

## Immigrants: Effie Qeleshi of The Coffee Mug in Auburn

BY JANET STOICA

*This is the fifth in a series of articles about local immigrants and their lives in the United States, why they came, how they lived, and what their outlook is about this country.*

**E**ffie and Mihallaq Qeleshi emigrated from Albania to the United States in 2000 and 1999, respectively. They came because of our democratic government. They wanted to make a good life for themselves and their two daughters. Their daughters were schooled in Texas and locally in Worcester, specifically South High, as exchange students.

Effie and her husband, Mihallaq, knew their goal was America from early on. Mihallaq's father, Thanas Qeleshi, had been a prisoner of the Albanian government because of his strong beliefs and teachings of democracy. Thanas was a college history professor. He was also imprisoned for over fifteen years because of his democratic viewpoints.



*Effie Qeleshi of The Coffee Mug in Auburn. An immigrant from Albania, she says "I honestly feel that I was born here" in America.*

"After we had been living in America for six years, we learned about The Coffee Mug Restaurant's impending sale. We ended up buying the restaurant from the original owners," Effie said. "We used to own a brewery in Albania so we had knowledge of food supplies and the industry. I really enjoy cooking as well." And, anyone who has visited The Coffee Mug for

breakfast or lunch can easily judge that Mrs. Qeleshi is an expert at her food craft.

"Of course, English did not come easy for us," Effie said. "I attended Quinsigamond Community College to learn the language. I eventually took advanced English classes in reading and writing the language and obtained my U.S. Citizenship Test and passed."

After buying The Coffee Mug, the Mihallaqs gradually changed the menu and incorporated their own style of breakfast items. Their customers' favorite breakfast choices? Eggs Benedict, of which there are several excellent choices, and their popular stuffed French toast made with thick slices of Texas-style bread that are filled with jam and/or cream cheese. Lip-smacking delicious for sure. Effie has received many top restaurant dining awards from the Chamber of Commerce for her

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*Tom Hansen and Ted Goulet are the "TNT guys" with Cruise Planners; they discussed their franchise at Panera Bread in Webster on June 12th.*

## 'TNT guys' having a blast as a Cruise Planners franchise

BY ROD LEE

**M**ichelle Fee is living proof that such a thing as the urge to travel—the so-called "travel bug"—exists.

Ted Goulet and Tom Hansen are too.

Ms. Fee was a mother of young children when she launched Cruise Planners in 1994, joined in that initiative by industry veterans Lynn Korn and Marvin Davis, both of whom have since retired. Michelle Fee remains CEO of the organization, which is based in Coral Springs, Florida.

Talking about their own experience during a conversation that took place at Panera Bread in Webster on June 12th, Mr. Goulet

**CRUISE PLANNERS**  
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## CRUISE PLANNERS

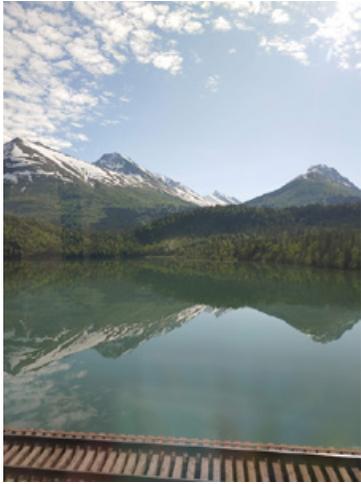
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said he was in a shop in Key West when an American Express sign caught his eye. "That's what drew me in," he said. Of what happened next, Mr. Goulet says "we took eleven months to look into it and said 'maybe this is something we can do.'"

Both had jobs in the corporate world, prior to obtaining a Cruise Planners franchise, approximately ten years ago.

Cruise Planners is different than other such operations for a few reasons. For one thing, it is home-based. "We are the No. 1 home-based travel agency for twenty-seven years running, and one of the Top 10 to buy (as a franchise) according to Forbes," Mr. Goulet said.

He noted that "the vast majority



of travel agents are not storefronts anymore."

Also, Cruise Planners is dedicated to providing its clientele with "unforgettable, stress-free and affordable vacations that exceed their every expectation," the company says on its website.

With that, Cruise Planners is devoted to offering franchise owners like Mr. Goulet and Mr. Hansen the chance to be their own boss and have "a rewarding and fulfilling business that is built on enriching people's lives" and making customers' dreams "a reality."

Cruise Planners has even coined a word for the state of mind it tries to create. It's called "Cruisitude."

A married couple with two daughters and three grandsons, Mr. Goulet and Mr. Hansen call themselves the "TNT guys" and they love their work, especially when it comes to establishing a rapport with their clientele.

"We're old-fashioned, we like to meet our customers," Mr. Hansen says.

As one of numerous Cruise

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## IMMIGRANT

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cooking expertise.

When Effie and Mihallaq initially purchased The Coffee Mug, they worked tirelessly with the help of their two daughters, Mariola and Adelajda. During COVID, The Coffee Mug was closed and, unfortunately, in 2019 her husband Mihallaq passed away. "I closed the restaurant to make renovations. We re-opened in August 2020. I have always been the main cook for seventeen years and I thoroughly enjoy it. I'm at my happiest when I'm cooking," Mrs. Qeleshi stated.

The Qeleshi family also had a claim to fame in 2008 when consumer advocate Ralph Nader came to Massachusetts for a political rally when he ran for president. "It was a very big thing for me," Effie said. "He came here in the evening hours for a campaign rally and filled the parking lot with supporters. The Worcester paper featured us in their next edition. It was really a sight to see."

Effie and her dear husband, Mihallaq, became U.S. citizens together in 2009 at what was considered the largest naturalization ceremony in the state at the time as it was held at Fenway Park in Boston. There were over 5,000 immigrants from 136 countries. President Barack Obama also delivered a message on Fenway Park's giant video screen. Effie loved every minute of it.

"My dream and my family's dream was to come to America," she said, "it's not easy establishing yourself but with hard work you can get it done. We came here for liberty and freedom and we brought our children here for good schooling. I am so proud of our daughters and their families. Our daughters' families are, Mariola and Scott St. Jean with their daughters, Jessica and Savannah, and Adelajda and Jani Tego with their daughters Brielle and Allison. They are the best."

Effie has not returned to Albania and says the country has not changed all that much. "You're either rich or poor," she said. "There really isn't any middle class but it's such a beautiful country. When Albanians ask me if they should come to America, I tell them 'you're late, you should've left already.' This is the best country in the world. Even with the economy and the politics, it's still the best country in the world. Right now, I honestly feel that I was born here. When I wake up every morning, I tell myself I'm so grateful to be here. And, as long as I'm healthy, I'll continue to work here and enjoy greeting and cooking for my wonderful customers. It's so very important for me."

Remember, remember always, that all of us, and you and I especially, are descended from immigrants. Franklin D. Roosevelt

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## Correction-Rain Date For Grange Concert

An advertisement for Dudley Grange #163 that appeared in the most recent issue of Xpress contained an incorrect rain date for a performance by The Grey Whisker Pickers. The group's appearance is scheduled for Saturday, July 15 from 6:00 to 8:00 p.m. on the Dudley Grange Lawn on Center Road, but the rain date is Saturday, July 22nd, not July 23. The Grey Whisker Pickers' show is part of Dudley Grange #163's Summer Evening Music Series.

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# Xpressly Yours ... a letter from the editor

## A beginning for The Pewter Pot; an ending for an editor

Application of the old adage “the neighborhood isn’t what it used to be” is of course not limited to the place of residence my wife and I have known for more than thirty years.

Change inevitably alters the look and feel of locales that were thought to be familiar and so not subject to any particular upheaval or transformation.

Time proves otherwise, as it has in my hometown of Endicott, New York, as it has in Grafton Hill where home was Cohasset Street in the mid-1980s (upon first arriving in Massachusetts), and as it has in the little corner of the town of Northbridge known as Linwood.

The standing joke around these parts is that Linwood doesn’t even really exist. This, because often when reference is made to the zip code 01525, be it at the Registry, upon ordering computer equipment online (for instance), or in offering an address to a visitor who is depending on GPS to find you, the message comes back “not recognized.” In such cases, the solution is to use 01534 or 01588.

This has been a longstanding problem, which explains why many occupants of Linwood switched from post office boxes in 01525 to street delivery of their mail using

01588—given the chance.

The headache of being associated with a neighborhood that was virtually an indistinguishable sliver of “the whole” was eliminated, for these citizens.

The Linwood of 2023 bears some of the hallmark features by which it was known in 1988; notably, the railroad tracks that run behind the building on Providence Road (Rt. 122), a one-story structure that used to house Friendly Discount Liquors and then a Salvation Army store. Now it is a Dollar General, with space to one side still available for lease.

The Linwood Laundromat remains where it has been but Brenda McAuliffe’s popular convenience store, the Cellar Sooper, is gone.

Brian Snay’s restaurant is now Grille 122.

Paul Menard’s service station, operated after his death by his brother Dennis, is now a maintenance garage for Don Menard’s Foxy Travel business.

A hair salon next to Foxy has been turned into a pet-care operation.

The China Pacific on Linwood Avenue has held onto its spot but has suffered for customers, post-Covid 19.

Hank Nydam is still doing business at Nydam Oil; and Peterson Oil, next door, is doing the same.

The Linwood Mill, which once housed the Lavoie family’s furniture business, is now residential.

And the outbuilding in front of the Linwood Mill, which has hosted several businesses over the



Where there’s a ribbon cutting, there is Jeannie Hebert, here shown officiating at the ribbon-cutting ceremony for the grand opening of The Pewter Pot on Linwood Ave.

Country Store” with an accent on “Amish furniture obtained from Pennsylvania Dutch country, crafts, handmade personal items (candles, soaps, home décor, natural dog treats), antiques and collectibles.”

There is every indication that The Pewter Pot, because of its impressive array of merchandise, tastefully arranged on two floors, will last, and that is the hope.

“I love the store,” Jeannie Hebert, president and CEO of the Blackstone Valley Chamber of Commerce, told me. “I have purchased several items for my home and for gifts. It is a great addition to the Valley that offers unique, high-quality, well-made products, many from Amish companies. I highly recommend The Pewter Pot. I dare anyone to leave without a purchase!”

As I end my writing and editing career with the Xpress newspapers—this is my farewell column—there will be ample opportunity to keep an eye on goings-on in Linwood.

And at The Pewter Pot, the official address for which is 670 Linwood Ave., Whitinsville—not Linwood.

In case you are looking to visit the store.

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

years, is now home to The Pewter Pot. Recently, a ribbon-cutting ceremony was held for The Pewter Pot, which the owners describe as “a good old-fashioned Primitive

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## CRUISE PLANNERS

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Planners franchisees, they say “we are not well-traveled but we have travelled.” Indeed, they have been around the world, so to speak, and are ardent advocates for the cruising life.

