

BLACKSTONE VALLEY *Xpress*

CROSSTOWN ADS AND BUSINESS NEWS

January 7-February 11, 2022

Shop Small 01588 keeps Whitinsville business district in the game

By Rod Lee

Downtown Whitinsville's Church St. business district may not be the bustling center of commerce it once was, but the recently concluded 2021 version of Shop Small 01588 is a reminder that the potential is always there for a robust re-awakening.

This sense was renewed again on the Saturday after Thanksgiving, as the community turned out in support of participating merchants, in the latest reenactment of Shop Small 01588, which debuted locally in 2014.

Best of all, this year's Shop Small 01588 continued on through the following week—an expansion that coincided with sponsor American Express' newly instituted push to make the concept of shopping small not just a seasonal one but a year-long initiative. In doing so, American Express was hoping to drive \$100 million in reported Small Business Saturday consumer spending to local merchants this November, according to Forbes magazine.

For Hillary Mellor of The Flower Shop, 110 Church St., this year's production of Shop Small 01588 was her first chance to experience the happening as a proprietor. Ms. Mellor is from the family that owns the Gray Barn on Elm Place in town.

"I bought the business in late July," she said, on the morning of November 27. "I've added paint, new furniture, business has been better than I ever anticipated."

The Flower Shop is one of a number of relatively new businesses that are making their mark on a street whose occupants continue to try and recapture the thoroughfare's former spirit.

Another is Lulu's, snuggled in a corner of the former Baker Department Store building. Known for its "fun, quirky gifts," Lulu's is not averse to advertising its merchandise as certain to satisfy the desire of even the most discriminating customer, whether the shopper is looking for "silly, swearsy, snarky, spooky or sparkly."

"Love your shop!" Joanne Lytle-Buckland Pereira says of Lulu's.

In such establishments as FURiends Gourmet Pet Treats, The Crafty Nest DIY, The Daily Grind Barber Shop, The Green Plate, Family Karate Center, Katalina's Boutique (on Providence Road, but always an active participant in Shop Small 01588) and Schotanus Design Center, Whitinsville's business district maintains a healthy mix of enterprises that lend themselves to patronage during the holiday season—even as empty storefronts still exist.

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Hillary Mellor, with Vicki Theisen, is new owner of The Flower Shop, at 110 Church St.

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INSIDE THIS ISSUE

Students and staff explored cultures and traditions at the Multicultural Festival

UPTON – In a world where sharing who we are and where we all come from is becoming the cornerstone to truly understanding our perspectives and paths in life, there is no better time to celebrate cultures and traditions. Recently, Blackstone Valley Tech students and staff contributed to an authentic cultural celebration and learning experiences through music, live performances, and interactive demonstrations at its Multicultural Festival.

There were a variety of cultural offerings. A Multicultural Center featured some traditional Day of the Dead activities and thoughtfully prepared presentations and posters on countries, cultures, and traditions. Many of the student presenters

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Yara Alomar, a sophomore in Health Services at BVT, discussed the cultures & traditions of Jordan and Palestine with her peers during the Multicultural Festival.

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BEN'S

FESTIVAL

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are native to the countries they chose to discuss. For example, Yara Alomar, a sophomore in Health Services, is a Palestinian-Jordanian American and is fluent in Arabic. She wanted to share her ancestry and culture with her peers at this event.

"I had an amazing time speaking with my peers and instructors about Jordan and Palestine," said Yara Alomar. "We discussed clothing, food, music, and some pictures of a recent visit to Amman, Jordan. I'm glad that I was able to share a little piece of my home, and me essentially, with others in my school community."

J&L Dance Studio instructors shared a brief history with those who had signed up for a lesson and taught the basic steps to dance Salsa or Bachata. While Chanel Therivel, a Haitian-American artist and educator, discussed culture, art and assisted students in creating a memory mosaic. The day also included a cultural perfor-

mance by Veronica Robles, an authentic representative of Mexican music and culture. She performed a Dance Journey through Latin America, sharing dance, rhythms, and traditional outfits from Mexico, Peru, and Colombia.

"We are immensely proud of our student participants," said Kerry Baldwin, World Language and Electives Department Team Leader at BVT. "We are thankful to everyone who helped make the Multicultural Festival a success."

The successful interdisciplinary event was a collaborative effort supported in part by grants from the Douglas, Grafton, Mendon, and Milford Cultural Councils, local agencies supported by the Mass Cultural Council, a state agency.

Join in the celebration, explore the cultural offerings, and learn more by visiting the school website to view a video of the festivities produced by student videographers Alexis Vazquez and Abril Sanchez at: www.valleytech.k12.ma.us/multiculturalfestival.

SHOP SMALL

Continued from page 1

In UniBank and the Whittin Community Center—two of the bigger players on the local marketplace scene—Shop Small 01588 has the underpinning it needs to continue to be a success.

