Dennis Antonopoulos**

It's been called the "Great Resignation" – the large number of Americans voluntarily leaving their jobs. If you plan to be part of it (ideally with another source of employment lined up), you'll need to make the financial moves necessary to keep making progress toward your long-term goals.

Here's some background:

### Plan ahead before joining the "Great Resignation"

After a year in which the pandemic caused so many people to lose their jobs, the economy is opening back up, but the "quit rate" – the number of jobs people have voluntarily left – has been breaking records. Some economists say this high quit rate is because people are confident of getting better jobs, with higher pay and more flexibility to work at home, or because they are preparing to start their own business or join the gig economy.

If you're thinking of joining this temporary migration from the workforce, how can you help ensure that you'll be financially stable and can continue to make progress toward your long-term goals?

Your first move is to look clearly at your financial situation. As mentioned above, it's best to have new employment in hand before you quit your job. Alternatively, perhaps you have a spouse or life partner who earns enough to sustain the two of you, or you've built up an emergency fund that gives you a cushion.

However, if your short-term income is less than you previously earned or you need to go without a paycheck for a while, could you still pay your bills? If you are strapped for cash, you might be tempted to tap into your 401(k) or other employer-sponsored retirement plan. But this move will generally result in taxes and, if you

are younger than 59 ½, a 10 percent penalty as well. Because of this, and because your retirement accounts are designed to be a financial resource after you retire, think twice before dipping into these funds if you leave your current employer.

If your employer allows it, you can leave your money in the 401(k) so you'll still be accumulating resources for retirement. You also have the option to roll those funds into an individual retirement account (IRA) or a new employer's retirement plan.

And if you plan to work for yourself as a freelancer, consultant or business owner, you'll still want to save toward retirement. Possible

retirement plans for the self-employed include an "owner-only" 401(k), a SEP-IRA or a SIMPLE IRA, all of which may be relatively easy to establish and offer tax benefits. A financial advisor can help you find a retirement plan that's appropriate for your needs.

Here's something else to keep in mind – an emergency fund. As mentioned above, if you already have one, you'll have some breathing room if you're thinking of leaving your job and might have a temporary gap in income. But as the name suggests, an emergency fund is there to help cover unexpected costs, such as a major home repair, without forcing you to take out a loan, or cash out part of your

longer-term investments. So, if you are planning to tap your emergency fund, work to restock it as soon as possible.

If you're participating in the "Great Resignation," it means you're feeling positive about your future employment prospects, which is great. But you'll want to support that optimism with a strong financial foundation.

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

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RE: Real Estate



**Mark Marzeotti**

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

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

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, be-

cause 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.

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