

The Yankee Xpress

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'Onward Oxford' battle cry resonates with the community

By Rod Lee

Oxford Town Manager Jennifer M. Callahan, her colleagues with the municipality and residents and businesspersons in the community are in an understandable state of excitement these days, with the inaugural issue of a newsletter, Onward Oxford, now in circulation.

Brimming with timely information including reports by Ms. Callahan, all of her department heads and key personnel, the neatly packaged debut edition of Onward Oxford went out in September and is already generating positive feedback.

"It's unique, it's different," Ms. Callahan said of the newsletter on October 8. "It's been a major key performance indicator for me.

"We had been talking about how to brand the town, how to really engage the residents. Facebook wasn't cutting it. We wanted to revamp material to connect with people. It started with a number of different things we wanted to do and I thought of 'onward' and arrows and our production media coordinator pulled it together."

Known throughout her public life as a hard-charging go-getter, Ms. Callahan said that when the possibility of an endeavor of the sort was "revisited" in July she

said to staff "we have such a story to tell and with the pandemic it gets lost."

She asked every department head to "put something together, something terrific, something transformative, send us pictures and data and we'll send it out. The response has been resoundingly positive."

This can in large part be attributed to the content that was submitted by Ms. Callahan's "correspondents." DPW Director Jared M. Duval, for instance, talked about "a repair alternative" that involved "grinding existing gutters," i.e., "shimming and/or levelling them with hot mix asphalt and installing an 'HMA' overlay to provide an improved roadway profile and wearing surface."

Tony Sousa, who is director of planning and economic development, reported on the \$24,000 that was awarded to the town by the Janet Malser Humanities Trust "for streetscape beautification in the Main St. Historic District."

From Fire Chief Laurent R. McDonald came announcement that Oxford Fire and Emergency Services had launched an "address in-

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Oxford Town Manager Jen Callahan, who says the Onward Oxford newsletter will be sent out to residents and businesses quarterly.

U-Haul about to breathe new life into Webster Kmart plaza

By Rod Lee

By all appearances the former Kmart plaza on Worcester Road in Webster has seen better days, with that department store long gone and the large space previously occupied by the Shaw's supermarket to its left also sitting empty.

Another storefront was abandoned when Radio Shack closed up shop, making for a pretty forlorn sight at 74 Worcester Road despite the presence of a number of functioning businesses, including Sally Beauty Supply, Divine Nails & Hair Spa, The Vault, Family Dollar, Anytime Fitness and Webster Smiles.

All that is about to change, with U-Haul Moving & Storage taking over the old Kmart site

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What was once at Kmart store on Worcester Road in Webster has been taken over by U-Haul and will be put back into use as a moving and storage facility.

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ONWARD OXFORD

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indicator” program as part of a “Community Risk Reduction” initiative, in which highly visible reflective street number signs were being made available to households.

Building Commissioner Patrick Dahlgren shared the news that the number of applications for swimming pools had “doubled.”

Town Clerk Michelle Jenkins, Treasurer/Collector Jillian Connor, HR Specialist Joanne Frederick, Town Assessor Chris Pupka, Finance

Director Katie McKenna, Senior Center Director Laura Wilson, Tree Warden Wayne Burlock, Library Director Brittany McDougal, Police Chief Anthony P. Saad and Shelley Lambert of the Oxford Community Center were among those who chipped in or were highlighted.

Ms. Callahan herself struck an upbeat tone in the first pages of the newsletter with comment about the renewed financial stability that the town is enjoying. When she came aboard three years ago, Ms. Callahan said, “the town had spent down all of its reserves, was not generating any substantial new revenues, had no comprehensive financial policies in place, had very low end-of-year free cash and had not avidly pursued existing grant opportunities.”

She immediately trained “a laser focus” on 1) conservative financial forecasting and balanced budgeting; 2) increased revenues; 3) building reserves; 4) leverage grant assistance; and 5) investing in town infrastructure.

The subsequent “fiscal outlook turnaround” is reflected in the Rainy Day Stabilization Fund climbing from \$163,000 to \$1.7 million, the Other Post-Employment Benefits Liability Fund rising from \$3.1 million to \$5.0 million and the Certified Free Cash numbers increasing to \$3.5 million, which allowed for addressing “a backlog of deferred maintenance and major infrastructure projects without increasing taxes on residents.”

On grants too there has been steady improvement, with more than \$13 million obtained, including

\$0.4 million for Parks, Seniors, Historic, Trees and Playgrounds, \$0.5 million for Best Practices: Green Communities, Finance and IT, \$2.3 million for Public Safety, MEMA and Covid, \$2.0 million for Brownfield, Environmental and Climate; \$3.25 million for Dam and Bridge Safety and \$5.0 million for Transportation, Pedestrian Safety and Sewer.

Congratulated on the number and amount of grants the town has secured since she began work on Main St. including one for repairs at Town Hall, Ms. Callahan laughed and said with her typical ebullience “I go after money wherever it is! A lot of it is timing. When I arrived the town had had no town planner for a long time. Now we have a really solid team.”

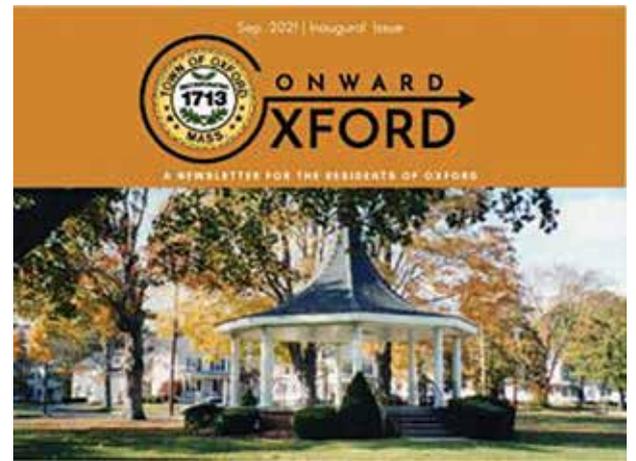
An email Ms. Callahan received from a resident of Minuteman Lane mirrored the glowing commendations the town is receiving.

“I just finished reading the Onward Oxford newsletter that was mailed to our homes and I wanted to thank you for pulling it together. It’s OUTSTANDING!” the resident wrote. “The newsletter shines a much-needed light on all of the good that is happening around town. I was happy to see all of the positive steps made by yourself and all of the departments covered in the newsletter. I have noticed several of the improvements listed and loved reading about the projects that are underway within our town. Keep up the great work and thank you again for the newsletter.”

Oxford is many things. Movies on Main. The Teddy Bear Picnic. A partnership between Swissturn/USA and the Samuel Slater Experience for “Community Art” sheep.

Now is also the Onward Oxford newsletter.

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



The splashy cover of the new Onward Oxford newsletter, with a symbolic arrow pointing the community forward.



Oxford Town Hall, where parking has been set aside “exclusively for the convenience of residents and businesses,” Ms. Callahan says. The hours of operation at Town Hall have also been changed; the building is now open until 5:00 p.m. and until 7:00 p.m. on Wednesdays (closing at noon on Fridays).



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U-HAUL
Continued from page 1

with plans to add more than seven hundred fifty indoor climate-controlled storage units along with truck and trailer sharing and a retail showroom providing boxes, moving supplies, towing equipment and more according to Andrea Batchelor who is a public relations specialist with U-Haul International in Phoenix.

This is good news, Ann V. Morgan, director of planning and economic development for the town of Webster, told the Xpress.

The arrival of a U-Haul store "will definitely revitalize that plaza a little more," Ms. Morgan said on September 27. "The parking lot is my biggest concern, if they want to use that for storage units. But what they're planning to do to the exterior of the building is exciting. We hope it sparkles when all is said and done. The ideal reuse would be commercial or retail but anything that breathes life into that plaza we're pleased to see."

All that remains is for U-Haul to get a final site-plan approval from the Planning Board, which is pending, Ms. Morgan said.

Ms. Batchelor indicated that U-Haul is aiming for an October opening.

The former Shaw's space remains available and is being marketed by Keypoint Partners of Burlington. Ms. Morgan is not aware of any plans for that location but says "I hear stuff all over the place. I get calls all the time. I do know that a delivery service person is going to be opening two doors down from The Vault."

U-Haul is thrilled with the opportunity to set up operations in Webster.

"We're investing in Webster and we look forward to serving customers in this com-

munity for years to come," Jerry Ouellette, who heads up the U-Haul Company of Western Mass. and Vermont, said. "There is a need for our climate-controlled storage options in Webster. We are excited to meet that need and be a leading self-storage provider in this market."

U-Haul portable storage containers, professional hitch installation and propane will also be available on the store's 9.5-acre lot in the future.

Acquisition of the property was driven by U-Haul corporate sustainability initiatives, Mr. Ouellette said. He said that U-Haul supports infill developments to help local communities lower their carbon footprint. The adaptive reuse of existing buildings reduces the amount of energy and resources required for new-building materials and helps cities and towns reduce their unwanted inventory of unused buildings.

"U-Haul has been repurposing old buildings for decades in order to eliminate blight and benefit the communities we serve," Mr. Ouellette said. "We're pleased to showcase our sustainability model in Webster. Our goal is to provide residents with the best moving services and a clean, dry and secure facility where they will want to store their belongings."