In a survey conducted by Forbes, 78% of small businesses said holiday sales will undoubtedly impact their ability to continue operations in 2022. This will certainly apply to some of those businesses that signed up for Shop Small 01588.

American Express' commitment to small business remains firm. As evidence of this, the company recently expanded its Shop Small Studio, which provides merchants with the opportunity to download posters, social media posts, signs and marketing materials. Also, American Express and Google have developed a partnership for the first time in order to help small businesses optimize their

e-commerce capabilities. American Express touts this as part of a much bigger effort to engage Google's platform as a way to help small merchants increase their digital footprint.

In Whitinsville on the Saturday after Thanksgiving, Amazon and FedEx and UPS delivery trucks were conspicuous, as they are night and day this time of year.

So too, however, were shoppers armed with "passports," walking Church St.

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



"We're Christmas shopping," Megan Conroy and Gracie Hogan said, after a stop at Lulu's.

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Bonnie Scott, Bev MacCollom and Laurel MacCollom make their way along Church St. during Shop Small 01588 on November 27.

BLACKSTONE VALLEY Xpress

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

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Fattman secures local aid for district towns

BOSTON – State Senator Ryan Fattman (R-Sutton) announced that he was able to secure \$995,000 in aid for his district through a major spending bill that was recently signed into law by Governor Baker. In March of 2021, the United States Congress passed the American Rescue Plan Act (ARPA) that sent billions of dollars in aid to states across the country. The Massachusetts Legislature was able to invest \$4 billion, comprising of dollars from ARPA as well as money appropriated from the Transitional Escrow Fund, which is made up of state fiscal year 2021 surplus funds. This went to support economic recovery that had been caused by COVID-19. Investments were made in healthcare, housing, workforce development, the Unemployment Compensation Trust Fund, economic development, infrastructure investment, and education.

In this spending package, Senator Fattman was able to secure funding for capital expenditure projects for local priorities in his district municipalities. In the bill, he secured: \$30,000 for the Webster Fire Department to purchase new hydraulic rescue tools; \$75,000 for the Sutton Fire Department to purchase new generators;

\$75,000 for the town of Millville to make public safety improvements to its highway department shed; \$75,000 for the town of Sturbridge to purchase new public safety equipment; \$150,000 for the town of Sutton for the re-pointing of Manchaug Pond dam and for the improvements to the Stevens Pond dam; \$200,000 to the Webster Lake Association, Inc. for the revitalization of Pout Pond; \$100,000 to Waters Farm in the town of Sutton for public access and infrastructure improvements; \$50,000 to the Douglas Orchard and Farm for sustainable farming infrastructure in the town of Douglas; \$40,000 to the his-

toric E.N. Jenckes Store for improvements in the town of Douglas; and \$200,000 to the town of Sutton for extending fiber optic cable to the Wilkes section of town.

“The relief provided in the bill, as well as the relief I was able to secure for my district will play a critical role in the ongoing recovery efforts in the Commonwealth,” said Senator Fattman. “These funds secured for my district will provide long-lasting equipment upgrades and infrastructure improvements that we will see the effects of for many years to come. I’m grateful we were able to make this commitment to our municipalities and orga-

nizations after the hardships they have experienced over the last year and a half.”

“This ARPA money provided a unique opportunity to provide direct assistance to many organizations and service departments throughout the district that have significant outstanding infrastructure and equipment needs. We are thrilled to be able to commit resources to assist our fire and emergency services while also preserving some vital local cultural resources,” said State Representative Joseph McKenna (R-Webster).

Unibank to host free home buying webinar

WHITINSVILLE– UniBank will be hosting a free home buying webinar on Thursday, January 13, from 6 to 7 p.m. Join UniBank’s Mortgage Representative, Karen Beane (NMLS #485228) and Matt McLaughlin, REALTOR® from Premeer Real Estate for this educational opportunity that will provide homebuyers with valuable information about finding and buying the home of their dreams. Important discussion topics include: Negotiating a Winning Offer, Finding the Right Mortgage and Pre-Qualifying, Down Payment Options, The Importance of Home Inspections, and more.

Attendees will be entered for a chance to win a \$100 Koopman’s gift card. Sweepstakes to win gift card is subject to complete official rules which are available at www.unibank.com. To enter, individuals must register and attend the seminar. No purchase or account required to enter or win.

All seminar attendees will receive a \$500 mortgage closing cost coupon from UniBank. To register, visit www.unibank.com.

COVID Pfizer Booster Vax Clinic

The Uxbridge Senior Center is proud to announce that we will be collaborating with the Uxbridge Board of Health and the Salmon VNA to sponsor a COVID Pfizer Booster Vaccination Clinic at the Center, located at 36 South Main Street, Uxbridge. This event will take place on Wednesday, January 12th from 10am-12pm. Participants must pre-register on-line at: <https://home.color.com/vaccine/register/southernworcester?calendar=31829c33-297f-49b6-ac7a-91e1740e0722>

Or call the senior center at 508-278-8622 for assistance to register. No Walk-Ins will be accepted. Please have the dates of your vaccinations and your health insurance information available when registering.