“Cruising is a great value, you get all the destinations,” they say. “We are connected with every cruise line. We do more business on land than on water. We specialize in custom itineraries. Italy, France, Ireland, those are huge.”

As an example of the lengths they go to in taking care of their customers, when “the world shut down” because of Covid-19, they stayed busy with “re-bookings,” they said. “One of our clients got stuck in Australia. We worked to get her the hell out of there. You won’t get that kind of service on-line. When our clients travel we are available 24/7.”

Popular destinations with customers of the TNT guys are “Europe—it’s hot. Alaska, Tom’s favorite (‘it was life-changing for me’), the Grand Canyon, D.C., Mexico, the Dominican Republic and always the Caribbean. We are hosting a river cruise in the fall for twenty-one, twenty-two people,” Mr. Goulet said.

Mr. Goulet and Mr. Hansen gain great satisfaction in sharing many of the trips they offer with their customers.

“Not yet,” they say, of taking an African safari. Morocco, “I’ve only seen it as we cruise past,” Mr.



Goulet says. Australia and New Zealand are on the wish list.

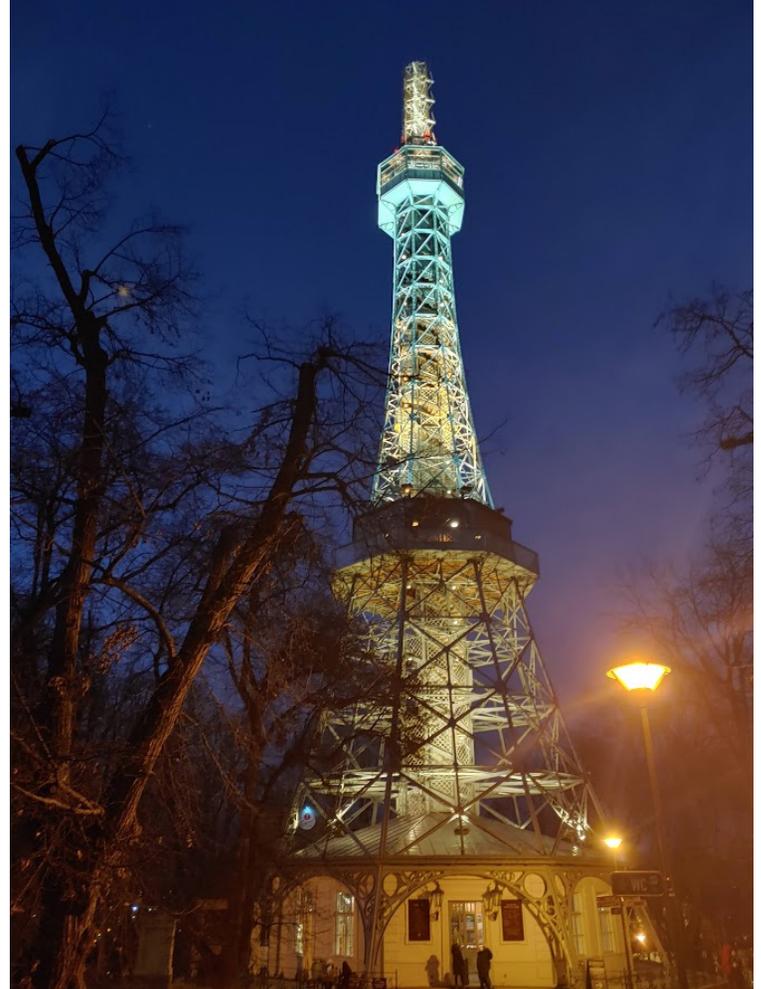
They tell people “try the Azores.” Hawaii and Iceland are “very popular.”

A benefit of purchasing cruising packages from them, they say, is “we don’t charge fees. We are paid by the vendors.”

They love that they have “100% operational control” of their business. It keeps them busy, planning for and participating in bridal shows, travel shows and putting together cruise packages; but, they note “it has come back tenfold” in the gratification they feel in putting smiles on customers’ faces.

“Customer service, it’s always there,” Mr. Hansen says. “We stay up to date with changes, we’ve given it our due diligence, which is why we have repeat customers.

Hand-written thank you cards”



*Clockwise from above: A Miniature Eiffel Tower in Prague, biking to a castle in Bernkastel, Germany, the Hubbard glacier and a view of houses from the canal in Amsterdam are all richly rewarding images left from trips Mr. Hansen and Mr. Goulet have been able to take as owners of a Cruise Planners business.*

are a staple of their approach to their vocation.

For more about the “completely personalized vacations” Mr. Goulet and Mr. Hansen offer as travel

advisors and franchise owners with Cruise Planners, visit [tntguystavel.com](http://tntguystavel.com).

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# Summer smiles and tasting classes at Gladys E. Kelly Public Library

BY JANET STOICA

It's sure to be a bountiful summer filled with great happenings at the Gladys E. Kelly Public Library in Webster. First-

the appealing outdoor garden filled with beautiful flowers and healthy vegetables for the volunteers who are spending time weeding, fertilizing, and watering the plants and nutritious root



Library Director Sondra Murphy and Programming Coordinator Randa Cox at the Pumpkin Patch.

ly, we have to give a big shout out to Sondra Murphy, Webster's wonderful Library Director, who has recently returned from welcoming her second child, Orion, into the literati world. Cheers, Sondra!

Secondly, let's get on with the recent events waiting for library patrons to enjoy!

Director Murphy applied for and received two recent grants. The first grant received, in the amount of \$9,000, was for

vegetables and herbs. The funds received from the Association for Rural and Small Libraries are designated as a Sustainable and Resilient New England Libraries Grant. She initially received permission to pursue the grant funds from the town and also the Library Trustees. The funds enabled the purchase of materials for the building of the raised 50-foot-long by 10-foot-wide garden bed (Thank You, Webster Highway Dept.) including

the soil, wood chips, seedlings, watering hoses, and garden ornaments such as the Corten Steel garden frog, rabbit, bird, and additional metal decorations. Corten, or weathered steel, eliminates the need for painting and once exposed to the elements develops a seasoned rust-like appearance. Vegetables planted include tomatoes, cucumbers, onions, radishes, garlic, carrots, lettuce, pumpkins, and Japanese herbs and vegetables such as eggplant, mizuna (similar to arugula but with a mild peppery flavor), shiso (a member of the mint family with a taste similar to cinnamon and clove), and indigo

(non-edible and used as a blue dye). Flower varieties consist of zinnias and calendula.

"We hope to have an instructor from the Assawaga Organic Farm of Woodstock CT come in to educate our patrons on the Japanese herbs as well as the indigo dye. Additionally, we'll be offering four tasting classes for children and adults using produce from our garden as well as from local growers," said Director Murphy.

Mark your calendars for the following Tasting Classes: Tuesday, August 22-Salsa Workshop. A favorite chip dip! Thursday, August 31-Pesto Workshop using basil, nuts, a variety of cheeses,

and olive oil; Thursday, September 7-Quickles. Quick pickles in a plain style or with onions; and Thursday, September 21-Pizza making featuring margherita pizza. Children's classes begin promptly at 3:30 p.m. and Adult classes are held at 6:00 p.m. sharp.

"We're excited to be using our garden's produce and our goal was to grow a little of everything to be used in our workshops," said Ms. Murphy. "We're also looking forward to harvesting

**LIBRARY**

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**LIBRARY**

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small pumpkins for our children and one large pumpkin that we're hoping might be entered into a local agricultural fair in the fall. We also want children and adults to know that they are welcome to stop by at our main desk if they'd like to volunteer for helping with the garden and jobs will be assigned to them. Open garden hours are Monday-Friday from 9:00 to 10:00 a.m."

The second grant that was awarded to the Gladys E. Kelly Public Library was from the Janet Malser Trust in the amount of \$15,000. The library wanted to purchase a Charlie Cart which is a mobile kitchen demonstration cart. The cart's purpose is to promote and support food literacy programs for children and adults. It's brightly colored and measures five-feet long and two-feet wide with a built-in induction stove top, convection oven, Vitamix blender, sink, mixing bowls, measuring cups, and most importantly, includes learning curriculum. The programs will be overseen by library staff and local chefs who will visit one or two times monthly throughout the fall and winter months. The staff is also looking forward to working with



*Sondra Murphy and Randa Cox display the new Charlie Cart.*

Bill Sabine of Andy's Neighborhood Canteen who will sponsor a pasta and wine-tasting class. The Summer Reading Program

has also begun! This program is open to all from children to teens to adults. There will be fun raffles and prizes for the number

of hours spent reading books. A great and enriching experience for all ages. Some of the youth prizes include season passes to

Memorial Beach, a ride to school in a police cruiser or a fire engine, and a backyard party basket that includes a Slip and Slide, an inflatable basketball hoop, and a bubble machine. Teen prizes include gift cards to Taco Bell and Fortnite video games. Adult prizes are a Rose Room gift basket as well as a \$100 Blackstone Valley Cinema movie package. Stop in and get the details on the Reading Program, you just can't lose for reading!

Additionally, the library always looks forward to donations of current books and novels (no textbooks or magazines please), CDs, DVDs, games, and puzzles. So clear out your bookshelves and racks and hop on down to the library to donate.

Attention business owners and generous individuals: The library is now seeking sponsors who can fund the garden and its food literacy programs on an annual basis. Current estimated costs are \$1,000-2,000 annually. Sponsors will have a plaque placed at the garden showing their sponsorship. Thank you for your kind consideration.

*jstoica@TheYankeeXpress.com*



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# Faith lives on at Webster's Congregation Sons of Israel

BY JANET STOICA

Since 1917 the Congregation Sons of Israel location in Webster has kept its sacred and reserved home in good standing. There are no weekly gatherings but there are beloved and humbling services a few times annually for the local Jewish community. Recently I had the opportunity to speak with a high school friend who attended services there for Rosh Hashanah and Yom Kippur and perhaps other important holy days. Deborah Stayman, originally from Webster and currently



The Holy Ark containing the Torah (Hebrew Bible).

living in New York State, educated me on several aspects of the local congregation site.

"The local congregation was chartered in 1906," said Ms. Stayman. "Members met on the third floor of a Webster Main Street building. At one time there were fifty families who belonged including my family." Her parents were Bessie and Henry Stayman, former proprietors of Kulin's Specialty Shop located on Webster's Main Street when local shops were bustling with foot traffic and eager customers. I remember my mom taking me into Kulin's when I was very young as she checked out lingerie and other delicate items offered by the shop. It was a quiet, orderly, and neat enterprise as I recall. The store offered children's clothing, ladies lingerie, tablecloths, bedspreads, and blankets.