Mr. Ouellette said U-Haul plans to employ at least twelve team members once the Worcester Road store is fully operational. U-Haul will look to hire locally to support job growth in the Webster community. U-Haul was recently honored as a "Best for Vets 2020" leading veteran-friendly employer by The Military Times and actively recruits former service personnel and gives them preference in the hiring process.

Mr. Ouellette points out

that U-Haul has continued to serve communities during the COVID-19 recovery by offering contactless business programs and enhanced cleaning protocols, including added steps for sanitizing equipment between customer transactions.

U-Haul products are used daily by first responders, delivery companies bringing needed supplies to people's homes, small businesses trying to remain afloat, college students and many other dependent individuals and organizations, in addition to the do-it-yourself mover.

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Nichols College officially welcomes the Class of 2025 and new president at Convocation and Investiture ceremonies

DUDLEY – Nichols College gathered to officially welcome the Class of 2025 to the campus community and install Glenn M. Sulmasy, JD, LL.M as the eighth president of Nichols on Friday, September 24.

The event, called the “Celebration of Us,” combined the traditional Convocation, or ceremonial start of the school year, with the formal investiture of President Sulmasy and featured a keynote address by former U.S. Representative Joseph P. Kennedy III.

Kennedy congratulated Nichols for its accomplishments over the past year when the college was able to provide a safe campus experience for students and keep COVID-19 cases to a minimum.

“This tiny virus shut down the world, but you persevered, and battled, and came

back stronger than ever,” he said. “This is particularly noteworthy as this has always been my perception of the Green and Black here on the Hill in Dudley – tenacious, ambitious and willing to go the extra mile, even when it’s hard. Especially when it’s hard. Some might even call it the Nichols Way. That is what we celebrate today – the Nichols Way.”

Kennedy also shared his insights on Nichols’ new president, a family friend. “I know that Glenn is the perfect fit for Nichols College and his academic background, government service, extraordinary higher education leadership abilities will lead this college to unforeseen heights over the next few years,” he said.

The ceremony incorporated historic elements, such as the ringing of the 1883 Academy Bell to start the pro-

ceedings, and introduced new traditions, such as first-year students touching the nose of the iconic bronze bison statue (“Thunder”) for good luck. Despite the occasional heavy downpours, the Class of 2025 was in good spirits as they processed to the tent on the Shamie Hall Quad, greeted by the cheers of hundreds of upperclassmen flanking the sidewalk and giving high fives to President Sulmasy.

With a focus on the Nichols community, Convocation included the participation of students, faculty, staff and alumni, including the reading of an original poem written for the occasion by a Nichols faculty member.

The investiture ceremony was conducted by John Davis, chair of the Nichols College Board of Trustees, with special assistance from President Sulmasy’s brother, Dr. Daniel Sulmasy, and first lady Marla Sulmasy.

“Today...we gather in this distinguished company to honor a man of outstanding leadership, academic experience, and energy, Glenn M. Sulmasy,” said Davis. “We are confident



Newly installed Nichols College President Glenn M. Sulmasy, JD, LL.M, reacts to the ovation following his inaugural address, flanked by, from right, his brother Dr. Daniel Sulmasy, John Davis, chair of the Nichols board, and Joseph P. Kennedy III.

that President Sulmasy will embrace the culture of Nichols and foster change that is both progressive and rooted in the college’s esteemed traditions.” He then presented Sulmasy with the symbols of his office, including nineteenth-century china embossed with scenes of Nichols Academy, the academic gown, and the Presidential Medallion.

To enthusiastic ovations (and the sudden end to the afternoon’s intermittent rain), Sulmasy gave his inaugural address. He thanked family, friends, and colleagues in atten-

dance, including Ronald K. Machtley, the former president of Bryant University, where Sulmasy previously served as provost, and praised the Nichols community for its response to the pandemic: “The grit, the perseverance in the face of adversity, and this almost uniform desire to win – this is what represents the best of Nichols. It is that magic permeating all you do and all that is Nichols. It is the Nichols Way, and Marla and I have fallen in love with it.”

Noting the challenges facing higher education, Sulmasy outlined his charge

to the campus community, which included increasing enrollment, reassuring students and their families of the value of a college degree, and highlighting the Nichols’ return on investment.

“This sort of effort requires all hands on deck, meaning every aspect of our institution must buy into this vision – to shatter, once and for all, that notion of Nichols being the best kept secret in higher education,” he said. “We have begun, but today, let us commit that together we will ensure regional prominence, then national prominence of this shining college on a hill.”

Harvest dinner

Oxford United Methodist Church, 465 Main Street will hold a Harvest Dinner with a spin. This year’s dinner will be drive thru on Saturday, October 23, from 5-6:30 p.m.

Dinner will include: turkey, dressing, gravy, mashed potatoes, butternut squash, cranberry sauce, dinner rolls and dessert. Adults: \$12.50, Kids: \$5.50.



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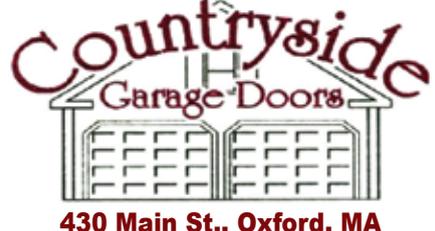
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Nichols College receives grant from Affinity Group Foundation to expand student access to Bloomberg technology

DUDLEY – A grant from the Affinity Group Charitable Foundation, supported by Dexter-Russell, Inc. has enabled Nichols College to expand the number of terminals in the college's Bloomberg Finance Lab, increasing student access to market-leading software used by more than 325,000 professionals.

Nichols launched its Bloomberg Lab in fall 2018 with 12 terminals. In its first semester of use, 279 students earned Bloomberg Market Concepts

(BMC) certification, elevating Nichols as a Bloomberg Experiential Learning Partner.

The \$168,000 commitment from the Southbridge-based Dexter-Russell underwrites the additional annual cost of expanding to 16 terminals. In addition to increasing access to this experiential tool in the lab, 300 web logins are available so students can complete their certification remotely. This was particularly helpful in providing uninterrupted student access to Bloomberg

during the pandemic. To date, some 850 students have earned BMC certification, a requirement for first-year business students at Nichols.

The integration and expansion of Bloomberg terminals drives the college's degree concentration in corporate finance and investments and has been key in the creation and operation of the student-managed investment fund launched in 2020.

"We are so grateful to Dexter-Russell, and the Affinity

Group Charitable Foundation for the opportunity to extend this powerful resource to more students," said Glenn M. Sulmasy, JD, LL.M, Nichols College president. "This grant directly supports the Nichols mission of offering students the real-world experiences that set them apart and boost their career prospects."

Alan Peppel, president and CEO of Dexter-Russell Inc. who earned an MBA at Nichols, added, "As a leading employer in the Southbridge/

Dudley community, Dexter-Russell supports endeavors that can benefit our community, employees, and their families. The Affinity Group Charitable Foundation was

established to support these efforts, and we are pleased to underwrite students' educational aspirations at Nichols College, the leading business school in the area."

Nichols professor featured in National Geographic

DUDLEY – The work of Mauri Pelto, PhD, professor of environmental science at Nichols College and a world-renowned glaciologist, is the subject of a National Geographic feature released on October 13.

In August, Cassidy Randall, a reporter for National Geographic, accompanied Pelto to the North Cascades, where he has been studying the impact of climate change and heat waves on glaciers over the past four decades. They found the volume loss in 2021 to be greater than 5 percent of the total – the highest Pelto had observed since he began monitoring the glaciers 38 years ago.

An increase in heat waves over the past two years has affected glacier regions around the world, according to Pelto, who first reported his observations in

the Yukon to NASA's Earth Observatory in 2018. Since then, Pelto, a glaciologist on the Science Advisory Board at NASA EO, has shared his findings on the snow line rise and retreat of the Taku Glacier in Alaska, the rapid formation of melt ponds on Eagle Island Ice Cap, and the appearance of snow-free glaciers in winter on Mount Everest caused by record warmth in January.

Throughout his career, Pelto has extensively contributed to the body of knowledge on glaciers and is highly sought after by print and broadcast media for his expertise. The National Geographic article is just the latest publication to feature his research, which has garnered the attention and interest of scientific and mass media news outlets across five continents.

Francis Mikolajczak is Grand Marshal of Veterans Day parade

November 11 will be a day to honor American veterans for their love of country and their willingness to serve and sacrifice for the national good. One member of that unique brotherhood is Petty Officer 3rd Class Francis Mikolajczak United States Navy.

The Mikolajczak family lived on the corner of Hill and High Streets, a warm, friendly neighborhood of diverse ethnic groups, all hard working immigrants, mostly Greek and Italian.

During the war they all worked two jobs and maintained backyard gardens and flocks of hens along with a few ducks. They all waited for sons and daughters to return from the battlefields of Europe and the islands of the Pacific and they all shared the pain when there were casualties.

When the 'big one' ended, the troops returned to a jubilant hometown and enjoyed a booming economy and a world at peace.

Those were the early years of Frank's life. There was no doubt that some day he too would serve his country.

Frank began his education at the School Street School and remained in the Webster school system until graduation from Bartlett High in 1959. As a senior he played football, admitting that he had more interest in cars than he did in sports. He worked after school at Chabot's garage on West Main Street in Dudley.