The communities of Uxbridge, Northbridge, Mendon, Douglas, Upton, Milford, Bellingham, Blackstone, Hopedale, Millville, Sutton and Oxford are welcome. We express our appreciation to the Uxbridge BOH and the Salmon VNA for helping us keep our communities safe!

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Whitinsville Social Library events

Whitinsville Social Library, 17 Church St., Whitinsville, has listed the following calendar of events. Register for events at www.tinyurl.com/EventsAtWSL www.northbridgemass.org/WSL, (508) 234-2151. Follow WSL on Facebook, Instagram and Twitter.

Winter Reading: Read for a Better World - January 1 - 31. Whitinsville Social Library is participating in Beanstack's Fifth Annual Winter Reading Challenge, sponsored by Lerner Publishing Group. "Read for a Better World" encourages readers of all ages to explore diversity, empathy, and action through literature. We challenge our patrons to read at least 600 minutes during the month and keep track of their reading on our Beanstack website at whitinsville.beanstack.org or by downloading the Beanstack app. Every type of reading counts including audiobooks and e-books in every genre! Visit www.tinyurl.com/EventsAtWSL for more information.

SENIOR NEWS LINE

Lending a helping hand

By Matilda Charles

I've been looking at 2022, hoping to find some value in my time and money in this chaotic world we find ourselves in, a chaos that doesn't show any sign of ending soon. Two new activities have found their way to my to-do list.

For several months I've been buying a food donation card each time I shop at a certain grocery store. It's not much, but I believe I can continue to do this. My goal is to make it through the year without missing one time. These cards are given to the local food bank, which can then use that money to buy food at a discounted rate. This has more financial benefit than if I purchased food at the regular store rate and delivered it to them. I know the food banks around here have been scrambling to keep supplies available, especially since they're serving more families than ever before. Maybe my humble donation will help just a little bit.

The other item on my new to-do list is probably the more valuable. I'll be collecting groceries weekly for three very elderly people in the neighborhood. I learned that two of them had been ordering groceries for curbside pickup - and taking taxis to go get them because they don't drive. The third ordered her groceries for curbside, but has had them delivered.

So, instead of the extra expense of taxi or delivery, I'll pick up their orders myself. I did a test run with one to be certain there was no problem with me using someone else's credit card to pay for the curbside pickup. The bonus is that these three neighbors, who had never met, now know each other and talk frequently. I understand that there has already been a bit of coupon swapping and recipe sharing.

Maybe 2022 will be a good year after all.

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WSL's access to Beanstack is made possible by the Massachusetts Board of Library Commissioners with funding from the Institute of Museum and Library Services and with the assistance of the Massachusetts Library System.

Virtual Music and Movement with Deb Hudgins, Wednesdays from 10:30-11 a.m. Register to receive a link for a weekly Music and Movement Video with Deb Hudgins! There will be plenty of singing, dancing, games, stories and fun for everyone! This program is for ages 1-5. Registration is required. Register at: www.tinyurl.com/EventsAtWSL

Tween and Teen Make and Take Craft Kit, Wednesdays from 10 .m.-8 p.m. Each week a different craft kit will be available to take home and do in your own time. To see the list of crafts and to register, go to www.tinyurl.com/EventsAtWSL

Facebook Storytime and Children's Take and Make Crafts, Thursday from 10:30 - 11a.m. Join Miss Heather virtually on Thursday mornings via Facebook! Read books, sing rhymes and dance to some fun music in your living room. Each week a different craft will be available to pick up at the library and put together in your own time to go along with each week's book! This program is for children ages 1-6. Registration is required. Register at: www.tinyurl.com/EventsAtWSL

Friends of the Library Meeting, Tuesday, January 11, 6:30 p.m. Help plan fundraisers for the library. January's meeting will take place in person at the United Presbyterian Church at 51 Cottage Street. Please wear a mask.

Memoir Book Club, Wednesday, January 12 6 p.m. Join us at the library for a discussion of Deborah Feldman's memoir

Unorthodox: The Scandalous Rejection of My Hasidic Roots. Copies of the book are available at the library or via Overdrive. Please register.

Adult Craft Kit Pick Up, Thursday, January 13, 10 a.m. - 8 p.m. Sign up to reserve a kit containing materials to create a seasonal coffee sleeve. Pick-up your kit on the Holds Shelf during business hours on January 13.

Fiction Book Club, Tuesday, February 1 at 6 p.m. Read "When No One is Watching" by Alyssa Cole. Copies of the book are available at the library. Ebooks may be available through Overdrive. Future book titles for this book club will be selected at this meeting. This meeting takes place at the library. Please register.