The local Jewish community bought its current building from an ethnic lodge group in 1917 and has remained at the same location for the past 106 years.

Deb's father, Henry, who was mechanically inclined, became the quiet caretaker of the congregation building, checking on it weekly to ensure the exterior and interior of the building were in

good order. "My dad was the kind of person who stayed in the background," said Deb. "He wanted to keep an eye on things and didn't want any recognition. He'd repair what needed to be fixed or contact an officer for major repairs. For over forty years, my dad would stay on top of things. His priorities were family, Judaism/synagogue, and the family business. On Sundays, he would putter around the house."

Henry was born in Worcester, went to Boys Trade School with the intent of becoming a printer. Because he was mechanically inclined, he decided to take a job at a gas station, eventually buying the business. When relatives introduced him to Bessie, it turned out to be a good match as they were married in 1942. A month later, however, Henry was drafted into the U.S. Army and fought in the European theater including the Battle of the Bulge. As a sergeant in the infantry, he was injured by a hand grenade. When the war ended, he came home. The couple had two wonderful daughters, Susan and Deborah.

The local congregation was not really large enough to support a full-time Rabbi, so on the Jewish holidays, a Rabbi or a rabbinical student would be contacted to participate in the holiday services. "There were no strict rules for a Rabbi to lead the congregation," Deb stated. Deb and her husband, Jonathan, make it a point to attend services annually at the Webster congregation.

During the New Year celebration of Rosh Hashanah, this year celebrated in September, the person leading the service will blow a



Raised table for the Torah to be unrolled and read. A Shofar sits on the table.

shofar, a ram's horn, signifying the beginning of the New Year.

"I remember most that there were pews at the congregation site," related Deb, "and at some point in history, people would buy their seats and have name plaques placed on the pews. My grandmother, Eva Kulin, had a family pew on one side of the room and my grandfather, Samuel Kulin, had one on the opposite side. My mom would sit with her mother and my dad would sit with her father. Services were in Hebrew so I wasn't aware of all the formalities. As a little girl, I remember playing with the fringes of my father's tallit, a men's prayer shawl, and then going to sit with my mom in her

pew. Men and women sat separately then but this isn't done anymore. Also, we had Hebrew school one to two afternoons weekly."

After graduating from college, Deb spent 1-1/2 years in Israel staying in a kibbutz, a community based on agriculture. She would learn Hebrew for a half-day and worked on the kibbutz to pay room and board. She worked in the kitchen and later in a large chicken incubator factory. "A driver would go out and get local

eggs," said Deb. "Upon his return, the eggs would all be loaded into incubators. When the chicks hatched they had to be shipped to local communities quickly as there was only a 24-hour period for the hatchlings to be transported safely to their destinations."

I'm happy that our congregation is still there," said Deb, "and I hope that it will continue for many years to come."

jstoica@TheYankeeXpress.com



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# Kittens to melt your heart, at Community Cat Connection on July 23

BY JANET STOICA

Come one, come all and check out Webster's Community Cat Connection on Sunday, July 23, from 1:00 to 4:00 p.m. They're having a Kitten Shower. Yes, you read that right. There's always a need for good pet people to adopt abandoned or unwanted adorable kittens and the Community Cat Connection ("CCC") located at 289 Thompson Road in Webster is hoping you can visit and check out their latest and greatest fuzzy little babes. No, they're not toys and should never be treated as such but you will see them and hear their cute little voices as you check them out at the CCC's Second Annual Kitten Shower. You can even vote for your favorite.

But, that's not all. On this special day, there will also be raffles and games for kids and adults as



well as appetizers, baked goods, and beverages for your enjoyment. They'll have raffle gift baskets that include lottery tickets, back-to-school supplies, summer road trip supplies, spa gifts, wines, cat supply items, and much more. All games are free and there will be some great prizes. Events featured will be bean bag tosses, temporary tattoos,



and guessing games. Children are welcome. The Man and Cat Candle Company will also be featured. His candles are hand-poured, small batch soy candles with double wooden wicks and he generously contributes 10% of his sale proceeds to the CCC.

Not only is this fun event a way to introduce area residents to the

new friendly felines and older adoptable fur babies but it's also a donation center for items needed for everyday use at the CCC. Their volunteer staff cleans, sanitizes, and feeds all the CCC residents including adult cuddly cats. Here's the public's opportunity to see some of the beautiful and handsome felines that are adoptable and are looking for good and caring homes. If you are able, the CCC would greatly appreciate donations of just about anything you can imagine a safe haven would need: Purina kitten and adult cat food (wet & dry)-no fish please! Kitty litter, Dawn dishwashing liquid, dryer sheets, HE laundry detergent, paper towels, mini-dust pans and brooms, liquid hand soap, 13-gallon trash bags, cash donations, and even gift cards! Your generosity, no matter how small, is always welcome and so greatly appreciated.

If you decide to apply for ownership of any of their attractive and loving pets, you'll be happy to know that all felines adopted are neutered and vaccinated and given complete physical examinations from the local vet hospital. You won't be disappointed.

"CCC volunteers are proud of our facility and we want people to be more aware of us," said Barbara Hassett, a volunteer. "We enjoy what we do and try our best to make our accommodations safe and clean for not only our pets but for our visitors too."

The residents and volunteers can't wait to see your smile!

Community Cat Connection, 289 Thompson Rd., Webster MA 01570. Phone: (508) 949-0779 <https://thecommunitycatconnection.org/> Follow them on Facebook.

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

# Experience the Blackstone on the Explorer riverboat, this summer

The Blackstone River Valley National Heritage Corridor and National Park are a happening place this summer and one of the best ways to experience the region is on the Explorer riverboat, celebrating thirty years in existence.

Nature and heritage tours are available Sundays at 1:00, 2:00, 3:00 and 4:00 p.m. with evening river cruises scheduled on Saturdays at 4:00, 5:00, 6:00 and 7:00 p.m.

Go to <https://www.rivertour-blackstone.com/site/explorer/> for all the details.

## INTERIOR SECRETARY

## VISITS THE REGION

On June 16, Secretary of the Interior Deb Haaland completed a multi-day trip to Massachusetts and Rhode Island. Federal, state and local leaders, including Senators Jack Reed and Sheldon Whitehouse, Congressman Seth Magaziner, RI Gov. Daniel McKee and Pawtucket Mayor Donald Grebien were present at Old Slater Mill National Historic Landmark to greet the Secretary. Secretary Haaland met with National Historic Park and Corridor staff and discussed how they both help to

strengthen the local economy, increase access to outdoor recreation and honor the rich history of the region. She also met with leaders from the Wampanoag Tribe of Gay Head (Aquinnah), Mashpee Wampanoag Tribe and Narragansett Indian Tribe. The meeting included representatives of the Blackstone Watershed Collaborative and the Blackstone River Watershed Council/Friends of the Blackstone, and the discussion included restoring fish passage in the Blackstone, not only as an ecological issue but a cultural and economic one.

- The Kelly and Ashton Mill



Junior Ranger Booklet is a self-guided adventure around the Blackstone River State Park. Aspiring Junior Rangers of all ages are encouraged to acquire a booklet to explore the history and natural beauty of the area. Email [Allison\\_horrocks@nps.gov](mailto:Allison_horrocks@nps.gov) for a mailed copy.

▪ Ranger walkabouts are taking place Thursday evenings at 6:30 p.m. through August 31st. Visit <https://blackstoneheritagecorridor.org/ranger-walkabout-series-2023/> for more specifics.

▪ Join a National Park Ranger for a ride along the Blackstone River Bikeway on Wednesdays from 5:30 to 7:00 p.m. through September 27th. Go to <https://www.nps.gov/thingstodo/bike-theblackstone.htm>.

▪ Thanks, Abigail Epplert, Patty McAlpine and Kathy Parlante for helping staff at the First Strike Festival at Old Slater Mill, and Joe Johnson for leading the Riparian Invasive Ramble for Jane Week and those who assisted on the Family Fun Fishing Day event.

▪ Guided Hikes are being offered on the following dates: September 9, High Rock Farm-Cumberland; September 24, Turner Reservoir-East Providence; October 14, Moshassuck River-Lincoln; November 24, Wolf Hill-Smithfield. Go to [blackstoneheritagecorridor.org](https://blackstoneheritagecorridor.org) for more info.

▪ Guided Paddles are occurring Tuesdays at 6:00 p.m., through August 29th. Check out the Corridor website for more information.



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# SSE program tackles subject of child labor

BY ROD LEE

During the brief time it has been in existence, the Samuel Slater Experience in Webster has quickly gained stature as a museum that puts the cultural and historical life of the region in perspective.

Another example of the contribution the SSE is making in this regard occurred on June 10th with a presentation by Linda Hixon on “Women and Children on the Time Clock”—a captivating look at how boys and girls as young as ten, and adult females, were employed in mills in Lowell, Hopedale and elsewhere around the Commonwealth in the 1800s and the first part of the 20th Century.

Ms. Hixon’s program follows ones recently offered on “Ice Harvesting” and “Early Transportation.” Coming up at the SSE is an introductory course on “Rigid Heddle Weaving.” A three-day workshop scheduled for July 15, 22 and 29, the course will show participants how to use their own rigid heddle loom. Call 508-461-2955 to register.

Ms. Hixon’s talk on child labor was a featured element of “Samuel Slater’s Birthday Weekend” at the museum, June 9-11. It was in every sense of the word an eye opener on



A Lewis Hine photo, calling attention to child labor in the nation’s mills in the 1800s.

the liberties manufacturers took in utilizing kids in the production of

wool and cotton and other goods; “for every reason and for no reason

at all,” as Mx. Hixon put it.

The Draper Company in Hopedale, where Ms. Hixon grew up, “was part of all of this, but later on,” she said. “We wouldn’t even contemplate that now.”

The initial portion of Ms. Hixon’s remarks, accompanied by pictures, focused on providing an answer to the question “what is childhood?” At what age does an individual go from adolescence to adulthood? For a friend of hers, she said, it was “fighting in World War II at the age of sixteen.” He is now in his 90s and apparently still alive, although she has lost contact with him.

“Is this a soldier?” she asked as well, of Charles Everett. He was “a drummer boy” in the horrific “Battle of the Wilderness” and died at fourteen in 1854. An only child and standing just 5 feet 4 inches tall, he joined the Army in January and was killed in May.

“The Army knew better,” she said.

Ms. Hixon made a point of championing the work of Lewis Hine, whose remarkable photographs of children working in “the mills, the mines and as chimney sweeps” were meant to put an end to America’s horrific practice of depending on child labor.

An historian who has taught at

Worcester State, she was introduced to a large and attentive gathering by the museum’s Barbara Van Reed, who said “a big part of our story here is the children.”