In that summer, the class of '59 sent four of its graduates into the military. Tom Bembenek, Ray Hade and Lynn Frost joined Frank and took the oath to protect

their country from all enemies. Frank attended boot camp and electrician school at Great Lakes N.T.C. before being assigned to the USS Wasp CVS 18. The ASW carrier was being overhauled while dry-docked at Boston shipyards.

Since Frank's surname contained most of the alphabet, his superiors christened him 'Ajax.' The nickname stuck for his entire four year enlistment.

Frank's first cruise was detoured when the Wasp was ordered to proceed to the former Belgian Congo. The mission was to evacuate civilians who were endangered by the two warring factions of the country. Wasp arrived after the Air Force provided the service. The carrier, however, supplied the flyboys with the aviation fuel necessary for their planes to fly. A huge part of the next year or so was spent visiting countless seaports on the Mediterranean and Adriatic Seas, the British Isles and Scandinavia. That is what sailors do, enjoy liberty on the beach.

In April of 1961, JFK, the CIA and a band of Cuban exiles launched the Bay of Pigs invasion. It was a poorly executed and ill-conceived caper that was over in a matter of hours. Exiles were imprisoned and the president had a foreign policy failure added to his legacy.

Castro asked his benefactors, the Russians, for missile batteries to deter any further attempts to invade Cuba. Soviet Premier Nikita Krushchev agreed and shipments began. Spy planes photographed the launchers and the delivery

of missiles. Kennedy could not allow that to happen in this hemisphere. The world held its breath... and waited for a 'blink.' Rejecting more aggressive action the president ordered a quarantine or blockade of Cuba, banning all foreign vessels from delivering their cargoes. A squadron of destroyers and the aircraft carrier USS Wasp, CVS 18, was ordered to enforce the blockade.

This mission would not be like the usual "courtesy call" to exotic ports, nor a humanitarian visit for evacuation of those endangered. The Wasp, also known as "Stinger" by its crew, was carrying the newest anti-submarine detection devices and weapons. The presence of Soviet subs offshore was a certainty, and a threat that Frank and his shipmates had to deal with.

Soon after arrival officers and crew welcomed the addition of heavy cruiser USS Newport News, the flagship of the blockading forces.

Cooler heads prevailed. Kennedy and Krushchev did not blink, ending the Cuban Missile Crisis. The US would remove missiles in Turkey, and Russia would remove the weapons in Cuba. The world could breathe again. Ajax went on his last cruise and was honorably discharged on June 3, 1963, with the rank Electricians Mate 3/c. He has received the Good Conduct Medal, the American Defense Medal and the Armed Force Expeditionary Medal.

Back home and in civilian clothes, Frank worked at Electric Boat and American Standard. He retired as a maintenance man from the

Webster Housing Authority.

Not one to sit idle, Frank moonlighted as an entertainer, his alter-ego "Elvis" delighted audiences on the east coast, working with the 5 Satins, Tiny Tim and Joe Consolie and Flashback. He has done shows for hospitalized veterans, nursing homes and many charitable organizations.

Frank holds memberships in the VFW, the PAV and the American Legion.

Frank resides in Dudley with his wife Debbie. The couple heads south to Myrtle Beach for the winter even though San Remo, Italy, was his favorite port-of-call. Frank is still performing for his new friends down south.

Navy Veteran Frank Mikolajczak has been chosen as the Grand Marshal of 2021 Veterans Day program. Perhaps we can listen to his rendition of our National Anthem.

Thank you for your service, Frank.

- Don Wayman



2021 Veterans Day Grand Marshal Francis Mikolajczak.



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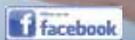
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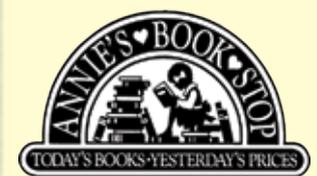
TESTIMONIAL: "When my mother's dementia progressed to the point that she was no longer able to live by herself; I was in desperate need of help and found it with the folks at Accord."
-Marcia T

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Fattman nominates Henke Sass Wolf of America for prestigious Manufacturer's Award

BOSTON – State Senator Ryan Fattman (R-Sutton) announced Henke Sass Wolf of America as his nominee for the Outstanding Leadership Skills in the Manufacturing Industry award. Each elected official in the Legislature had the opportunity to

nominate one manufacturer in their district to receive this unique distinction. That manufacturer would receive the award for the district in which their business operates.

Senator Fattman represents the Worcester and

Norfolk Senate district, which comprises fourteen towns: Bellingham, Blackstone, Douglas, Dudley, Hopedale, Mendon, Milford, Millville, Northbridge, precincts 1 and 3, Oxford, Southbridge, Sutton, Uxbridge, and Webster.

Henke Sass operates in Dudley, which made them eligible for Senator Fattman's nomination, but it was their exceptional leadership in the industry, providing high quality medical products across the world, that made them the clear choice to receive the award for the Worcester and Norfolk Senate district.

Awards were given to recipients at the 6th Annual Manufacturing Awards, hosted at the newly constructed Polar Park in Worcester.

Legislators, manufacturers, and affiliated partners



Pictured (l to r) State Senator Eric Lesser, Henke Sass associates Jennifer Soponski, Casie Babineau, Chelsea Bryer, Robert Rivera, Benjamin Ortega, Loretta McHugh, State Senator Ryan Fattman, and State Representative Jeff Roy.

gathered to celebrate the successes of those in the industry.

"While there are many manufacturers in my district that would be deserving of this distinction, it was clear that Henke Sass Wolf of America was an outstanding choice for this award," said Senator Fattman.

"Their attention to detail by providing high quality medical devices is a beacon to all those in the manufacturing industry. I am proud to have this company in my district, and I look forward to seeing many more years of

their success in our region."

"This day celebrated the diversity in manufacturing and the people who contribute to its success in Massachusetts. We are proud at Henke Sass Wolf of America of our production employees whose dedication and teamwork provided us the opportunity to be recognized by the Commonwealth," said Henke Sass Wolf of America's Human Resource Manager, Christine MacGrory.

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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

Holiday Harvest – November 9, 6:00-8:00 p.m. Join us November 9, celebrate the holiday season with a lovely eye-catching three table display. Elements include how to construct a fun, colorful buffet, tablescaping techniques 101, healthful recipes handouts, easy wine and spirit recommendations, cheeseboard primer, and easy entertaining ideas. There will be samplings of fine chocolate, Klassic Harvest Bark, a festive virgin beverage and more. Space is limited, so call the library at 508-949-3880 to sign up, or email webster-circulation@gmail.com.

Fall Concert Series – Claudia Schmidt – November 13, 2:00 p.m. Claudia Schmidt has been perfecting her craft of performing for almost four decades. It is a quirky and wonderful hodge-podge (her word) of music, poetry, story, laughter, drama, and celebrating the moment. Work in clubs, theaters, festivals, TV, radio has added depth and dimension, and since she has always included her original work along with very personal versions of the work of others, what you get is a unique look at the world from someone who says what she sees with clarity, humor, and wonder. The San Francisco Bay Guardian said: Schmidt's shows are a lot like falling in love. You never know what's going to happen next, chances are it's going to be wonderful, every moment is burned into your memory and you know you'll never be the same again." More succinctly, Garrison Keiilor said "when Claudia sings a song, it stays sung."

Book Discussion Group – The Gladys E. Kelly Public Library Adult Book Discussion Group meets at 6:30 pm. New

members are always welcome! Next month's book discussion will be on Monday, November 15, at 6:30 p.m. the meeting will take place via Zoom, and will be about the book *The Other Einstein* by Marie Benedict. Stop by the library, or reach out by phone to 508-949-3880, or by email to ehale@cwmars.org for inquiries.

Children's and young adult programming

Monster Marionettes with Brad Shur – Saturday, October 30, 10:30-11:30 a.m. Come and create your very own puppet creature. Participants will learn how to use paper and strings to create their very own puppet and bring it to life. To celebrate Halloween, we'll be exploring our favorite monsters and not too spooky characters as inspiration for these robust performing objects. Masks are required for everyone in the Children's Room over the age of 2 years. Disposable masks will be available.

Fall into Reading at the Gladys E. Kelly Public Library – through December 20 sign up at: gladyskellylibrary.beanstack.org, or download the Beanstack app on iOS or Android. Join this fun reading program for kids 0-12. Earn digital badges as you log reading, earn digital badges for attending library events, earn book prizes by reading! Read 10 hours to complete the program. This new online reading platform has an app that is easy to download and use. Along with the web, you can also ask for a paper version. Questions? Contact Andrew at atai@cwmars.org.

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.

Programs and events at the Pearle

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

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

Toddler time, Wednesdays 11:00 a.m. 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.

Baby time, Fridays, 11:30 a.m. 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.

Pre-K power storytime Tuesdays 11:00 a.m. Join Miss Lida for Pre-School Story Time. We will be exploring a new letter each week starting with A and ending in the spring with Z.

Dungeons and Dragons group Mondays 5:00 p.m. Have you ever wanted to learn to play D&D or are you a player looking to join a group? We have an experienced DM starting a group on Monday Nights at the pearle. If you have a Player's Handbook or dice bring them with you. We will have extras for anyone who needs them. Free; registration required.