Virtual Embroidery Class, February 3, 10, 17, and 24, from 6 - 7 p.m. via Google Meet. In this class you will learn how to hand embroider with a variety of basic, intermediate, and more advanced techniques using needle and thread. Each weekly session will cover different techniques and by the end of the four one hour a week sessions you will have all the skills you need to create your own piece of embroidery art! Register to receive a class kit that will contain everything you need to start embroidering. This class is for anyone ages 14 and up with any skill level, no experience required. Registration required.

Twice Blessed Shop

Sacred Heart Church "Twice Blessed" Thrift Shop January Sale. 50% off all winter items: coats, jackets, sweaters, scarves, mitts and gloves, etc. Store Hours: Saturday, January 8, 8:30 a.m. - 12:00 p.m. (First Saturday each month, except when there is a holiday). "Our thoughts and prayers are with all who are directly impacted by Covid-19." Catholic Community of Sacred Heart Church, 187 Hopedale Street, Hopedale, Phone (508) 473-1900 or visit our website; sacredheartopedale.org. Like us on Facebook: www.facebook.com/twiceblessedthriftshophopedale/

Register at: www.tinyurl.com/EventsAtWSL

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Blackstone River Valley National Historical Park seeks public input for general management plan

PAWTUCKET, RI – The National Park Service (NPS) is seeking public input to guide the development of a general management plan for Blackstone River Valley National Historical Park (“the park”). The plan is in the early stages of development, and the National Park Service is seeking feedback from the public and local community members to help identify key issues, opportunities, and potential management strategies.

Beginning now through February 15, the public is invited to participate in the planning process. The information gathered in this planning process will inform decision-making and priority setting for public investments over the next decade.

Those interested in hearing more about the process may join one or more virtual public meetings, which will include an opportunity to ask questions and make preliminary comments. The links to those virtual public meetings will go live on the General Management Plan’s official Planning, Environment and Public Comment (PEPC) webpage on January

3, as well as on the park’s website and social media accounts.

Parkplanning - Blackstone River Valley NHP General Management Plan (nps.gov) The meeting will be held: Thursday, January 20, at 8:00 p.m.

Those who cannot attend a public meeting may learn more about this process and enter comments/questions at:

Parkplanning - Blackstone River Valley NHP General Management Plan (nps.gov) The public commentary period will last until February 15.

The Park’s General Management Plan will:

- Identify management zones and desired conditions for natural and cultural resources, visitor experiences, and opportunities, and facilities or services;
- Indicate types and intensities of development (including visitor circulation and transportation patterns, systems, and modes) associated with public enjoyment and use of the area;
- Ensure that the park has a clear vision and direction for visitor use, access, and expe-



rience; and

- Consider ways to use pre-existing or planned visitor facilities and recreational opportunities developed in the John H. Chafee Blackstone River Valley National Heritage Corridor.

Blackstone River Valley National Historical Park owns and operates the three historic buildings of Old Slater Mill National Historic Landmark, including the 1793 Old Slater Mill, the 1810 Wilkinson Mill, and the

1758 Sylvanus Brown House along with about three acres of land. In addition, the Park has a conservation easement on 85-acres of the Blackstone River State Park in Lincoln, Rhode Island. The Park boundary also includes four local historic districts within four unique mill villages in the Blackstone River Valley: The Ashton Historic District in Cumberland, Rhode Island, the Slatersville Historic District in North Smithfield, Rhode

Island, the Whitinsville Historic District in Northbridge, and the Hopedale Historic District in Hopedale.



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Dr. Andrea is involved locally in high school and college sports, providing sideline game and training room medical coverage. He has a special interest in sports medicine and concussion-related conditions and cares for patients of all ages.



John Andrea, DO

To schedule an appointment with Dr. Andrea, please call 508-234-6311

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Healthier baking in the Blackstone Valley

This no-bake treat is a healthy treasure

By Christine Galeone

Normally, I don't make no-bake treats. And it might be somewhat unexpected to

find a no-bake recipe in a healthier baking series. But like unexpected gifts, they

can be a welcome treasure.

This particular recipe might be especially treasured by people who need to put together a last minute hostess gift or a Christmas gift for a loved one with a sweet tooth. These dark chocolate walnut clusters are fairly quick and easy to make. And they're delicious!

Everyone knows that eating too much candy is never healthy. But, in moderation, the ingredients in these dark chocolate walnut clusters can be beneficial. They are par-

ticularly beneficial to your hearts and minds.