The stories Ms. Hixon told hammered home the message that utilizing children in mills for up to sixteen hours a day with the windows closed was just plain wrong.

“These places were death traps in a lot of instances,” she said, citing several examples.

Located at 31 Ray St. in Webster and dedicated to the life of Samuel Slater, “Father of the American Industrial Revolution” and a founder of the town of Webster, Samuel Slater Experience is open Friday and Saturday from 10:00 a.m. to 4:00 p.m. and Sundays from noon to 4:00. The museum with its array of interactive exhibits is available for field trips, parties and private functions, and to tour groups.

Call 508-461-2955 or go to <https://samuel Slater Experience.org> for more information or to make a donation.

Samuel Slater Experience principal sponsors are the Janet Masler Humanities Trust and the Massachusetts Cultural Council.

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



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# Gregory's in Douglas known for pizza, and much more

BY ROD LEE

A fixture in downtown Douglas since its founding in 2000, Gregory's Restaurant & Pizzeria is a busy operation. Gregory's is open for lunch and dinner with a varied menu that includes not only pizza but salads, sandwiches, beer, wine, chicken wings, buffalo wings, chicken tenders, fried calamari, steak grinders, wraps, calzones and a number of parmesan dishes.

Gregory's also serves breakfast on Saturday and Sunday.

Gregory's, which is owned by Gregory Pantos, is part of an industry with sales exceeding \$45 billion in the U.S. in 2021. More than 800,000 people work in pizza shops across the country.

One of the things patrons of Gregory's like best is the attention paid to children. Crayons and paper are available, as are booster seats.

Check out Gregory's full menu at [www.gregorys-restaurant.com](http://www.gregorys-restaurant.com).

## ENTERTAINMENT IS A FIXTURE AT POINT BREEZE

Summer is an especially eventful time of year at Point Breeze Restaurant on Webster Lake. In addition to the seafood-oriented

menu, which can be enjoyed in the dining room or at the edge of the water, there is the entertainment, which has been a staple at Point Breeze almost from its founding as a private men's sailing club in the late 1800s. Tuesdays are Open Mic Night, Wednesdays are karaoke and there is live music on Thursdays and Fridays. At the turn of the century in the early 1900s, Point Breeze became a destination for weekend exhibitions and entertainment and in the Roaring 20s a favorite location for summertime weddings. Point Breeze is open seven days a week for lunch and dinner. Go to [www.pointbreezeonwebsterlake.com](http://www.pointbreezeonwebsterlake.com) for more details.

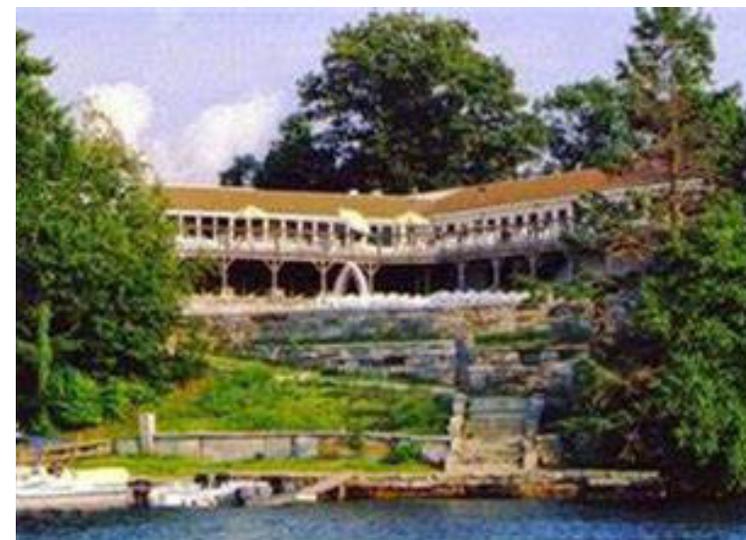
## TO-GO COCKTAILS' FUTURE HANGS IN BALANCE

Lawmakers have extended a COVID-era bill that allows to-go cocktails through March of 2024, but the Massachusetts Restaurant Association (MRA) is pushing for the feature to be made permanent.

One thing legislators are watching as they weigh voting yes or no is how sales of to-go cocktails do in coming months, and what kind

Right, Mark Morgan begins his day in the kitchen at Gregory's Restaurant & Pizzeria in Douglas.

Below, Point Breeze Restaurant, on Webster Lake.



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of regulatory practices restaurants are willing to put in place to assure a manageable situation.

Jessica Muradian, who is director of government affairs for the organization, said the MRA will continue to advocate for making to-go cocktails a lasting ingredient

for restaurant patrons.

Takeout has become that, and to-go cocktails should too, she says.

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

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NOTE: Community bulletin board-type items are welcome for inclusion in the Happenings! section of the Xpress newspapers. Please allow enough lead time for publication. Email your calendar or event notice to news@theyankeeexpress.com.

**SATURDAY, JULY 15**

• A nonprofit concert will be held on the grounds of St. Peter's Parish in Northbridge at 5:30 p.m. Authentic ragtime music by Scott Joplin and more will be featured.



**Saturday Only / July 15 - YARD SALE - 8am-2pm at 31 Conlin Rd, Oxford - items such as records, DVDs, CDs, books, clothes, furniture, household, pictures, tools, tech, toys, etc. (no early birds, please).**

Organizers for the event are Kevin Burokas and Caleb Smith. Admission is \$10.

**SUNDAY, JULY 16**

• The Sutton Historical Society is hosting a bottle/can redemption drive. Drop off is 24 hours at the M.M. Sherman Blackstone Shop, 6 Singletary Avenue, Sutton. Place your returnable bottles and cans in the trailer, which will be parked alongside the building. This annual event is a significant fundraiser for the Society, a 501(c)3 organization which is working hard to keep history alive in Sutton. For more information about the Society, or to join, visit [suttonhistoricalsocietyinc.org](http://suttonhistoricalsocietyinc.org). Questions about the drive can be emailed to [sutton1704@gmail.com](mailto:sutton1704@gmail.com).

**THROUGH JULY 31**

• Summer at the Beach, paintings and drawings by Laura Burnett, will be on display and for sale in the café gallery at Book-lovers' Gourmet, 72 E. Main St., Webster. The show consists of things that you can do, or that you may see while at the beach. A meet-the-artist reception will take place on Saturday, July 22nd from 3:00 to 5:00 p.m. and is free and open to the public. Ms. Burnett lives with her family in Woodstock, Connecticut. She is a self-taught painter and crafter who has been drawing from a young age. "I love what I do, when I make a piece for anyone I love to see the joy that it brings to them," she says. "My inspiration comes from people and places I have been to and from drawings and doodles I have done."

**THROUGH OCTOBER 1**

• Daniels Farmstead in Blackstone is open for its 13th season of Farmers' Markets, every Sunday from 11:00 a.m. to 2:00 p.m. Email [info@danielsfarmstead.org](mailto:info@danielsfarmstead.org) for further details or visit the Daniels Farmstead Foundation website at [www.danielsfarmstead.org](http://www.danielsfarmstead.org).

**THURSDAY, JULY 20**

• The Millbury Summer Concert Series continues with a performance by Turtlehead at the Town Common. Showtime is 6:00 p.m.  
• Valley Cast's Free Summer Concert Series continues on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from

beginning at 10:30 a.m. This event includes collecting specimens for one and a half hours and then returning to tables at the Daniels Barnyard for display, identification and information.  
• The Community Cat Connection, 289 Thompson Road, Webster, will host its 2nd

is 6:00 p.m.  
• Valley Cast's Free Summer Concert Series continues on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. with a performance by Le'Mixx Band. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.



The popular group Chuck & Mud will perform on the Dennis H. Rice Community Plaza in Whitinsville on Thursday, July 20th as part of ValleyCAST's Summer Concert Series.

6:00 to 8:00 p.m. with a performance by Chuck & Mud and the Hole in the Dam Band. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

• The town of Auburn's Farmers and Cultural Market runs from 4:00 to 7:00 p.m. and the Summer Concert Series continues at 6:00 p.m. The Market and the concerts will occur every Thursday this summer.

**SUNDAY, JULY 23**

• The Boston Mycological Club will conduct a hunt for fungi in the woods of the Daniels Farmstead, 286 Mendon St., Blackstone,

Annual Kitten Shower from 1:00 to 4:00 p.m. Raffles, appetizers, baked goods and games. <https://communitycatconnection.org>.

• The New England Country Music Club will host DJ Bob Rumrill at the Uxbridge Progressive Club, 18 Whitin St., Uxbridge. Doors open at 12:15 p.m. with live music and dancing from 1:00 to 5:00 p.m. [www.facebook.com/NECountryMusicClub](http://www.facebook.com/NECountryMusicClub) for further info.

**THURSDAY, JULY 27**

• The Millbury Summer Concert Series continues with a performance by Far from Eden at the Asa Waters Mansion. Showtime

**FRIDAY, JULY 28**

• Blackstone Valley Day at Polar Park will feature a game between the Worcester Red Sox and the Rochester Red Wings. Game time is 6:45 p.m. with Friday Night Fireworks to follow. Admission is \$27 for members of the Blackstone Valley Chamber of Commerce and \$37 for future members. Register by July 21st at [www.blackstone-valley.org/events](http://www.blackstone-valley.org/events).

**SATURDAY, JULY 29**

• Northbridge Author Rod Lee will talk about and sign copies of his new novel "Gil Christopher," a reflection on aging, at Book-lovers' Gourmet, 72 E. Main St., Webster, from 11:00 a.m. to 1:00 p.m.

**THURSDAY, AUGUST 3**

• The Millbury Summer Concert Series continues with a performance by 4EverFab at the Millbury Senior Center. Showtime is 6:00 p.m.  
• Valley Cast's Free Summer Concert Series continues on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. with a performance by Country Wild Heart Band. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

**SUNDAY, AUGUST 6**

• The New England Country Music Club will host the Rhode Island Rednecks at the

**HAPPENINGS!**  
*continued on page 12*

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**HAPPENINGS!**

*continued from page 11*

Uxbridge Progressive Club, 18 Whitin St., Uxbridge. Doors open at 12:15 p.m. with live music and dancing from 1:00 to 5:00 p.m. [www.facebook.com/NECountryMusicClub](http://www.facebook.com/NECountryMusicClub) for further info.

**THURSDAY, AUGUST 10**

• "Of Farms and Factories:" Tour a history farm and homestead in beautiful Sutton at Waters Farm, 53 Waters Road, at 6:30 p.m. Presented by the Blackstone River Valley National Heritage Corridor, this walkabout will show the important role local farmers have played in the evolution of industry

in New England. The program is being presented in collaboration with Waters Farm Preservation Inc.