Pokemon Club, Tuesdays 3:30 p.m. Calling all Pokemon fans! Children ages 7 to 14 are invited to join our club. This meeting will be a great opportunity to meet other players and share ideas. Please make sure you bring your trading cards and any-

thing else you would like to share and discuss.

Lego challenge Wednesdays 3:30 p.m. Come join us each week for a different Lego challenge, from writing your name in Legos to making a Lego zipline. Ages 5+

Cricut class, Saturday, October 23, 10:00 a.m.-1:00 p.m. Do you have a cricut cutting machine at home? Are you not sure where to start with using it? Come and learn about your machine, Cricut design space and complete two Christmas ornaments with two different materials. Our own youth services librarian, Lida Carroll, will teach you the basics. Bring your laptop, cricut machine, tools, and glue with you. The other materials you need will be provided. Free; registration required.

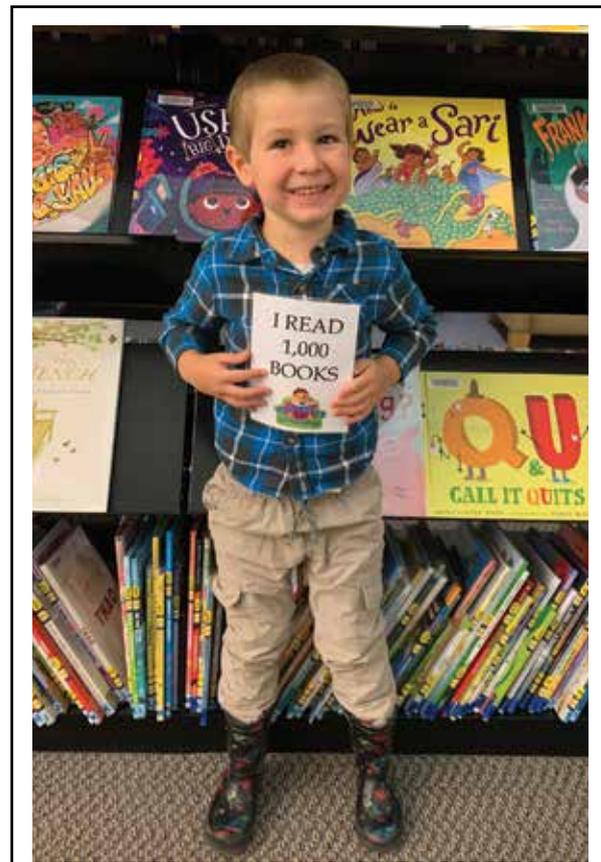
Youth Advisory Council, Monday, November 1, 5:00-6:00 p.m. All tweens and teens in grades 6-12 are invited to join. You will gain valuable leadership skills. You can meet new people. You can earn volunteer hours (please bring your form). Pizza and drinks will be served. Free. Sponsored by the Hugh W and Harriet K Crawford Endowment.

DINOMAN! Dinosaur tracks lead right to the library! Dinoman is on November 8 at 6:00 p.m. Have no fear, Dinoman is here! With magic, merry mayhem, and magnificent props, the audience is taken on a trip throughout the Mesozoic era. How do we know dinosaurs were here? What is a fossil? How were they made? Learn the answers to these questions and more. Free; sponsored by the Hugh W and Harriet K Crawford Endowment.

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 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 of 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.

STEAM Kids – Thursdays, 3:30-4:30 p.m. Join Miss Emily in a weekly STEAM event. That is Science, Technology, Engineering, Art, and Mathematics. Each week there will be a new project to tackle from slime making and catapult challenges, to board game development and bath bombs. Every week contains some take home element. These events are best for children 7-12, but siblings are always welcome. Some events may have a limited number of places, in this case children between 7-12 will have preference. Caregivers must remain for the duration of the event. Masks are required for everyone in the children's room over the age of 2 years. Disposable masks will be available.



Alexander Kucherov of Dudley recently completed the 1000 books before Kindergarten program at the Pearle L. Crawford Memorial Library.

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Living well and looking good

Bacteria are to blame for stinky shoes, feet

By Keith Roach, M.D.

DEAR DR. ROACH: My nephew has foot odor. Even after showering, his feet have a bad odor. His shoes smell bad and have to be replaced often. What is the remedy for this problem? – B.C.

ANSWER: Foot odor is caused mostly by bacteria living on your feet. Bacteria thrive in warm and moist environments, so people who sweat a lot from their feet are at high risk. Some people are also colonized with particularly bad bacteria, such as *Kytococcus* (formerly *Micrococcus*), *Corynebacterium*

or *Dermatophilus*. These bacteria do not cause disease, but they break down dead skin cells into unpleasantly smelly chemicals. A careful look at the skin on his feet may reveal small pits in the skin, especially around the heel, after a long day in socks and shoes.

Treatment may include disinfecting skin solutions (such as chlorhexidine), antibiotics (topical erythromycin or clindamycin) and keeping the feet as dry as possible. This may require application of antiperspirants to the feet, either regular over-

the-counter or prescription varieties. He also should wear lighter, more breathable footwear. Washing (and then drying) the feet several times daily and putting on new socks each time may also help during the treatment phase.

Although ultraviolet-light shoe sanitizers exist, I'd recommend getting new footwear while trying to get rid of as much of the bacteria as possible.

Blood pressure levels

DEAR DR. ROACH: My husband is 75. I am 68. Our family doctor says that our blood pressure average is fine at 140/80 with no medicine. We thought it should be 120/70, but he says the limit is higher for seniors in order to decrease falls. This is pretty confusing. Do you think it's OK? – S.M.

ANSWER: The best goal for blood pressure has been the subject of controversy. For the overall population, a level of 120/80, slightly less than the average blood pressure in the U.S. and Canada, is associated with a lower risk of heart disease, stroke and death than a blood pressure of 140/80. But the difference is pretty small. A blood pressure of 160/90 has a significantly higher risk, and at blood pressures above 160 systolic (that's the first or "top" number), the risk for stroke and heart disease rises steeply.

A recent trial (the SPRINT trial) showed that among older people with high blood pressure who had increased risk for heart attack, a systolic blood pressure goal of 120 was better at reducing risk than a blood pressure goal of 140. Both groups had a dia-

stolic (the second or "bottom" number) goal of less than 90. However, the goal among people at lower risk is not as clear.

Most experts would not treat people with medication unless their average blood pressure is over 140 systolic or over 90 diastolic. In people treated with medication, some experts prefer a goal of less than 130/less than 90, while others would treat to less than 120/less than 90. It is true that more blood pressure medication and more intensive goals can lead to greater side effects, including falls. However, in the SPRINT trial, there was

NO increase in fall risk and a slight 0.6 percent increase in the risk of fainting.

Nondrug therapy, which includes modest salt restriction, regular exercise and stress reduction, can lower the blood pressure enough that people do not need medication.

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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bankHometown adds Fitzmaurice



Courtney Fitzmaurice

OXFORD – bankHometown recently hired Courtney Fitzmaurice of Charlton as commercial credit analyst officer.

She rejoins the bank, having previously served as a credit

analyst for several years until 2017. Fitzmaurice has nearly 20 years of banking experience, most recently as assistant vice president, credit analyst at TD Bank. She also previously held the roles of credit analyst and assistant vice president, commercial portfolio manager with North Brookfield Savings Bank.

Fitzmaurice earned a bachelor's degree in psychology and a certificate in accounting, both from Worcester State University. She also attended the Massachusetts Bankers Association's School of Commercial Lending and Fundamentals of Credit Analysis program.

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The Dick Hoyt Memorial Golf Tournament a huge success

SOUTHBRIDGE - The Center of Hope Foundation, Inc. (CoHF), a non-profit agency serving individuals with intellectual and developmental disabilities, hosted its 15th Annual Golf Tournament on September 11. With 144 golfers participating at the event, the Center of Hope raised approximately \$13,000.

This tournament benefits the Special Olympics Program and the Holiday Giving Program. Once again, we will be able to see the relief and smiles on families' faces this year. We are very lucky to have the generous support from local businesses and members in the community who help to make our

Alzheimer's Support group

The Alzheimer's Support Group sponsored by the Alzheimer's Support Network of South Central MA meets 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 in-

formation about Alzheimer's mission possible. Changing lives and providing opportunities is not only what we do at the Center of Hope, but it is also who we are.

This year was the first year that our golf tournament was held in honor of our good friend Dick Hoyt, who recently passed. Dick was a runner who became well known for competing in the Boston Marathon and over 1000 other races while pushing his son Rick in a specialized running chair. Dick inspired people to look at their children as equals, no matter their abilities. Their motto was "Yes You Can!" After his passing, his sons, Rick, Russ and Rob

formation 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.

Frank S. Yacino

Hoyt continue to run the Hoyt Foundation, generously donating to agencies that support and advocate for individuals with disabilities. Dick's grandson Troy, son of Russ, is continuing the legacy by pushing Rick in races.

Russ Hoyt, with a message from Rick, graciously handed a check for \$35,000 from the Foundation to the Center of Hope at this year's tournament. "Dick and Rick and the family were great friends of the Center of Hope Foundation for many years. The number of opportunities that previous support and this year's \$35,000 brings to the individuals at the Center of Hope, their families and others in our local community is enormous. We miss him very much," says Cindy Howard, CEO at the Center of Hope.