The cacao in dark chocolate has heart-healthy antioxidants, flavonoids, magnesium, iron, fiber, zinc and copper. Walnuts, which are certified by the American Heart Association's Heart-Check mark, contain more omega-3 fatty acids than any other nuts. They're also a bad cholesterol-lowering source of antioxidants, magnesium, Vitamin E and selenium, and they might reduce inflammation. Additionally, Dr. Daniel G. Amen, the clinical neuroscientist, psychiatrist and brain imaging expert, has stated that he considers both cacao and walnuts brain super foods.

Dark Chocolate Walnut Clusters

Ingredients:

1 cup of dark chocolate chips



1 cup of chopped natural walnuts (Non-GMO, if possible)

1 tbsp. of olive oil

Directions:

- In a double boiler, mix together the dark chocolate chips and olive oil.
- Keep stirring the mixture until the dark chocolate chips are completely melted.
- Remove the mixture from the heat.
- Fold in the walnuts immediately.

diately.

- Drop heaping teaspoons of the mixture into individual mini-cupcake liners, or drop them onto parchment paper.
- Let them cool and harden.
- Refrigerate in an air-tight container to preserve them longer.*

• Enjoy giving them to loved ones or eating them as a delicious holiday snack! Makes about 40 clusters

*These clusters don't need to be refrigerated, but they'll last longer if they are.

Unexpected, simple and delicious is generally a winning combination. And that combination can produce a treasured recipe. But whether or not you give this easy no-bake recipe a try, we hope that your Christmas season is even healthier, sweeter and more treasured!

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

Alzheimer's Support group

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

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DA's community outreach talks reach audience of 600,000

WORCESTER – Worcester County District Attorney Joseph D. Early Jr.'s office has officially reached more than 600,000 people with his crime prevention and community safety programming.

"We are at schools, senior centers and community events across Worcester County nearly every day, presenting on topics such as bullying and cyber bullying, scams and fraud, drugs and alcohol, and texting and driving," Mr. Early said. "I've always said I'd rather prevent a crime than have to solve one. I'm proud to say we've officially reached 600,000 residents with this programming, many of them youth."

The District Attorney's Community Outreach Team, made up of 10 staff members, presents programming to schools and groups of all sizes by request. These presentations are always free and can be tailored to the specific age range or audience. Our Outreach Team also runs our intern program and manages grant implementations.

The most popular program is bullying and cyber

bullying prevention. This program also helps kids understand the importance of protecting their digital footprint and imparts the knowledge that nothing on the internet is ever deleted.

There are two specific programs addressing drugs and alcohol, including "This Is (Not) About Drugs" and "If They Had Known." The office also has a display called "Hidden In Plain Sight" that shows parents potential warning signs of substance use by their children.

"Early substance use can lead to a lifetime struggle with addiction for our youth," Mr. Early said. "These evidence-based programs help kids understand the risks associated with all substance use, including prescription medications."

Scam and fraud education is regularly provided to seniors. New this year, the Outreach Team is also presenting a program called "Creating A Caring Community" to senior housing facilities.

"Our seniors, who have contributed so much to our society, deserve to live without fear of losing their



hard-earned money or being bullied or excluded in their social life," Mr. Early said.

These presentations are coordinated with schools and community partners who share a commitment to protecting residents and preventing crime.

"This level of widespread outreach would not be possible without our dedicated staff," Mr. Early said. "Thank you to our Outreach Team: Nelson Colon, Kevin Donahue, Elisabeth Haddad, Michael Jennette, Eileen Kneeland, Kevin Lefrancois, Julie Lesure, Ellen Miller, Julie Nonni, Jill Wooldridge and, until recently, Abigail Westerland."

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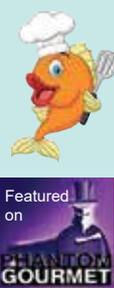
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Living well and looking good

Dumping Syndrome and obesity

By Keith Roach, M.D.

DEAR DR. ROACH: A friend was given a test to see how long food stayed in her stomach after eating. She was told that it stayed only a short time before continuing its journey, a much shorter time than the average person. This was given as a reason for her obesity, that she experienced hunger sooner than most people.

Does this really happen, and is there a way for her to manage it so that she can lose weight? – G.J.

ANSWER: A gastric emptying study is usually used to look for delayed gastric emptying, also called gastroparesis. It can be the result of several different types of nerve diseases, but especially diabetes. An abnormally rapid gastric emptying is also called dumping syndrome, and is often a problem after some types of gastric bypass surgeries.

I did find a paper from the 1980s suggesting that obese people have shorter gastric

emptying times. This was confirmed in a trial from 2015 looking at the diabetes drug exenatide (Byetta), which is sometimes used to help people lose weight, even if they do not have diabetes. Interestingly, exenatide was more likely to cause people to lose weight if they had faster gastric emptying times.

I do not mean to suggest that fast gastric emptying

is the only reason for your friend's (or anyone else's) weight problems. Obesity is a complex problem with no single cause or solution in most people. I am glad you wrote. I did not know about this research before, and it may be worth it for your friend to discuss a trial of exenatide with her doctor.