The Millbury Summer Concert Series continues with a performance by DJ and the Preachers at the Town Common. Showtime is 6:00 p.m.

• Valley Cast's Free Summer Concert Series continues with a performance by the Blackstone Valley Bluegrass Band on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

**SUNDAY, AUGUST 13**

• Commemorate the Blackstone Valley's involvement in World War II by attending an informative and interactive afternoon of history presented by the Blackstone River Valley National Historical Park and Valley-CAST from 11:00 a.m. to 3:00 p.m. at 30-70 Douglas Road, Whitinsville. The program is being offered in partnership with Open Sky Community Services. The event is free and open to all.

**WEDNESDAY, AUGUST 16**

• The Blackstone Valley Chamber of Commerce's annual Steamers at Sunset event will be held at The Barn at Blissful Meadows Golf Club, 801 Chocolog Road, Uxbridge, from 5:30 to 7:30 p.m. To



The Beatles tribute band 4EverFab performs at the Millbury Senior Center on August 3rd.

register or for more information about this signature event, email Liz O'Neil at [loneil@blackstonevalley.org](mailto:loneil@blackstonevalley.org) or Kristen Kearnan at [kkearnan@blackstonevalley.org](mailto:kkearnan@blackstonevalley.org).

**THURSDAY, AUGUST 17**

• "Adaptive Reuse in Manchaug:" This program is scheduled for 6:30 p.m. at Manchaug Mills, 9 Main St., Sutton, and it will show how the creative adaptation of an old industrial complex can take shape. Attendees will meet local historian Christine Watkins who will discuss the opportunities and challenges of working in a restored mill space. The program is being presented by the Blackstone River Valley National Heritage Corridor in partnership with Deb Dunleavy of Manchaug Mills Inc.

• The Millbury Summer Concert Series continues with a performance by Dan Gable

& the Abletones at the Asa Waters Mansion. Showtime is 6:00 p.m.

• Valley Cast's Free Summer Concert Series continues with a performance by Claflin Hill Summer Winds on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

**SATURDAY, AUGUST 19**

• The Whitin Community Center will host "Cars in the Park," 60 Main St., Whitinsville.

**THURSDAY, AUGUST 24**

• The Silver Club of the Uxbridge Senior

**HAPPENINGS!**

*continued on page 13*

# Southwick's Zoo to Host Boston 25 News Zip Trip

Southwick's Zoo is thrilled to announce its partnership with Boston 25 News to host a Zip Trip on July 14, 2023. The Zip Trip will take place at the event pavilion located across from the Southwick's Zoo main entrance, overlooking the beautiful African Plains.

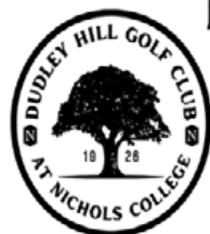
Southwick's Zoo, family owned and operated, is one of the region's premier wildlife destinations and has captivated visitors for almost 60 years with its diverse collection of animals from around the world. Southwick's Zoo provides a unique experience for families, allowing them to connect with nature, enjoy interactive exhibits and rides, learn about wildlife conservation and create lasting memories.

Boston 25 News Zip Trips have been a beloved summer tradition for two decades, bringing communities together and showcasing the unique businesses and local attractions of different towns and cities throughout the region. Southwick's Zoo, a treasured destination known for its commitment to conservation and education, is honored to be chosen as one of the venues for Boston 25 News 20th Anniversary of Zip Trips. The event will stream live on television beginning at 6:00 a.m. and will

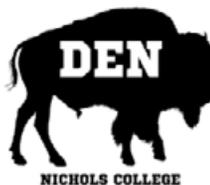


include interviews with Mendon newsmakers, special guests, hometown teams, and local heroes. Residents of all ages are encouraged to come out and be part of the audience and share what makes their hometown a great place to live.

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**HAPPENINGS!**

*continued from page 12*

Center is planning a trip to The Theatre by the Sea to see the show "Jersey Boys." There will be a sit-down lunch at Bravo by the Sea with meal choices of haddock, chicken or pasta. Bus pickups will be at the Millbury

continues with a performance by Belit at the Town Common. Showtime is 6:00 p.m. • Valley Cast's Free Summer Concert Series continues with a performance by Dynamite Rhythm on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. On a Roll food truck will be on the premises. In the event of rain,



"A horse painting" by Laura Burnett, whose "Summer at the Beach" paintings and drawings are being exhibited at Booklovers' Gourmet in Webster all this month.

Park and Ride in Millbury and at the Dollar General in Whitinsville. The cost including driver gratuity is \$150. Call Sue at 508-476-5820 for more details about this trip and a five-day trip in September to Penn Dutch to see the brand new show "Daniel" at Sight and Sound Theatre.

the show will move indoors to the Singh Performance Center.

**SATURDAY, AUGUST 26**

• The 2nd Annual Parking Lot Craft Fair

• The Millbury Summer Concert Series

**HAPPENINGS!**

*continued on page 14*

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<p><b>STEPHEN MARLEY</b> BYRON BY BUS SILVERCREST CAFE</p> <p><b>JULY 27 • 7PM</b></p>	<p><b>FITZ AND THE TANTRUMS</b> It's a year of fun, love</p> <p><b>JULY 29 • 1PM</b></p>	<p><b>Yachtley Crew</b></p> <p><b>JULY 30 • 1PM</b></p>	
<p><b>THE CONCERT</b> A TRIBUTE TO ABBA</p> <p><b>AUGUST 4 • 7PM</b></p>	<p><b>DYLAN SCOTT</b></p> <p><b>AUGUST 6 • 1PM</b></p>	<p><b>RANDY HOUSER</b> RH</p> <p><b>AUGUST 12 • 1PM</b></p>	
<p><b>BADFISH</b> NO SUMMER SUMMER TOUR 2023 with special guest Dudamambo</p> <p><b>AUGUST 13 • 1PM</b></p>	<p><b>FACE 2 FACE</b> A TRIBUTE TO LIONEL LARRY &amp; KELLY LALL</p> <p><b>AUGUST 18 • 7PM</b></p>	<p><b>HAIRFEST 2023</b> THE FOUR HORSEMEN METALLICA TRIBUTE BAND SHOT OFF POISON TRIBUTE BAND THE PRIEST TRIBUTE BAND WELCOME TO THE JUNGLE GUNS N' ROSES TRIBUTE BAND OZZ MOSIS OZZY TRIBUTE BAND</p> <p><b>AUGUST 19 • 12PM</b></p>	
<p><b>GET THE LED OUT</b></p> <p><b>AUGUST 25 • 7PM</b></p>	<p><b>COLE SWINDELL</b> live in concert</p> <p><b>AUGUST 27 • 7PM</b> <i>SOLD OUT</i></p>	<p><b>GEORGE THOROGOOD</b> 50 YEARS OF ROCK WITH SPECIAL GUEST HAMISH ANDERSON</p> <p><b>SEPTEMBER 2 • 1PM</b></p>	
<p><b>RILEY GREEN</b> LIVE IN CONCERT</p> <p><b>SEPTEMBER 4 • 1PM</b></p>	<p><b>ROKFEST 2023</b> LOVESEXY PRINCE TRIBUTE BAND BEST OF BOO FOOD FIGHTERS TRIBUTE BAND BEST SHOT PIT BENATAR TRIBUTE BAND SPEEDWAGON RED SPEEDWAGON TRIBUTE BAND HEARTLESS HEART TRIBUTE BAND</p> <p><b>SEPTEMBER 9 • 12PM</b></p>	<p><b>V.I.P.</b></p> <p><b>SEPTEMBER 24 • 12PM</b></p>	
<p><b>SAMUEL SLATER'S RESTAURANT</b></p> <p>OPEN DAILY AT NOON WEDNESDAY - SUNDAY FOR LUNCH AND DINNER</p>			<p><b>AARON LEWIS</b> 2023 ACOUSTIC TOUR</p> <p><b>SEPTEMBER 30 • 1PM</b> <i>SOLD OUT</i> <b>OCTOBER 1 • 1PM</b></p>

**UPCOMING EVENTS**

**JULY 20**  
COMEDY NIGHT WITH KERRI LOUISE, DAN CROHN, & DAN MILLER  
DOORS 6:30PM / SHOW 7:30PM

**AUGUST 24**  
COMEDY NIGHT WITH PAUL NARDIZZI, WILL NOONAN, & ANDREW DELLA VOLPE  
DOORS 6:30PM / SHOW 7:30PM

**SEPTEMBER 1**  
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SUNSET LAKE TOUR / JULY 28 / 7:15PM  
LAKE TOUR / JULY 29 / 10AM  
LAKE TOUR / JULY 30 / 10AM  
MARGARITAVILLE CRUISE / AUGUST 3 / 6:30PM  
LAKE TOUR / AUGUST 4 / 4PM  
LAKE TOUR / AUGUST 6 / 10AM  
SUNSET LAKE TOUR / AUGUST 11 / 7:15PM  
LAKE TOUR / AUGUST 12 / 10AM  
LAKE TOUR / AUGUST 13 / 10AM  
LAKE TOUR / AUGUST 18 / 10AM  
100 FM THE PIKE 80'S CRUISE  
HOSTED BY CHUCK PERKS / AUGUST 19 / 6:30PM  
100 FM THE PIKE 90'S CRUISE  
HOSTED BY CHUCK PERKS / SEPTEMBER 9 / 6:30PM  
MARGARITAVILLE CRUISE / SEPTEMBER 14 / 6:30PM