We would like to thank all of the sponsors who helped to make this event successful: The Hoyt Foundation, Team Hoyt, US Tool and Fastener, Joe Cleans, Cornerstone Bank, Abacus Distributors, Fletcher Tilton PC, Helgerson's Excavating

and Septic, IBEW Local 2324, IBEW Local 2222, IBEW 2321, Incom, Inc., Southbridge Tire, OFS Fitel, Vibrance Technology, Southbridge Credit Union, Excel Advertising, Klem's, Tractor Supply, The Raymond Family, Charlton City Auto Body, Associated Builders, Inc., Tree House Brewery, The Olszewski Family, Kristine Biagiotti-Bridges, Ted's Package Store, Golfer's Warehouse, Cohasse Country Club, Heritage Country Club, Sherie Bombardier, Cheryl Ryan Chan, Anette Lazili, Boston Beer, Stearns, Oakholm Brewery, Sturbridge Porterhouse and Brimfield Winery.

We would also like to extend a big thank you to our good friend John Rowley, who helps to make this event successful. John volunteers his time and energy to help prepare for the event, run the event, donate, and participates in the event.

We would also like to congratulate our winners. First place: Joshua Berthiaume, Mike Frio, Adam Letendre and Cole Amadio. Second



First place: Joshua Berthiaume, Mike Frio, Adam Letendre and Cole Amadio.

Place: Jack Stankowski, Alan Wondolowski, Jeremy Dillensneider, Daren Lenois. Third Place: Raj Connor, Chris Keubler, and Nick Thomas.

To learn more about this

golf tournament, view photos or learn about how to participate in next year's event please visit www.thecenterofhope.org/golf or call (508) 764-4085.

- Kayla Krause

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Chief's corner

Trick or Treat safety reminders

By Chief Steven J. Wojnar
Dudley Police Department

"Trick or Treat" in Dudley is scheduled for Sunday, October 31, from 5:00 to 7:00 pm. With the COVID-19 shutdown last year, it will be nice to see this fun holiday back in business. I wanted to remind everyone participating in this activity of some important safety tips.

It is important to remember to have plenty of illumination when out at night. Carry a flashlight and use reflective tape on costumes, especially those that are dark in color. Adjust any mask or hood in such a way to maintain clear vision. This will not only protect you from cars, but also limit accidents

on unfamiliar property. It is unsafe to walk in a location which is unknown and not well lit. There could be hazard spots present which can cause an accident or injury. Also, stay on the sidewalks and away from traffic. If there are no sidewalks, walk along the road shoulder facing traffic. Never go out alone. Younger kids should always be accompanied by an adult. Older children, not accompanied by an adult, should be in a group and inform their families where they will always be. Since most people have access to a cell phone, keeping in contact should not be an issue. Children should never enter

any home when they do not know the person. Wait outside and let the people bring the items to the door.

All candy must be inspected by an adult before the kids "dig in." Accept only wrapped items and reject anything such as fruit or loose candy. If there is even a slight possibility of candy having been tampered with, discard it. There will certainly be enough left for everyone to enjoy. The evening is designed to be fun for children. Officers will be out during these times assisting everyone in having a happy and safe Halloween.

Finally, remember to respect those homeowners

who do not participate in the holiday or may have run out of candy. A home without outside lights on can be a good indicator of one of these circumstances. Try to avoid these locations out of respect for their privacy. Thank you in advance for your cooperation with these tips and try to keep this a fun and safe night.

As a reminder, on Saturday, October 23, from 9 a.m. to 1:00 p.m., the Dudley Police Department and the Drug Enforcement Administration (DEA) will conduct another prescription drug "Take Back" event. The public can safely dispose of expired, unused, and un-

wanted prescription drugs. The service is free and anonymous. During our previous events, large quantities of prescription medications were taken in. In addition, a needle drop box will also be available for those who need to safely dispose of medical sharps. Several communities in our area will also be participating in this event. If you are not from Dudley, check with your local police for a participating location near you. I encourage ev-

eryone to mark their calendars and take advantage of this opportunity.

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

St. Andrew Bobola final drive-thru dinner

DUDLEY - St Andrew Bobola Parish, 54 West Main St., will be holding its final drive-thru Polish Dinner on Saturday, October 23, from 11 a.m.-2 p.m. and 4:30-6:30 p.m. Dinners are \$15 and include one cheese and one cabbage pierogi, a golabek, kielbasa and kapusta. Take out only. Additional frozen Polish food can also be purchased. So come get your dinners, enjoy a great meal and help support our small church. -Nancy Vajcovec

Dudley Womans Club seeking sponsors for Pocketbook Bingo

Become a sponsor for the DWC's newest fall fundraiser – Pocketbook Bingo. It will be held at Point Breeze Restaurant, Webster on November 7, at 3 pm. Help make this a success by becoming a sponsor for a \$100 donation. You will be recognized and promoted in several ways – on the DWC's event website, tabletop and banner advertising at the event, in press releases and on social media.

For event tickets or sponsorship, please visit <https://www.dudleywomansclub.org/pocketbookbingo>. For questions, please email: dudleywomansclub@gmail.com.

The DWC's 501C3 tax id is available upon request. Please consider sponsoring this event in support of our multiple local charitable endeavors.

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@bgcworchester.org.

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October 27 4-6 pm

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Main St Trick or Treat
October 29 4-6pm

Main Street businesses hand out candy

Town Wide Trick or Treat
October 31 5-7pm

Turn your light on if you want to participate,

Events are subject to change or cancellation at any time.

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FOOD AND FUN SECTION

Save these pages as a guide to area dining and things to do

Events at Booklover's Gourmet

October Art Show - #stillherebtch*s - Paintings of Fur Friends by Annie Spear will be on display and for sale October 1-30, at Booklovers' Gourmet, 72 East Main Street, Webster during regular business hours: Tuesday-Saturday 10-5. A meet the artist reception will take place on Saturday, October 30 from 2-4 p.m.



Annie had fourth stage heart failure and was diagnosed with Systemic Lupus at 32 years old. Every year for the past 15 years she has had a different major organ failure, coma, two strokes. She has been critically ill 70% of her life but still manages to keep a positive attitude, smile and cheer us up with her crazy, funny, healing art.

Open Mic Poetry - Saturday, October 16, 2-4 p.m. 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@booklovers-gourmet.com or calling 508-949-6232. Masks are required for anyone not vaccinated.

Author event - Saturday, October 23, 2-4 p.m. Fantasy Author Xiongnu, Book 3 in the Saga of Kee series signing with Robert Conard and Cathrene Youngquist. Free, books available for purchase. The first two books in the series, Book I Nogard and Book II Nubia, will also be available. Call 508-949-6232 or email deb@bookloversgourmet.com to reserve a space.

Xiongnu, a fast paced, YA/Adult fantasy-adventure novel, is a great read for all who love the power of dragons. This unique action-packed fantasy features strong female protagonists, historical facts woven into the rich tapestry of the tale, and dragon-napped hatchlings. Set in the time of the Vikings, the novel follows a diverse band of characters working together through many amazing adventures that span the globe.



Robert Conard was born in Columbus, Ohio in November 1939. He is a Navy veteran who served on a destroyer as a gunner's mate during the Cuban Missile Crisis.

Bob is an avid fisherman, and has written several periodicals for the New England Fisherman. In addition to the Saga of Kee series, he has also written several short stories. Sharks' Soup, taken from a personal experience in the drink; Jake's Springs; and The Flower

of the Mashantucket are the best known. He currently lives in Guilford, Connecticut.

Cathrene Valente Youngquist is a retired educator and author of The Three Billygoats Gruff and Mean Calypso Joe, published by Atheneum Books for Young Readers. Her two YA/Adult poetry books: Island, Vignettes from Paradise and Caribbean Smiles invite all readers to experience Caribbean life on the island of Anguilla, where her family had a second home for over twenty-five years. She is an active member of SCBWI and the Connecticut Poetry Society. You will always find her with pen at the ready. Xiongnu is her first novel with Robert Conard.

Trunk or Treat

WEBSTER - Bring your ghosts and goblins to Memorial Beach from 4-6 p.m. on October 27.

People wanting to donate candy or decorate a vehicle contact cmarchand@webster-ma.gov.

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Make your woods bird friendly

TLGV and partners launch next round of \$6.1 mil Southern NE Heritage Forest Grant program

Attention woodland landowners: Funding is available to improve your woodland habitat for important bird species and to manage your woods for wildlife and people. The Last Green Valley (TLGV), the MassConn Sustainable Forest Partnership (MassConn) and the Northern Rhode Island Conservation District (NRICD) are pleased to offer the next round of funding for woodland landowners to obtain forest management plans with bird habitat assessments.

The program is part of the \$6.1 million Southern New England Heritage Forest conservation effort, an unprecedented three-state collaboration made possible through the Regional Conservation Partnership Program (RCPP) of the USDA Natural Resources Conservation Service (NRCS). The NRCS funding is being matched, bringing the economic infusion into the region to \$12.2 million.

A professional forester will walk your property and coordinate with the Audubon society in your state to produce a high-quality forest management plan with a bird habitat assessment of your woods. The plan will recommend measures you can take to improve the health of your woods. The plan will meet federal and state requirements and may be used to apply for property tax reductions at the local level (where applicable).

Grant funds are available to pay for most of the forester's costs and to completely fund the bird habitat assessments. Landowners will be responsible for choosing a forester from an approved list and paying for a percentage of the total cost of the forest management plan.