Thin skin

DEAR DR. ROACH: I have thin skin on my arms and lower legs due to aging, sun damage and blood thinner (warfarin). My skin is constantly bruised and unattractive. Is there a body lotion you can recommend to help reduce the impact of trauma to my skin? The

slightest "thump" leaves its trace. I'm very active, so I always look as if I've been in a wrestling match and lost! – J.M.A.

ANSWER: Easy bruising is a common problem with many potential causes. Warfarin, which prevents the body from making some blood clotting proteins, is certainly a cause, but many older adults have this problem. Occasionally it can be a serious issue, so it is worth a discussion with your doctor, who may get some blood tests to help eliminate concern of leukemia and von Willebrand's disease, among other diagnoses. Fortunately, it's much more common for problems to be benign.

As people age, they do get drier, thinner skin, which

can bruise more easily. If your bruises are found most often on the tops of your forearms, that's a common place for senile purpura. "Senile," in a medical context, just means older. The term "senile dementia," a nonspecific term formerly used to mean Alzheimer's disease, was sometimes shortened incorrectly to "senile." "Purpura" are dark, purple/brown marks on the skin.

If there is no specific cause for the bruising, and the appearance of the skin is consistent with senile purpura, then this advice may be helpful: Keeping the skin out of the sun can prevent future damage. Regular moisturizers can help with dry skin. An oral supplement of bioflavonoids was successful in one study. For more severe cases, some dermatologists use topical vitamin A derivatives to combat the skin atrophy (these are by prescription).

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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Bank is simple, efficient, secure, reliable, and can help your business or non-profit increase efficiencies. The solution is customizable and offers your business or non-profit the ability to accept payments securely 24/7.

Join Kristy Genga, AVP from UniPay by UniBank for a 45-minute webinar on Thursday, January 13, 2022 at 1 pm to learn how this solution can help your

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Tickets may be purchased at the box office or on the website at samuel Slater Experience. org. Tickets are \$16 for adults, \$10 for seniors, \$7 for kids.

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Quilts gone to the dogs

The 2022 Thimble Pleasures Quilt Guild biennial quilt show has "gone to the dogs." This show's chosen charity is Guiding Eyes for the Blind a 501(c)(3) nonprofit organization that provides guide dogs free of charge to people with vision loss. This worthwhile organization relies on contributions from generous donors and fund-raising activities. All proceeds from the charity table at the show will be donated to Guiding Eyes for the Blind. This table will feature many handmade and one-of-a-kind items for all your fur friends and family. Items available for sale will include travels beds, sports-themed dog coats, drying towels, dog/cat-themed quilts, toys and stuffed animals.

Thimble Pleasures Quilt Guild invites you to attend their quilt show, which will feature over 200 member-made-and- designed quilts, vendors, raffle baskets, and a special raffle quilt. The event will take place on March 12 and 13 from 10:00 a.m. to 4:00 p.m. at Blackstone Valley Regional Vocational Technical High School in Upton. Admission is \$10.00 and children under 18 are admitted free. Masks must be worn by all attending.

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How to improve flexibility

Many men and women become less flexible as they get older. That loss of flexibility can make performing everyday tasks more difficult while also increasing the risk of injury when working out. Fortunately, there are many steps men and women can take to improve their flexibility.

Embrace dynamic stretching before a workout. Static stretching was once the rage, but research has indicated that static stretching is not as beneficial as people once thought. Static stretching is a blanket term used to describe several techniques that stretch muscles while a body is at rest. When a person is performing a static stretch, he or she gradually lengthens the muscle until it reaches an elongated position, which is then held for 30 seconds or more. But recent research has indicated that static stretching is not as effective before a workout as dynamic stretching, which are stretching exercises done while a body is moving. Push-ups, squats and lunges are just a few examples of dynamic stretching techniques, and these exercises can warm up your body and prepare it for the workout to come.

Reconfigure your workout. When you want to improve flexibility, it's beneficial to examine your existing workout routine. Are you lifting as much weight as pos-

sible during your strength training workout but don't really know why? If building muscle mass is not your goal, you can probably improve your flexibility by lifting less weight. Lifting less weight can be a great way to tone your muscles, and you won't be sacrificing the benefits associated with strength training.

Drink water. Properly hydrated muscles are more capable of responding to flexibility training than poorly hydrated muscles. Make an effort to drink more water throughout the day, and bring your own water with you to the gym so you can stay hydrated during your workouts.

Find ways to unwind. Your workout may not be the culprit behind your inflexibility. Stress can cause muscles to tighten, and it also increases your risk for a host of ailments, including heart disease and stroke. If your workout routine is already one that promotes

flexibility but you are still dealing with tightness, then you might be falling victim to stress. If that's the case, find time to alleviate that stress throughout the day, whether it's taking a relaxing walk during your lunch break or embracing yoga at the end of a long day.