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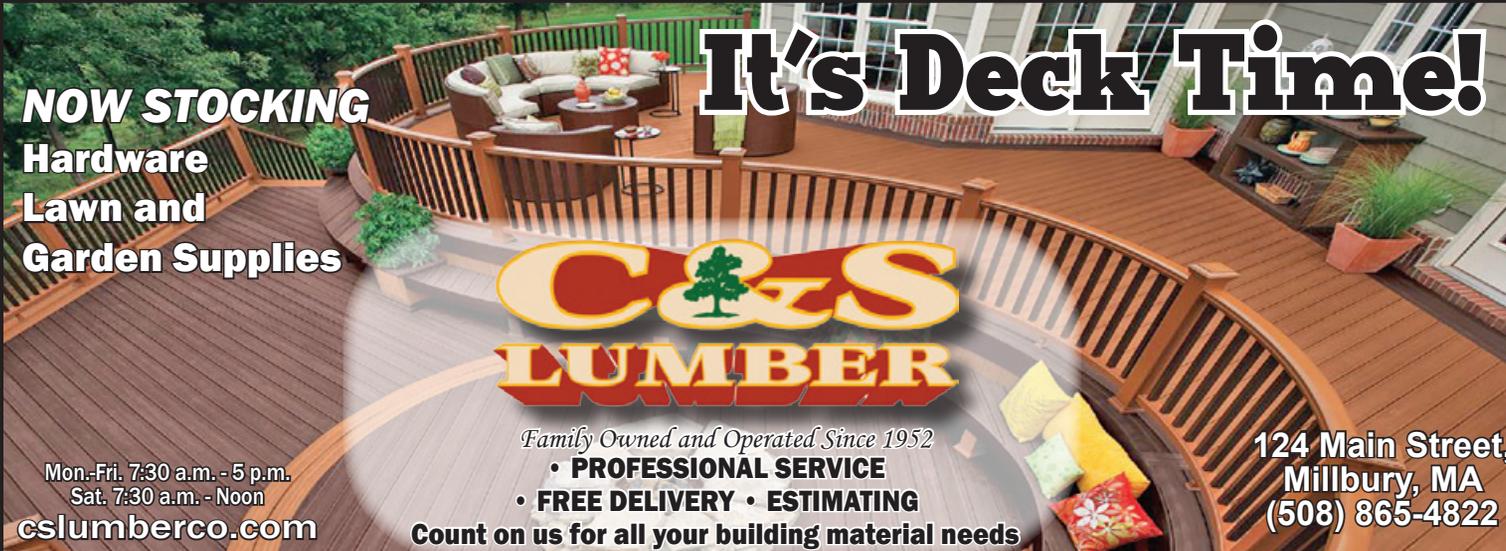
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## HAPPENINGS!

continued from page 13

sponsored by the Auburn Historical Society & Museum will be held at 41 South St., Auburn, 8:00 a.m. to 2:00 p.m., rain or shine. Vendors are welcome. Contact Helen at auburnmuseum@verizon.net to reserve a space for \$15.

### THURSDAY, AUGUST 31

Valley Cast's Free Summer Concert Series continues with The Eagles Experience on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

### TUESDAY, SEPTEMBER 5

The Sutton Historical Society welcomes Andrew Noone, author of "Bathsheba Spooner: A Revolutionary Murder Conspiracy," at the First Congregational Church, 307 Boston Road, Sutton, at 7:00 p.m. Go to www.suttonhistoricalsociety.org for



Fresh sweet corn is one of many fruits and vegetables available for purchase at Daniels Farmstead in Blackstone. Daniels Farmstead recently kicked off its new season.

further info.

### SATURDAY, SEPTEMBER 16

Bethel Lutheran Church/Grace Ministries will host a Community Yard Sale from 9:00 a.m. to 1:00 p.m. at 90 Bryn Mawr Ave., Auburn. Rent a table for just \$25. Contact Jackie Walsh at 508-769-0879 for jack-mae@charter.net to register for this event. This organization is under the umbrella of the Auburn Historical Society and has just completed a year-long fundraising project to restore the Green Dome, which sat atop the 1935 original Auburn High School building. When the seventy-two year-old building was demolished, the Green Dome was able to be removed and saved. It had fallen into disrepair as it passed from several town departments, the Historical Commission and the Town Manager's office. It now sits on Auburn HS property where it has been restored and renovated, thanks to a dedicated "Save the Dome" Committee.

### SATURDAY, SEPTEMBER 30

The Greenway Challenge takes place in the Blackstone Valley and around the region.

### OCTOBER 9-23

The Friends of the Simon Fairfield Public Library in Douglas's fourth annual online auction begins. Donations for the event will be accepted through September 14th

at 8:00 p.m. Proceeds benefit the library's capital campaign to renovate the building and make it handicapped accessible. The Friends are also accepting sponsorships from community members or businesses.

### FRIDAY, OCTOBER 20

The Whitin Community Center will host a Halloween Haunted Swim & Costume Roller Skating Party. Go to www.whitincommunitycenter.com for full details.  
 The Whitin Community Center will host "Nightmare on Main St., 60 Main St., Whitinsville. Visit www.whitincommunitycenter.com for more info.

### SUNDAY, SEPTEMBER 24

The UMass Cancer Walk and Run, celebrating twenty-five years to the community's commitment to cancer research, will take place at Polar Park in Worcester. Go to umasscancerwalk.org for further details, or email cancerwalk@umassmed.edu.

### TUESDAY, NOVEMBER 7

The Sutton Historical Society welcomes Mark Savoio of the Thompson Historical Society for the presentation "The Mass 15th of the Civil War and Wilder Holbrook, Sutton," at the First Congregational Church, 307 Boston Road, at 7:00 p.m. Go to www.suttonhistoricalsociety.org for further info.

### WEDNESDAY, NOVEMBER 15

The Blackstone Valley Chamber of Commerce's 45th Annual Meeting & Awards Ceremony will be held at Pleasant Valley Country Club on Armsby Road in Sutton from 7:30 to 9:00 a.m. To nominate an individual or company for honors, contact Liz O'Neil at loneil@blackstonevalley.org.

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# \$200,000 matching grant a boost to AHM's Hanoi Hilton exhibit

The American Heritage Museum in Hudson has been awarded a \$200,000 matching grant as part of the Cultural Facilities Fund (CFF) administered by MassDevelopment and the Massachusetts Cultural Council.

The American Heritage Museum is one of ninety-four cultural organizations in the Commonwealth that will be receiving portions of the \$7,661,000 total funds distributed. This important funding will enable the AHM to complete the "Hanoi Hilton" Vietnam POW Exhibit expansion that has taken place within the Vietnam War Gallery of the museum, honoring the bravery and sacrifice of those who endured years of captivity, isolation and torture during the Vietnam War.

The AHM is renowned for its commitment to preserving and showcasing the rich heritage of the armed forces of the United States from the Revolutionary War through modern conflicts, and the addition of the Vietnam POW exhibit represents a significant milestone in this mission. The exhibit will provide visitors with an immersive experience, shedding light on the harrowing ordeal of American prisoners of war during the Southeast Asia era.

"We are deeply grateful to MassDevelopment and the Mass Cultural Council for their recognition and support," Rob Collings, president of the AHM, said. "This matching grant enables us to bring to life an important chapter in our nation's history and pay tribute to the incredible valor displayed by the POWs of the Vietnam War. It



is our honor to provide a platform where their stories can be heard, understood and appreciated by present and future generations." The Hanoi Hilton Vietnam War POW exhibit features the reconstruction of an actual cell of the infamous Hoa Lo prison in Hanoi where American POWs were held from 1965 to 1973. From their shoot-down and capture into months of interrogation and torture, isolation and inhu-

mane captivity, the fortitude and determination that was shown by these POWs will be on full display for visitors to the AHM. Through the use of cutting-edge technology, multimedia installations and authentic historical artifacts, the AHM aims to foster a deep understanding of the sacrifices made by these POWs up to their release in 1973.

The AHM opened the permanent exhibit in February as part of the 50th anniversary commemorations of Operation Homecoming, the return of the POWs.

World War II Tank Demonstration Weekend will take place at the AHM on Saturday, July 8 from 9:00 a.m. to 5:00 p.m.

This is a chance for visitors to see some of the American Heritage Museum's tanks including the M24 Chaffee and other privately owned military vehicles operating on the grounds behind the museum. As a special added attraction, the museum will be operating the M26A1 Pershing and M18 Hellcat. Captivating historical narration will bring these amazing machines to life. World War II veterans will be participation in the exhibition.

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# 28 Bay Path Practical Nursing Academy graduates look to future

The 28-member Bay Path Practical Nursing Academy Class of 2023 eagerly looked forward to the future as they gathered with loved ones and families at the Performance Arts Center of the Overlook.

During the ceremony, the graduates, women dressed all white, the men in black and white, as well as the faculty in full academic regalia and staff, looked back on the memories made via a special slide show

on the stage projector. The student commencement speaker, Maureen Bittner of Worcester, talked about their journey to nursing and the future that lies ahead on June 30.

“As we start this new chapter in our lives, let us not forget the patients who have entrusted us with their care,” said Bittner. “They have relied on our skills and empathy during some of the most vulnerable moments of their lives. The impact we have on their well-

being and the privilege we hold in their lives should never be taken for granted.”

“Bittner, the youngest of the 28 graduates at 19 years-old, was elected by the 2023 cohort to be the commencement speaker,” said Academy Director Gretheline Bolandrina DHA, MSN Ed, RN, CRRN. “Her message to her peers is quite impressive!” Commencement means “to begin” or “to start,” and yet, it also marks the end of the 10 rigorous months at the Academy. The graduates were urged to reflect on what their life here is about, on who they are, and to let it be an inspiration on who they can still become. The graduates uphold the Nightingale pledge, their pas-



The Bay Path Practical Nursing Academy's Class of 2023.

sion for nursing, to find their place and to continue to shine.

About Bay Path Practical Nursing Academy: Bay Path Practical Nursing is a 40-week, (10-month), full-time, Monday through Friday, eve-

ning program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. Visit [www.baypath.net](http://www.baypath.net)

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# Ana Hilner receives Clinical Excellence Award at BPNA ceremony

Ana Hilner of Oxford is the PN Class of 2023 Award Recipient of the Clinical Excellence Award. Hilner received the award for her distinguished clinical performance throughout her training and education at Bay Path RVTHS Practical Nursing Academy.

Hilner received the Clinical Excellence Award, an engraved

clear crystal heart box from Tiffany & Co., at the official Graduation and Pinning Ceremony at the Performance Arts Center of the Overlook on June 30, 2023.

While at Bay Path Practical Nursing Academy, Hilner was a National Champion for SkillsUSA (4th Place) in First Aid/CPR, and was involved with various fundraising activities for charitable causes. Hilner is certified in Mental Health First Aid, Dementia Care, Stop the Bleed, and Health Care Provider CPR. Her volunteer activities include mandated screenings for Charlton Elementary School, vision, hearing & BMI screenings at Shepherd Hill Regional High School, and on-site Medical Care for Show Choir at Shepherd Hill Regional High School. She was inducted to the National Technical Honor Society. She is co-chair for the UNICEF Club advocating for children's causes and fundraising. She is a member of the Mock Code Team helping ensure high quality, safe patient care through small group simulations-based sessions supervised by faculty and engaging nursing students in a variety of roles. Hilner is a Certified Nursing Assistant (CNA) and works at the Overlook in Charlton, Massachusetts. She is a MassHire grant recipient and was a delegate of Bay Path Practical Nursing Academy to the Worcester Women's Leadership Conference at the DCU Center last May.

“We congratulate Ana for this



Ana Hilner of Oxford.

honor and wholeheartedly applaud her family for their love and support. She received the award from Professor Jennifer DeFilippo who also had the honor of pinning Ana at the ceremony, officially welcoming her to the nursing profession. We are happy that she is recognized for her Clinical Excellence,” said, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director.