This program is ideally suited for landowners who have never had a forest management plan and own more than 10 acres of woodlands.

Program requirements vary by state. To get started, contact the lead partner for your state. The partners can assist with the application process. The application deadline for Connecticut and Rhode Island is Friday, December 17th, but we recommend you begin the process early to ensure the application is complete before the deadline. Massachusetts is accepting applications on a rolling basis so you may apply at any time.

Visit www.thelastgreenvalley.org for links to the application materials, including a list of communities in Connecticut, Massachusetts, and Rhode Island that are included in this program. Contacts: For Connecticut Projects - Bill Reid, 860-774-3300, bill@tlgv.org. For Massachusetts Projects - Christopher Riely, 401-225-6135; christopher@sweetbirchconsulting.com. For Rhode Island Projects - Marina Capraro, 401-934-0840, mcapraro.nricd@gmail.com

Supporting partners for this project include: MA Executive Office of Energy and Environmental Affairs, Providence Water, Yale School of Forestry & Environmental Studies, CT Department of Energy and Environmental Protection, Hull Forest Products, Thames River Basin Partnership, New England Forestry Foundation, Eastern CT Conservation District, Norcross Wildlife Foundation, RI Division of Forest Management, RI Woodland Partnership, Harvard Forest, Yale Sustaining Family Forests Institute, Audubon Connecticut, Mass Audubon and Audubon Rhode Island.

The Southern New England Heritage Forest is a 1.49 million-acre unfragmented forest corridor stretching along the Connecticut and Rhode Island border to the Quabbin Reservoir in Massachusetts. Bounded by more heavily urbanized areas, with more than one million nearby residents, the SNEHF has an astonishing 76 percent forest cover and offers one of the last viable wildlife corridors from southern to northern New England.

The Last Green Valley National Heritage Corridor is the heart of the Southern New England Heritage Forest and is the last stretch of dark night sky in the coastal sprawl between Boston and Washington, D.C. The Last Green Valley, Inc. works for you in the National Heritage Corridor. Together we can care for it, enjoy it and pass it on.

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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 508-461-2955 or email rkuzdzal@samuel Slater Experience.org.

Applicants will be asked to come in for an in-person interview.

TOWN OF DUDLEY'S 3RD ANNUAL SPOOKTACULAR

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Night of the Living Dead at the Bradley Playhouse runs through October 31

They're back and so are we! Zombies are pretty hard to chase away, and a great theater company is hard to keep down. TNECT at the Bradley Playhouse returns to live theater when it presents Night of the Living Dead, which opened on October 15.

Performances are October 22, 23, 29 and 30 at 7:30 pm

and October 24 and 31 at 2:00 pm. Tickets are \$21.00 for adults and \$17.00 for seniors and students.

It has been a long year and a half since actors invited theater lovers into a world that they created on-stage. All of us at the Bradley Playhouse are excited to welcome you back. Things

may be a little different, but the power of the stage remains the same.

In keeping with the Bradley tradition of presenting something a little spooky in October, we are pleased to bring you Night of the Living Dead, written by John F. Carroll. Join us when the unburied dead return to life

and seek human victims. Seven refugees seek shelter in a house in the Pennsylvania countryside, but the group is at odds as to how they should deal with the situation.

The TNECT performance of Night of the Living Dead is directed by Jeremy Woloski. Timothy Corbett appears as Ben and Tara Golson is Barbara. The Coopers, Harry, Helen and Karen are played by Vincent Chaisson, Maegen Kelley and Lily Quinn. Alex Gardner is Tom and Ella Woloski appears as Judy. They are supported by a motley collection of townspeople, news reporters, and dare we say it, Zombies.

For the safety of patrons, cast, crew and volunteers, The Bradley Playhouse is following the COVID protocol accepted by most local entertainment venues. All will show their vaccination card and wear an approved face mask in the theater. The theater itself will be deep



Fighting off the zombies.

cleaned before and after the performance.

The Bradley Playhouse is located at 30 Front Street (Route 44) in Putnam, CT. All seats are reserved. Reservations may be made with a major credit card online at www.thebradley-

playhouse.org or by calling 860-928-7887. Tickets may be purchased at the theater box office, either before the performance, or at the door if available. Purchasing your tickets ahead of time is always a good idea.

-Jeanne Foley



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Pictured (l to r) Alex Nunez, Coach Dane Laboissonniere and Sam Kontoes.

The Bartlett High School Laboissonniere at the first home game at Memorial Athletic Field. Coach L was honored for his commitment and dedication to the organization for the last 11 years.



Although his tenure as head coach has ended, his legacy will remain forever. Coach L brought us six playoff wins, three championships and most importantly ended his career with wins against Southbridge.

Coach L is also recognized for assembling a talented and dedicated coaching staff. Thank you for mentoring so many young athletes and for your contributions to the tradition of Bartlett football. Coach L was presented with an engraved football by former players Alex Nunez and Sam Kontoes.

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B - \$50.00

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3 LBS. PORK CHOPS OR 2 LBS. HAM STEAKS
1 WHOLE OR CUT-UP CHICKEN (3 LBS.) OR 1 PKG. SAUSAGE OF YOUR CHOICE
1 LB. BACON OR 1 LB. STEW BEEF

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3 LBS. HAMBURG OR 3 LBS. STEW BEEF
2 LBS. LONDON BROIL STEAKS OR 2 LBS. NEW YORK SIRLOIN STEAKS
3 LBS. BEEF POT ROAST OR 3 LBS. BONELESS PORK ROAST
3 LBS. BONELESS CHICKEN BREAST OR 1 PKG. (1½ LBS.) MARINATED CHICKEN BREAST OF YOUR CHOICE
1 LB. WHOLE CHICKEN (3 LBS. AVERAGE) OR 1 LB. SAUSAGE OF YOUR CHOICE

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4 LBS. CHICKEN LEG QUARTERS OR 1 LB. BACON
3 LBS. BONELESS POT ROAST OR 2 LBS. NEW YORK SIRLOIN STEAK
1½ LBS. SIRLOIN TIPS OR 3 LBS. PORK CHOPS
3 LBS. HAMBURG OR 1 PKG. (1½ LBS.) MARINATED SIRLOIN TIPS OF YOUR CHOICE
2 WHOLE OR CUT-UP CHICKENS (6 LBS. TOTAL) OR 1 PKG. (1½ LBS.) COOKED CHICKEN WINGS OF YOUR CHOICE
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Living ON with Lincoln

Lincoln's good vibes



By Amy LeClaire

Losing Lincoln has made me pause, as in, how did this happen? Is he really gone? My gaze falls on the border of my back yard, where he'd find a wedge of shade, prop his head up, and smile up at me. "Can you believe how extraordinary this day is? By the way, you are looking fantastic in those old pajamas."

I miss him terribly. The honeymoon phase just never ended with us. We got along so well. My backyard suggests the unease (and adaptation) that goes along with unwanted change. Lincoln's favorite (and least favorite) animals are ever-present, blissfully ignorant in their natural tendencies to go on and just be. The bunnies, unwatched, hop freely about while the squirrels skitter and stare, forever suspicious. The crows, unrattled, cluster like a group of smokers. I let them be. It was Lincoln's job. He would have showed them who's boss. Now he's gone. Uninvited, they make themselves comfortable in an unwatched yard.

Life without Lincoln is certainly different. A sense of unease settles in my chest with a tired sigh. My dog, my partner in crime, had an amazing life. His pic-

tures, along with his story, live on to remind me of all that he was. and all that he gave. The camera's eye captured his exuberance and love for life. I peruse his pictures and relive moments captured as they were and are. The two tenses, past and present, entangle foolishly. Lincoln was robust, hiking and swimming only a month before his passing. What the heck happened? Why hadn't he been able to hobble on to the ripe age of fifteen, to then curl up to sleep on his favorite shag? Dogs give us everything we need. Why must their lives be so short?

A short video clip (taken only weeks following his diagnosis) finds me. The clip captures a joyous moment for both of us. I had devised a new plan of action for his health and the weight of the news (one to three months to live - tops) had been lifted. I was going to stop obsessing on an ultra-sound report and start celebrating, instead, Lincoln's behavior. He was not a doom-and-gloom-type of a dog. He was an athletic, happy-go-lucky Golden with good vibes. I had made a conscious decision to live like Lincoln, and honor each day as though it would be the last. I would keep dancing—and with Lincoln by my side.

I'll never forget the day I had brought him to Pappas Recreation Complex, Auburn, home of my Outdoor Zumba class. It wasn't the first time he had come, but it ended up being his last. I push play and there he is,

resurrected on the screen of my iPhone. Lincoln, I miss you! I choke up watching him gallop from the car and straight into the arms of Joanne, his beloved Zumba Auntie. She hugs him. He receives her love by grabbing her pocketbook and parading about the pavilion with a happy wiggle. "I'm back! Let's get this party started!" I remember watching him



Lincoln at nine weeks.

and thinking to myself, he's untouched and blissfully ignorant. I may be in pain, but he is not. Lincoln is the same. He is going to go on and on. He's going to be okay.

The pocketbook memory dangles ruefully in my mind's eye. My plan had bought him an extra six months of happiness. I could have used a lifetime. My melancholic dip makes me even sadder. The gloom and self-absorption are un-Lincoln-like. He did not

dwell in struggle, but thrived in the joy of living life to the fullest. His legacy has left a mark more obvious than a muddy paw print. It's not what we lose, but how much we give while alive that matters in the end.