Perform static stretches at the end of your workout. Static stretches may be ineffective and contribute to injury at the beginning of workout, but that does not mean they can't help you improve flexibility once your workout is complete. Static stretches at the end of a workout can help you lengthen muscles that might have lost some of their flexibility during strength training.

Men and women who can't seem to improve their flexibility no matter what they do may benefit from working with a professional trainer or discussing their concerns with their physicians.



Health
& Wellness

Resolutions inspired by trending health topics

Improving personal health is a popular New Years resolution. A 2020 Finder survey found that an estimated 188 million Americans planned to make resolutions to carry them into 2021. Similar numbers of people likely will put personal goals on the calendar this year. Those focused on health and wellness may consider these trending topics.

Collagen supplementation
Collagen is a family of proteins that serves as the structural component of most connective tissues in the body. Collagen production wanes as people age, but it also can drop quickly due to excess sun exposure, smoking, lack of exercise, and excess alcohol consumption, according to the Harvard T.H. Chan School of Public Health.

Many people are interested in maintaining adequate levels of collagen, which is vital to giving skin a

youthful appearance and helps to maintain healthy joints. According to Google Trends, online searches for collagen have increased steadily since 2014. Collagen has become a top-selling supplement to improve hair, skin and nails. Though human studies that prove collagen supplementation efficacy are lacking, some randomized controlled trials have found that collagen supplements improve skin elasticity and joint mobility and reduce joint pain. Collagen supplements are thought to be safe, but people should discuss supplementation with a doctor first.

Fermented foods
More research is showing a connection between digestive tract (gut) health and immunity, and people concerned with boosting their immune systems are paying attention. Research published in the journal Cell in 2014 indicated the im-

mune system has evolved to maintain a symbiotic relationship with microbiota in the gut. Accordingly, when operating optimally, this immune system-microbiota alliance allows the induction of protective responses to pathogens.

Naturally fermented foods may help strengthen the gut microbiome by supplying it with healthy probiotics, according to Dr. David S. Ludwig, a professor of nutrition at the T.H. Chan School of Public Health. Some pickles, Korean kimchi, sauerkraut, and other foods can be beneficial. Consumers should look for product labels that say 'naturally fermented,' which use live organisms for the fermenting process.

Getting healthier is a common theme of New Year's resolutions. Various health trends could affect what people resolve to do in the year ahead.

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Simple strategies to combat stress

Just about everyone experiences stressful situations. Sometimes a measure of stress can provide motivation to do one's best or strive for an especially lofty goal. However, when stress becomes a chronic condition, it can adversely affect individuals' quality of life and even their overall health.

Harvard Medical School says stress can manifest itself in myriad ways. Stress can cause tension headaches, indigestion, aches and pains, or even heart palpi-

tations, and it may affect the mind by making it hard to concentrate or make decisions. Many people experience stress through emotional or psychological symptoms, such as irritability or feeling down. Learning how to effectively manage stress is essential for individuals' overall well-being.

Exercise regularly

Exercise serves many functions, including acting as a potent stress relief strategy. The Cleveland Clinic says aerobic exercise releases endorphins, which

are natural substances that help a person feel better and maintain a positive attitude. Movement activities like yoga or Tai Chi also can relax the mind and body and promote physical health.

Take media breaks

Overwhelming oneself with a barrage of negative news stories or constant information can increase stress levels. Individuals can strive to remain informed and still build breaks into their schedules. Shut off news programs, turn over

the newspaper or tune out of social media from time to time. The Centers for Disease Control and Prevention recommends that individuals who are stressed out by world events reduce the number of times they read the news or check the headlines each day.

Meditate or perform breathing exercises

Breathing and meditation can help alleviate stress, according to the American Heart Association. A quick meditation can provide some perspective. If a

situation is stressful, go for a walk or take a few slow, deep breaths until the body relaxes. Harvard Medical School also says meditation can induce a relaxation response, which is an antidote to stress.

Change negatives to positives

Negative self-talk may increase stress, but positive self-talk can help a person

calm down. Individuals should practice positive self-talk every day. Instead of saying, "I hate when this happens," say, "I know how to deal with this, I've done it before."

A small amount of periodic stress can be a good thing. However, chronic stress poses a significant threat to individuals' long-term health.

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How are hearing and cognitive decline related?

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Foods that will push you past the post-lunch slump

Lunch is a welcome respite in the middle of the day. Lunch is coveted because it provides a break from work and a chance to sit down and refuel the body until dinnertime.