About Bay Path Practical Nursing Academy: Bay Path Practical Nursing is a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. Visit [www.baypath.net](http://www.baypath.net)

# Flying high and proud, at Indian Ranch

Life at Indian Ranch in the summertime means camping, concerts, dinner and shows at Samuel Slater Restaurant and rides on the Indian Princess paddle-wheel boat.

Recently, a giant flag was added as an adornment to the property. The flag can be seen from Samuel Slater Restaurant and from Webster Lake.

The crane from which the flag is mounted is owned by H.A. Leo Crane service, a third-generation family-owned business in Webster. (Photos by Sally Patterson)



**CENTURIES OF THE SOLDIER**  
**August 12<sup>th</sup> & 13<sup>th</sup>**  
**Military Living History Time-Line Event**

**American Heritage Museum**  
 Museum Open  
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Scan QR for Event Page



**568 Main Street, Hudson, MA www.AmericanHeritageMuseum.org (978) 562-9182**

## The Last Green Valley offers a program on bats

The Last Green Valley presents a special summertime program, "Night Flyers—Bats!" on July 29th, an all ages program at the Lyon Preserve, Wyndham Land

living in The Last Green Valley. Bats devour night-flying insects that are considered pests to us. Bats have great nighttime vision and hunt by education. As the only true flying mammal



Trust, Wrights Crossing Road in Pomfret, Connecticut.

An Acorn Adventure for families will run from 5:30 to 6:30 with the TLGV Adventure to follow from 7:00 to 8:30 p.m.

Bats are one of the most amazing, yet misunderstood creatures

on earth, bats are a critical part of the ecosystem, but eight of the nine bat species in the Last Green Valley are endangered.

Come enjoy this program!

## Fun and education are the summertime theme at OSV

Summer at Old Sturbridge Village means more sun, fun and celebration of the season. A visit to the largest living history museum in New England is an ideal getaway for all ages. Whether you come to meet OSV's farm animals, marvel at the skills of the artisans, stroll through the



gardens, listen to historical music, or any combination of these, no two visits are alike.

Fresh off a celebration of the Fourth of July that included fife and drum music, cannon demonstrations, games, a parade and a special Citizen Naturalization Ceremony, OSV will host "Taste of New England Summer" July 21-23 from 4:30 to 9:00 p.m.

All six New England states will be showcased as the Village transforms into an evening festival filled with food samples, local brews and other beverages, and live music from more than fifteen bands. Come learn about the



roots of some of the summertime traditions we know today.

"Music and Art Weekend" will occur at the Village July 29-30, from 9:30 a.m. to 5:00 p.m. Join us as we celebrate our skilled artisans and musicians through special demonstrations and per-

formances. You may find inspiration for your next craft project!

"Redcoats & Rebels" will be the featured attraction August 5-6, from 9:30 a.m. to 8:00 p.m. on Saturday and 9:30 a.m. to 5:00 p.m. on Sunday. See the largest military re-enactment in New England with hundreds of costumed Revolutionary War re-enactors. Visitors cannot explore our exhibits and galleries, and talk to our costumed historians about everyday life in New England, they can also witness recreated skirmishes and battles, and hear fife and drum music.

"Textile Weekend" is set for August 12 and 13 from 9:30 a.m. to 5:00 p.m. each day. Have you ever wondered how we now what was made and worn by individuals in the 1830s? During Textile Weekend, "Behind the Scenes and Seams," we are highlighting original clothing and textile-related objects from the museum's permanent collection while creating new copies for side-by-side comparisons and a closer look at how we know what we know about the past.

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TALES FROM BEYOND

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# Sin and Flesh Brook a horrific reminder of King Philip's War

BY THOMAS D'AGOSTINO

There are many relics of King Philip's War, a conflict that has been proclaimed to be the most brutal and bloodiest war ever fought on American soil. The war was not only fought between soldiers from either side, villages and settlements were attacked and burned, killing women and children as well. The object of the war was, from both sides, to completely eradicate the other from the land.

Fort Barton in Tiverton, Rhode Island offers a 2.3 mile loop where hikers can explore an important parcel of history and take in some of the most stunning views the state has to offer. The trail is not hard to navigate being mostly flat and if you hear the sound of gunfire, do not be alarmed. What you hear is not a ghostly battle being replayed, but instead, the noise from a nearby firing range. If you see some indigenous people attacking a person dressed in very old minister clothing, that is not a reenactment. You have just witnessed the ghosts of Sin And Flesh Brook reliving the moment that gave the waterway its rather

macabre name. Sin & Flesh Brook runs southwesterly from the area near Fish Road and Route 24, terminating at Nanaquaket Pond. The best place to see it and perhaps the ghosts is by hiking on the trails in Fort Barton Woods.

On March 28, 1676, at the height of King Philip's War, Quaker minister Zoeth Howland mounted his steed and left his Dartmouth, Massachusetts home to travel to Newport, Rhode Island for a meeting. Traveling alone during this period in time was dangerous due to the raiding native parties traveling through the woods in small bands. Howland felt the Lord would protect him as he and his steed meandered along the small trail that would take him to his destination. He had covered fifteen of the thirty-mile trip when he tragically became a casualty of the war. When he reached the path in Tiverton, six hostile Indians ambushed him.

The Quaker preacher was tortured and killed. His mutilated body was found in an unnamed stream still running red with his blood. The stream became known as "Sinning Flesh River" in remem-

brance of the horrific event. Over the years, the name evolved to Sin and Flesh Brook.

People may now travel the paths along the river and the fort with ease of danger but Zoeth, still trying to get to his meeting, makes his way among the leaves and brush along the banks of the watercourse. People claim to have heard ethereal screams from the direction of the river and have claimed to even see the river run red with blood. Zoeth has made an appearance to more than one hiker on the trail that still traverses the area where he was killed. The ghastly event has played itself out, sometimes in front of astonished witnesses and other times when no one is there to witness it, just as there was no one when Howland met his fate. The trail loop is worth a visit whether you are looking for scenery or paranormal activity. Thanks to six Indians and a Quaker minister, Fort Barton is one of the places that harbors ghosts from King Philip's War.

Sin and Flesh Brook is located on the eastern side of Tiverton. Follow directions above. Just past Nannaquaket Road will be Bridgeport Road. Take left onto Bridge-

port Road and then right onto Old Main Road. The brook crosses under the road at its starting point where the little pond on the right

is. The trail leads to Fort Barton, the small ruins of a Revolutionary War fort, as it snakes back and forth over the river.



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## LIVING WITH LUKE

amyleclaire@hotmail.com

# Luke Valentino, a bashful pup gone spunky

BY AMY PALUMBO-LECLAIRE

**L**uke Valentino has grown so much in the past year and a half. Puppies are cute, but they are also a tremendous amount of work. Directly proportional to the energy expended on a puppy seems the reward of a full-grown dog who understands how to live with us. Luke has learned that we can't cater to his every whim. He has a toy box. He has a bone. He has a life!

Luke came into my life in March of 2022. He was the darker-hued of three other Golden males, the one nestled in the warmth of his brother, the guy uninterested in me or a new home for that matter. Of the Seven Dwarfs, Luke was Bashful. "That's Luke," I said to myself. "I'll take the one in the back," I said aloud, fighting to ignore Happy, who sat staring at me with a heart-breakingly small smile. "I'll be your forever friend." My heart had already settled on Luke a few days back. He caught my eye in a picture sent me by his breeder. He seemed to look into my eyes as though to say, "My name is Luke Valentino. I'm not Lincoln, but you'll love me just the same, and I'll love you back." He looked like a Luke. He was Luke! Fate had brought us together.

Do we ever love our new pets in the same way we do those we've lost? I don't believe so. Rather, I think we love them differently or perhaps individually. I loved Lincoln for his athletic, robust spirit. He was up for a new adventure on the ball field. He was my partner in crime; with me to share in my love for people and life. He was a dog who viewed the world with rose-colored glasses until his last day. He didn't focus on the pain of his tumor, but on being together. Why complain when we can play? He seemed to understand that our journey is paved with highs and

lows—and that it helps to focus on the highs. He was my dog.

What about Luke? Bashful dashed like a bunny into the comfort of his plush crate on his first day home. He cried for me at three a.m. with a miniature puppy howl. "Arooooooo! Help! Help! I somehow pooped on myself!" He was careful to explore only sections of our home at a time and tackled the deck stairs with trepidation and a shrill bark. "I know I'm supposed to walk down the stairs but it's easier for you. Your legs are bigger!" Weeks turned into months and little Luke grew into his big, boxy head. In the process, he began to trust us. He may have been the most docile puppy I've owned, the only one I could trust to be alone on the front steps, but he was developing confidence and attitude. The mane of his chest puffed out like a lion's—and so did our love for a bashful pup gone spunky. There's so much to celebrate about Luke. Where to begin?

### HE'S A SNUGLER



A dog is therapeutic, scientifically, and remarkably so. Research shows that petting a dog lowers the stress hormone, cortisol. Moreover, the social interaction between people and their dogs increases oxytocin, a feel-good hormone, the same one which bonds a mother to her baby. More simply put, snuggling feels good. "Do you want to snuggle, Luke?" My grown pup is more a thinker than a jumper. He'll look up at me or my husband at the edge of the couch as though to say, "I was thinking of snuggling with you, but I don't want to bother you." We scoop him up and he makes the big, clunky transition from floor to chest. Then he

tucks his big head against one of our chests. Luke's coat is soft and extremely thick. Snuggling with him is like hugging a brand new, expensive teddy bear. He'll gaze up at the television and tilt his head in curiosity to the sight of a dog on film. Occasionally, he'll find himself hooked on a scene. "There's a dog who looks like me! Now he's walking on the grass like me! Hey, there's a car. I ride in cars, too! A person is swimming. I know how to swim, too!" I'm not particularly fond of watching television. Unless Luke is beside me.

### HE TRAVELS LIKE A CHAMP



I used to travel everywhere with Lincoln, but rides were not easy. He was a backseat pacer, and far more high-strung than Luke. In some ways, I created the monster in the backseat. I acclimated him to Dunkin' Donuts drive-throughs and tossed him one too many donut holes. He came to attach car rides with indulgence. Luke, on the other hand, lays down patiently in his travel dog crate (highly recommended) and will sleep through long rides. He'll pop his head out of the sunroof upon arrival. "We're here already?" Luke has already been to Vermont, New Hampshire, and numerous central MA destinations. He's sat beside me in cafes, restaurants, and bookstores. He's not a Service Dog and I've never claimed him to be. "I'm a columnist. He's working" is what I say, instead, when questioned. I write lots of stories about Luke. I need to be with him, my companion and muse.