"You are blessed, Mom. The grass is greenest where you water it. Pay attention to good vibes." I picture him facing me as he always did. Every day spent together was his best day. It didn't matter if we were on vacation or watching a ball game. His contentment was as big as his head.

Lincoln treasured every aspect of suburban life, especially (and incidentally) its prevalent green grass. He would gallop around the house while my husband mowed the lawn. He loved to be a part of someone else's chores. "You are so good with the tractor. This calls for some ball chewing. Hold on." Snow blowing sessions were equally as gratifying to Lincoln. He'd force his way through the doorway entrance upon sight of winter hats and gloves. A snow storm called for epic measures of elation. He had to be first in line. "IT'S SNOWING OUT! EXCUSE ME!"

Lincoln was born amid a snowstorm, on December 26th, 2010. He adored ev-



Another great day.

ery aspect of snowfall. He'd come to the deck door after hours of play, costumed as a Christmas tree, snow bulbs hanging from the long Golden fur at his belly and paws I'd do my best to gently tear the snow balls from his body, but doing so was like pulling hair from someone's scalp. Occasionally, he'd look at me and show his teeth. "I'm sorry, Lincoln. Almost done." He'd soften to my voice. "I know you're only trying to help." (Bitterness was not who he was). Then he'd lie down on a linen, forest green tablecloth repurposed for his needs, and groom himself like a cat while I poured him a bowl of goat's milk.

Lincoln possessed perpetual good vibes (as dogs

do) and was rarely in a bad mood. I think about the puppies I've yet to meet and wonder if they'll ever fill Lincoln's big shoes. Will they retrieve socks, shoes, and pocketbooks as he did? Will they create games in the snow, play defense in a game of football, and fetch countless balls? Will they remind me to live each day as though it's my last, and be fully present? The puppies, I'm thinking, will have their own personalities.

In any event, I plan to share with them all that Lincoln left behind, especially his good vibes.

Tell me your dog story.

Write to me at

amyleclaire@hotmail.com



Good vibes




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Boating safety courses

The United States Coast Guard Auxiliary Tri-State Flotilla will be instructing five upcoming boating safety classes through the Zoom video conference platform, due to COVID-19 restrictions. Registration is managed through the Milford Community School Use Program, Adult-Boating, at <http://mcs.milford.ma.us> or (508) 478-1119 at least six days prior; keeping

in mind that availability is limited and you will receive course materials prior, covered by the registration fee. Participants under the age of 16 must be accompanied online by a registered parent/guardian. For additional USCGAux. information: phil.uscgaux@verizon.net or (508) 478-3778.

Boat America

Oct. 23 and Nov. 20

Two Saturday courses on Zoom 8 a.m. – 5 p.m. (\$75 fee-\$65 Milford residents). An in-person proctored exam will be given to students, in their vehicles, at the Milford High School parking lot on the Sunday following the zoom class at 10 a.m. due to COVID-19 Delta safety restrictions (exams to be given on 10/24 and 11/21). This is a one-day course developed to provide the skills and confidence needed to explore the coast and inland waters by boat. Basic knowledge and skills are needed to have safe and enjoyable boating experiences. This course is perfect for families that have just pur-

chased any type of boat or are planning to in the future, and also for the boater keeping up with changes to boating regulations and laws. Successful completion of the course will certify any minor, from 12 to 16 years of age, to operate a powerboat, including a personal water craft/jet ski (for 16 and 17-year-old operators), on all Massachusetts waters; in conjunction with the Mass. Environmental Police. Approved by NASBLA it will also cover the requirements to operate a vessel in most other states & many countries where boating safety education is mandatory. Most boating insurance companies offer a discount on premiums for successful completion of this course. These Zoom Boat America courses are limited to 20 students.

Suddenly in Command
October 20, November 17, and December 8

Three Wednesday evening courses: 7 – 9:30 p.m. (\$5 fee). Imagine you are out on the water when the boat's captain somehow is incapacitated

or falls overboard and can't swim back to the boat. Are you prepared to take basic actions to get help, stop or start the engine and take the helm? A little knowledge could save lives and make you feel more comfortable boating when you're not generally at the helm.

Misfortunes can and do happen while on that fishing, diving, adventure, or party charter. Being out on your own boat with that significant other at the helm, or going out on a friends' pontoon boat can also turn to horror if the skipper is suddenly out of commission. This is a boating safety primer for those not generally at the helm but would like to know what to do, to be better prepared.

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The Auxiliary was created by Congress in 1939. For more information, please visit www.cgaux.org

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



Q. With COVID I have spent more time working from home than ever and have noticed two things when I go for a walk. First many SUVs are very noisy, not engine noise but what sounds like tire noise, why. The second issue is, one neighbor has an electric car and another neighbor has a plug-in hybrid. When we stop to chat, both cars make a weird noise, why?

A. Many SUVs today are designed to travel the Rubicon Trail even though they rarely leave the pavement. The large wheels with very aggressive tires are great for off road travel but can be quite noisy on local street and highways. Regarding electric cars and noise, starting in September of 2019 manufacturers needed to equip their vehicles with an alert when traveling at speeds of less than 19 miles per hour both in forward and reverse. This law was part of the pedestrian safety law passed by Congress in 2010.

Q. I have a 2007 Lexus RX 350 that has 207,000 miles on it. The person that I bought it from has always used Toyota brand conventional oil. My question to you, would it be best if I continue to use the same oil, or can I switch to full synthetic without a problem? I would be using the recommended 5w-30 grade of oil but another brand, Pennzoil or Quaker State.

A. Switching to synthetic oil on a vehicle with high mileage isn't a problem as long as the car was prop-

erly maintained. Contrary to some opinion, synthetic oil will not cause oil leaks, but it may find a leak on a poorly maintained engine that has excessive sludge buildup. One alternative is using a high-mileage synthetic oil. This oil has additives that help restore dried out seals and improve oil performance. Regarding brands of oil, as big as Toyota is, they don't own an oil refinery and use oil manufactured for them. As with any vehicle, you only need to use oil that meets the manufacturers specifications. For more information on oil, I had a chemist on my radio program. If you want to listen to the interview and much more, go to <http://johnpaul.podbean.com>

Q. I have a 1941 P-12 Plymouth Business coupe that I have owned for many years and have had very few problems. The other day I got behind the wheel, bumped the horn ring and the horn started to blow. I parked the car and disconnected the battery. How can I get the horn back to normal?

A. The wiring of the horn is fairly simple. There is a horn button (switch and spring) located under the horn ring, horn relay and horn. The issue could be a sticking horn button or sticking horn relay. I would start with the horn relay, it's easier to check. If that doesn't work, you may need to remove the center cap to access the horn ring and horn button. After reading online (even I'm

not that old) the special deluxe steering wheel center hub is held on with three screws; on the base model, you will need to pry off the center hub. Once the cap is off, you should get a clearer picture of the horn button and how it works. By the way, what a great car with its manual steering, brakes and transmission, it is a car that you truly felt like you were driving and not just going for a ride.

Q. My grandson just started college in Florida and his Hummer H3 has problem with a power drain on the battery. It will not even take a jump to start. I understand these vehicles have a lot of electrical issue. Any suggestions?

A. If the engine will not crank over with a jumpstart, the battery, starter or wiring could be an issue. If the battery has been repeatedly discharged it is possible that it has shorted out internally. At this point the best thing to do would be to get it into a repair shop and have the battery charged, tested and if needed, replaced. If the engine starts up, then it is time to look for parasitic drain. Some common issues that contribute to current draw, are the alternator itself, factory radio and trailer hitch wiring. If he is having trouble finding a local repair shop, AAA has approved repair shops across the country. Go to aaa.com/ repair to find a local shop.

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Tales from beyond

Haunted Lake Morey

By Thomas D'Agostino

Residual haunts are not intelligent haunts or ghosts, they are a moment in time that has been recorded or taped somehow by the earth much like a DVD or CD and replayed at random. There are many theories as to how this happens. Famous author and researcher Paul Eno has studied and applied the laws of quantum physics to many cases where this occurrence has been prevalent. His theories and findings have helped propel the paranormal field into a higher level of scientific approach, one definitely worth studying.

In the case of Lake Morey, history seems to be mixed with a very strange haunt that seems to be more than just a residual but a powerful recant of one's anger over the feeling that his idea

may have been, according to his purports, stolen.

Samuel Morey (October 23, 1762-April 17, 1843) of Fairlee, Vermont, patented several inventions that involved steam power, one in particular, being a steamboat. Between 1790 and 1793, he worked on this project with undaunted enthusiasm. On a Sunday in 1792, he made the first successful steamboat run in one of his inventions, a waterwheel steamboat with the wheel situated in the prow of the vessel. Legend says that he chose Sunday morning because the townsfolk were all in church, this way he could avoid embarrassment should the voyage result in failure. His several mile run at an astounding four miles an hour on the Connecticut River was sure to usher in

a new age of transportation. He built three known boats during these experiments.