### HE AIMS TO PLEASE



Admittedly, food rewards have been a central part of this equation. Still, nothing warms my heart more than the expression on Luke's face when he has made a good choice and knows it. "Hi Momma! I really, really wanted to chase after that shaggy mutt but you've worked so hard to help me stay in the yard. How about putting something in my dish so I'll remember to do it again? Aren't we a great team?" I've learned that consistency matters the most when it comes to training a dog. Luke's consequent behavior is no exception (barring a few erratic bunny chases; every dog needs to chase a bunny now and then).

### HE'S ONE OF A KIND

Luke Valentino is unique. He

doesn't like the game of fetch like most dogs. Instead, he prefers Tease and Chase, a game involving a stuffed animal pushed into our butts (a subtle nudge) to initiate an intense game of chase that goes on with unathletic slides and raucous unfairness. Luke positions himself to win every time, finding the perfect angle around the coffee table to prevent us from grabbing the stuffed lamb from his mouth. He's also a colossal sore loser. Should we find a means to take the lamb back and run with it, he'll whine like an NFL player handed a bad call. "THAT'S MY LAMB!!! GIVE IT BACK!" He's even adopted a clever tactic in grabbing a second stuffed animal to make us jealous, so that we'll drop the lamb. "I like the beaver better anyway." Often, I find myself losing patience with his tantrums. "Let Luke win, please!"

Luke may win a game of Tease and Chase, but when it comes to finding the right "next dog" my family has scored big. Whether snuggling, playing, or traveling with us, Luke has added so much joy to our lives. I never thought I'd find a dog I'd love as much as I did Lincoln. Then came Luke Valentino. I couldn't be happier.

Write to Amy at amyleclaire@hotmail.com

Find Luke Valentino on Instagram @livingwithlukevalentino



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REAL ESTATE

# Your needs matter more than today's mortgage rates

BY MARK MARZEOTTI

If you're thinking about selling your house right now, chances are it's because something in your life has changed. And, while things like mortgage rates are a key part of your decision on what you'll buy next, it's important not to lose sight of the reason you want to make a change in the first place.

It's true mortgage rates have climbed from the record lows we saw in recent years, and that has an impact on affordability. With rates where they are right now, some homeowners are deciding they'll wait to sell because they don't want to move and have a higher mortgage rate on their next home.

But your lifestyle and your changing needs should matter more. Here are a few of the most common reasons people choose to sell today. Any one of these may be more important than keeping your current mortgage rate.

## RELOCATION.

Some of the things that can motivate a move to a new area include changing jobs, a desire to be closer to friends and loved ones, wanting to live in a dream location, or just looking for a change in scenery. For example, if you live in suburbia and just landed your dream job in NYC,

you may be thinking about selling your current home and moving to the city for work.

## UPGRADING.

Many homeowners decide to sell to move into a larger home. This is especially common when there's a need for more room to entertain, a home office or gym, or additional bedrooms to accommodate a growing number of loved ones. For example, if you're living in a condo and decide it's time to seek out a home with more space, or if your household is growing, it may be time to find a home that better fits those needs.

## DOWNSIZING.

With inflation driving up everyday expenses, homeowners may also decide to sell to reduce maintenance and costs. Or, they may sell because someone's moved out of the home recently and there's now more space than needed. It could also be that they've recently retired or are ready for a change. For example, you've just kicked off your retirement and you want to move to somewhere you can enjoy the warm weather and have less house to maintain. Your new lifestyle may be better suited for a different home.

## CHANGE IN RELATIONSHIP STATUS.

Divorce, separation, or marriage are other common reasons individuals sell to buy different homes. For example, if you've recently separated, it may be difficult to still live under one roof. Selling and downsizing may be better options.

## HEALTH CONCERNS.

If a homeowner faces mobility challenges or health issues that require specific living arrangements or modifications, they might sell their current home to find one that works better for them. For example, you may be looking to sell your home and use the proceeds to help pay for a unit in an assisted-living facility.

With higher mortgage rates, there are some affordability challenges right now – but your needs and your lifestyle matter too. If you're ready to sell your house so you can make a move, connect with The Marzeotti Group or a REALTOR. That way you have an expert on your side to help you navigate the process and find a home that can deliver on what you're looking for.



BY MARK MARZEOTTI



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TIPS ON FINANCIAL PLANNING *dennis.antonopoulos@edwardjones.com*

# Take steps to prepare for a long retirement

**H**ow long will you live? Of course, your longevity is somewhat unpredictable. But it may be a good idea to plan for a long life — and the financial



BY DENNIS ANTONOPOULOS

issues that go along with it. It's reasonable to think you've got a long way to go. In fact, 72% of retirees now think they will live longer than their parents, according to a recent survey from Age Wave and Edward Jones. Their optimism may be justified: A 65-year-old woman can expect to live almost 20 more years, while a 65-year-old man can anticipate about 17 more years, according to the Centers for Disease Control. And these figures are just averages — if you're healthy at 65, you could spend two or even three more decades as a retiree.

To help maintain the resources necessary to pay for these years, you may need to take several steps, such as the following:

**SEEK INCOME AND GROWTH FROM YOUR INVESTMENTS.**

Once you're retired, you'll probably need to rely more heavily on your investment portfolio

to help pay for your cost of living. That means you will need a mix of investments that provide income — to supplement your Social Security and any pensions you might have — and growth — to help keep you ahead of inflation. You might also consider specific investments designed for longevity, such as a fixed annuity, which can provide you with a regular income stream you can't outlive.

**ESTABLISH A REASONABLE WITHDRAWAL RATE.**

You'll need to establish and maintain a reasonable withdrawal rate — the percentage of your portfolio you take out each year. As

income level in retirement will determine what tax rate you pay on your Social Security benefits. If you take Social Security early and are earning above a certain amount, your benefits could be temporarily reduced.

**DON'T UNDERESTIMATE HEALTH CARE COSTS.**

Even with Medicare or Medicare Advantage, your out-of-pocket health care costs can be considerable. Upon first retiring, it's often a good idea to budget between \$4,500 to \$6,500 per person annually, though depending on your health, prescriptions and supplemental insurance, your costs could certainly be higher or



a general rule, many people start out in retirement by designating a 4% annual withdrawal rate, but your individual figure will depend on a variety of factors, such as your age, the size of your portfolio, other sources of income and so on. And keeping an emergency fund on the side can help you with unforeseen costs that could otherwise cause you to withdraw more than you'd like. Unsurprisingly, the goal with choosing the appropriate withdrawal rate and monitoring it throughout retirement is so you don't outlive your portfolio.

**CONSIDER ADDING SOME EARNED INCOME.**

Once you've formally retired from your career, you might consider working part time or doing some consulting. The added income can improve your cash flow and take some of the pressure off your investment portfolio. Keep in mind that your

lower than this range. And these figures don't include the costs of long-term care, which can be enormous and aren't typically covered by Medicare. To help protect yourself — and your family — from long-term care expenses, you may want to work with a financial professional, who could recommend insurance strategies or other techniques.

A long life can certainly be rewarding — and even more so when you're prepared for it.

*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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THE CAR DOCTOR

jpaul@aanortheast.com

# Replacing low-profile tires might not be worth the expense

**Q.** I own a 2010 Hyundai Elantra Touring (80,850 miles). It has a rough ride for an old guy like me. Would higher profile tires improve my riding comfort? My car tires are 195/65 on 15" rims. Should I get 195/70 or 195/75 tires on 14" rims?



BY JOHN PAUL

**A.** The low-profile tires are one of the reasons your car has a stiff, rough ride, but that model also has a stiffer touring suspension. Replacing the wheels and tires may give you a slightly better ride, but in my opinion would not be worth the extra cost. In addition, at 13 years old the suspension has likely started to sag adding to the rough ride. If it were my car, I would just live with it.

**Q.** I just read an article about plugging tires and now I am confused. I have read that you only recommend a plug/patch combination, is that still the case?

**A.** The approved method to repair a tire is to take it off the rim, inspect the tire for damage and then use a combination plug/patch. The patch seals the tire, the plug portion keeps water from entering the tire. Now,

have I plugged a tire, yes, in an emergency (in fact I keep tire plug kits in my emergency kit in my cars). Once I am back on my way, I get to a good tire store and have the tire inspected and properly repaired.

**Q.** I have been driving regularly on Interstate 95 between New York, Connecticut, Rhode Island, and Massachusetts during the evening hours. It has become increasingly dangerous due to vehicles driving without headlights and taillights engaged in the dark of night. How can we as a country mandate that vehicle manufacturers must always ensure that all exterior lights come on when a vehicle is turned on? Statistics indicate that we are at least ten percent safer day and night when front and back lights are on.

**A.** At AAA we recommend lights on for safety at all times, the vehicle is just that much more visible. Although there is no mandate for automatic headlights today many new cars have them. I road test and evaluate about 50 cars per year and cannot think of any vehicle that did not have a setting for automatic headlights. Even my 2018 Hyundai has an automatic headlight setting. My wife's VW has daytime running lights and that is a problem because at night it seems as if the lights are on, but the rear lights are not on. But that car is eight years old. Since the

average car on the road today is 12 years old and it will take many years until all cars have automatic headlights. So, at this point we are left with education and laws that require lights on in inclement weather and after sunset.

**Q.** After my mechanic installs two new front struts on my 2002 Honda Accord should I get wheel alignment?

**A.** My opinion is, anytime a suspension part is replaced the wheel alignment should be checked. Even carefully marking the location of the old parts and matching up the new parts does not guarantee the wheel alignment will not change.

**Q.** I bought a 2012 Nissan Leaf in Massachusetts for \$7,000 and I live in Rhode Island. It does not hold a charge and will only charge to 64 miles if it is on the charger for 24 hours. I took it in to my local Nissan dealer and they said the big battery needs to be changed out for \$13,000. The place I bought it from tells me it is not a lemon because the check engine light is not on, and the battery change is just a suggestion.

**A.** Unfortunately, 60-70 miles range is pretty typical of a 10-year-old Leaf. The range was only 90 miles when new (although Nissan claimed 100 miles), as any rechargeable battery ages and this includes phones and power tools the battery capacity is reduced. With a 110 volt charge

you may get about four miles of range per hour and should fully charge overnight. Without knowing more about your car, from your description this range sounds about normal. As a side note, we have Nissan Leaf at AAA for training purposes and the range is about 60 - 70 miles and somewhat less in wintry weather.

*John Paul is AAA Northeast's Car Doctor. He has over forty years' experience and is an ASE-certified master technician. He will answer readers' questions each week. Email your questions to jpaul@aanortheast.com. Follow John on Twitter @johnfpaul and friend him on Facebook at mrjohnfpaul.*

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