By 1797, Morey improved his boats for commercial use and sought financial backers to help build a fleet. Unfortunately, this business venture would never come to fruition. He did make more improvements on the steam engine as evident in his 1799, 1800 and 1803 patents. In the meantime, a man named Robert Fulton was also very interested in the steamboat and in 1807, launched the first commercial passenger steamer, which ran from New York City to Albany. When Fulton and his financier, Chancellor Robert Livingston, were hailed as the inventors of the steamboat, Morey was outraged, claim-

ing that they stole his ideas to create their boat. There is record of Livingston riding on Morey's steamboat a few years before. Morey also rode on Fulton's boat and made it known he was not happy that Fulton reaped the benefits of his hard work.

According to local legend, Morey was so disgusted with the situation that he took his boat, the Aunt Sally, to the middle of the lake and sunk it. The lake was later named in his honor, as he resided in Fairlee until his death in 1843. He is buried in Orford, New Hampshire, but that has not kept his spirit from wandering to his former home.

It is recounted among the citizens of this quaint town that when the moon shines bright upon the earth, the



calm plane of the lake is disrupted by the rising of the Aunt Sally. The phantom vessel then floats across the lake, creating no sound or ripple in its wake. Even more eerie, is the visage of a figure that is spied watching the ghostly craft from the shore. It is none other than the countenance of Captain Samuel Morey himself sum-

moning up his steamer to once again roll along the waters of the haunted lake.

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.

Food Drive

The Black Tavern Historical Society and First Congregational Church, UCC will once again partner with Tammy Ducharme to collect non-perishable food items to benefit local non-profit organizations and food pantries in our community. The food drive will take place from November 4 to November 7. Monetary donations and gift cards will also be welcomed.

This partnership has resulted in many successful collections in the past,

which have proved of great value to our neighbors struggling to meet their food needs at this time.

Contactless donations may be dropped off anytime from Thursday, November 4 through Sunday, November 7, on the covered front porch of the Black Tavern Historical Society located at 138 Center Road, on Historic Dudley Hill. Mailed donations can be addressed to The Black Tavern, PO Box 143, Dudley, MA 01571.

Bald Eagle presentation

On Tuesday, November 2, at 7 pm, the Sutton Historical Society will host Bill Reid, Chief Ranger of The Last Green Valley, for a presentation entitled, "The Return of the Bald Eagle." The Last Green Valley is a National Heritage Corridor covering 35 towns in Eastern Connecticut and South-Central Massachusetts with a rich history in a surprisingly rural landscape. With 84% forest and farm, The Last Green Valley is the last swath of dark night sky in the coastal sprawl between Boston and Washington DC. Information on this National Heritage Corridor can be found at thelastgreenvalley.org.

Chief Ranger Reid's presentation will showcase how our country's majestic national bird (*Haliaeetus leuco-*

cephalus as it is named scientifically) is benefiting from enhanced protection and innovative efforts to boost its wild population in Southern New England. He will speak about bald eagles and the work to increase their ecological success within our region. With bald eagle sightings throughout Sutton, this presentation should prove quite interesting to our citizens.

This free event is open to all members and the general public of all ages. The Sutton Historical Society, Inc. is a 501(c)3 organization. We are always seeking new members and gladly accept donations. Membership forms and information about our organization and programs can be found at our website suttonhistoricalsocietyinc.org.

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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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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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Tips on financial planning



Dennis Antonopoulos

If you're an investor, you probably enjoy the convenience of managing your accounts online. But you'll also want to make sure that you're not making it convenient for hackers, "phishers" and others with bad intentions to gain the same access.

Fortunately, there's a lot you can do to protect your

Protect your financial information online

privacy. Here are a few suggestions offered by the U.S. Securities and Exchange Commission:

- Use a strong password or passphrase. You'll want to pick a password that would be virtually impossible for anyone to guess, employing capital and lowercase letters, plus symbols and numbers. Of course, you'll want to record the password in a secure place so you won't forget it. Instead of using a password, you may have the option of choosing a passphrase, which contains a series of words strung together. You'll want to avoid phrases taken from popular culture or

that are otherwise commonly used. And it's also a good idea not to use phrases containing your name, birthday or other personal identifiers.

- Activate your account alerts. When you turn on your account alerts, you'll receive text messages or emails notifying you of certain activities, such as account logins, failed account login attempts, personal information changes, money transfers, adding or deleting of external financial accounts, and more. These alerts can help you monitor your accounts for fraud and verify your own moves, as well.

- Avoid using public computers to access investment accounts. If you're at a hotel or library, try to avoid the temptation to use the computer to check in on your investments. But if you do use a public computer, at least take proper precautions. For starters, don't leave data on a screen and walk away, even for a moment. And when you're finished with the computer, log out of your account to end the online session. You may also want to change any password you used.

- Ignore suspicious links. Be suspicious of emails or text messages containing links claiming to be con-

nected to your investment accounts. These links could take you to websites designed to solicit sensitive account information, which could then be used for financial or identity theft. Even if the link seems to be coming from a business you know, you'll want to be quite cautious – experienced "phishers" can now create websites or online documents that look real. And keep in mind that legitimate investment firms will not ask you to divulge personal information without going through the password or two-step authentication protocols already described.

The ability to connect with your investment accounts online can be extremely useful to you – and you'll feel more comfortable about these interactions if you know you've done all you can to safeguard your information.

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

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RE: Real Estate



Mark Marzeotti

An attractive nuisance might sound like a trendy term for a cute kid or a pet begging for your attention. But it's actually a real estate term, and as a homeowner, you should know what it means.

What is an attractive nuisance?

An attractive nuisance is the name given to any object or structure on a property that can lure people – typically children and elderly adults – into unsafe or even deadly situations.

A swimming pool is one of the most popular attractive nuisances known to homeowners. If a pool is not guarded by a gate, fence, or other type of enclosure, someone can wander over, fall in, and

What is an attractive nuisance?

potentially drown.

Here's a list of common attractive nuisances: trampolines, jungle gyms, swing sets, dangerous animals, including some dog breeds, decorative fountains, Koi ponds.

That last one you might question, but remember that it is possible for someone, especially a small child or an adult with limited mobility, to drown in shallow water.

An unattractive liability for homeowners

When you set up a homeowner's insurance policy, you will likely be asked about whether you have some common attractive nuisances on your property. But don't think you're completely in the clear if your backyard doesn't have a pool or your kids prefer to play on the swings at the park.

It's not about an object being attractive to the eye as much as it is about appealing to someone's curiosity. And no one is more curious than a child, who can easily get into all sorts of trouble the moment

an adult looks the other way.

"The owner of the property has to have it in mind that there may be a chance that a child can stumble onto their property for something that might not be shiny or pretty in the aesthetic sense, but they certainly can appeal to a young person's curiosity. A few more examples:

- An abandoned, rusted-out car that can cause injury
- Discarded appliances that can cause entrapment
- A construction site with dangerous tools or deep ditches
- A tractor or other piece of rideable equipment that could be deadly in the hands of the wrong driver

It's important for homeowners to understand that young children don't really understand what it means to trespass – all they want is to get close to whatever it is that has grabbed their attention.

Does insurance cover attractive nuisances?

In the case of a lawsuit stemming from an injury or death caused by an attractive nuisance, an insurance company will fight for the homeowner if precautions were in place. However, there is a burden of

proof for the homeowner.

For example, if someone sued a property owner for an injury or death sustained in their pool, it wouldn't be enough to prove the pool was fenced in; the homeowner would have to prove that the gate was closed and locked, which can be difficult. Even a "No Trespassing" sign on the property might not be of much help.

Protect yourself and others

Does this mean you have to give up on dreams of owning a home with an Olympic-sized pool with a diving board (that's another attractive nuisance, by the way) or a water fountain that you can dance in like they did in "Friends"? Not exactly. But you do have to take measures to secure them all and make sure they are properly covered under your homeowner's insurance policy so that you (and future buyers, possibly) can enjoy your attractive nuisances responsibly. A realtor can help you identify these risks in your home and as always help you get the most value from your home in this brisk market. Call a Marzeottigroup team member today at 617-519-1871.

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SENIOR NEWS LINE

Do we really need a booster shot?

By Matilda Charles

Depending on when we went for the COVID vaccine, we could be eligible for the booster now ... or not. Elderly seniors, as well as those in nursing homes and the immunocompromised, were first in line early in the year. The rest of us straggled in over the next several months. At this point, it's unknown whether there should be a six- or eight-month wait before the booster.

The Pfizer booster (called Comirnaty) is now available to those 65 and older and some others depending on risk and medical conditions. At this writing, Moderna is asking for authorization, and there is no booster yet for the J&J vaccine.

Do we actually need a booster? We're all wondering (my pharmacist says half of their calls are about boosters), and the answers are a mixed bag.

A pulmonary physician at a major university hospital said if we're under 65 and relatively healthy, no, we don't need one.

The U.S. Department of Health & Human Services says that the vaccines we already received will start to wear off, so yes, we should get the booster, starting with seniors and nursing-home residents.

The Centers for Disease Control and Prevention is calling for booster shots only for the immunocompromised, but not others.

The World Health Organization is calling for a moratorium on shots until poor countries get theirs.

While we wait for real answers, keep your vaccine record card where you can find it. You'll need it, should you decide to get a booster.

What am I going to do? I'm going to stall. I'm going to wait to see how the booster plays out. With the highly contagious Delta variant being such a menace right now, I'd like to see if perhaps that's going to be added to the booster vaccine.

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