Feelings of fatigue after eating a 'hearty' lunch are not uncommon. Kim Yawitz, LD, a registered dietitian/nutritionist in Missouri, says it's natural to get a little tired in the afternoon due to circadian rhythms and the release of melatonin between the hours of 1 p.m. and 3 p.m. But choosing the wrong foods at

lunchtime may exacerbate afternoon fatigue, compromise an individual's ability to concentrate and even result in hunger pangs. According to nutrition experts, certain food combinations at lunch can satisfy cravings and keep anyone energized through the commute home.

•**Grain bowls:** Complex carbohydrates tend to be high in energizing B vitamins and whole grains will keep you feeling fuller longer due to their high fiber content. Look for complex, protein-rich grains, such as quinoa,

farro or brown rice. Balance the grain with plenty of vegetables.

•**Salads with nuts:** Salads are a go-to healthy lunch provided they're not covered with fatty dressings or cheeses. Add chopped nuts to salads for added texture, protein and nutrition to fill you up and provide energy.

•**Smoothies:** Smoothies aren't just breakfast fare. They're delicious and nutritious any time of the day. You can add high-protein items, including plant-based protein powders

or ground chickpeas and kale, to smoothies for an additional energy boost.

•**Crackers and hummus:** Purchase whole-grain crackers or ones made from almond flour for added nutrition and pair them with a healthy hummus dip. Hummus usually is made with chickpeas, garlic, tahini (ground sesame seed paste), and olive oil. It provides healthy protein and fat sources to keep you satiated.

•**Overnight oats:** Create a lunchtime or snack parfait using an overnight oats recipe.

According to the Food Network, overnight oats are made by mixing old-fashioned oats, milk (dairy or nut milk), yogurt, and other add-ins and letting the ingredients sit and thicken for at least five hours or even overnight. Change the flavor profile by experimenting with nuts (or nut butters), fruits and spices. This nutrient-dense meal will provide plenty of energy without bogging you down.

When dining out for lunch, fill up on vegetables, whole grains and lean protein, such as a quality white



fish like wild cod. Starchy, cheesy and fast foods can contribute to fatigue that compromises afternoon productivity.

How aging adults can maintain a healthy weight

Calorie-counting and watching one's weight is often seen as a young person's game. But even aging men and women should recognize the importance of maintaining a healthy weight.

Older adults may experience weight gain or unintentional weight loss. Understanding how to address each in healthy ways is important.

Weight loss tips

More than two-thirds of Americans, including adults age 65 and older, are overweight and obese, according to U.S. News & World Report. A combination of factors can contribute to weight gain in older

adults, including a slower metabolism and a tendency to be more sedentary with age. Empty nesters also may be less likely to cook their own meals, relying on convenience foods - some of which may be high in fat and/or calories.

Sustained healthy weight at any age is linked to improved heart health, mental health benefits like increased self-confidence, healthy joints, and much more. These tips can help aging individuals maintain healthy weights.

•**Incorporate strength or resistance training** into your weekly routine. Hormone production slows down as the body ages, and that

may result in a loss of muscle mass. Lifting weights or engaging in resistance training with elastic bands or body weight can restore muscle tone and speed up metabolism. Adults should aim for strength training twice a week.

•**Monitor sugar and starch intake.** Many older adults have elevated blood sugar levels due to insulin resistance. When cells become resistant to insulin, glucose doesn't get used up and remains in the blood. Eventually this can lead to pre-diabetes, metabolic syndrome and type 2 diabetes. Many people with these conditions have a hard time losing weight. Avoiding added

sugars and extra carbohydrates could help.

•**Practice portion control.** A 60-year-old can't eat the same way he or she did at age 30 or 40. Nutritionists say that, with every decade that passes, people generally need about 100 fewer calories a day to maintain their weights. Cutting calories slowly and steadily helps people maintain healthy weights, especially when they couple this with exercise.

Avoiding malnutrition-related weight loss

Malnutrition is a common component in unintentional weight loss in aging populations. Reduction in senses of smell and taste, smaller ap-

petites and lack of desire to make meals can contribute to malnutrition and weight loss. Underlying health problems also may lead to unwanted and unhealthy weight loss. Tracking weight loss and getting sufficient nutrients is vital to aging adults' overall health.

A 2014 study published in the American Journal of Clinical Nutrition found that having a body mass index at the lower end of the recommended age for adults increased risk for mortality more so than being overweight. Individuals whose BMI is less than 23 could be putting themselves in jeopardy.

Older adults need to adjust their routines as they

age in order to maintain healthy weights. Such adjustments can reduce seniors' risk for disease and improve their quality of life.





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Uxbridge Senior Center news

UXBRIDGE - The Uxbridge Senior Center, 36 S. Main St. has listed the January calendar of events.

From the director,

Happy New Year

I hope that everyone had a wonderful holiday season. As we enter into another year of the pandemic, the year 2022 brings resilience. What is the true meaning of resilience? Resilience is defined by most as the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity. As I think about this definition, it brings to mind our senior residents that we serve at the Uxbridge Senior Center.

While resilience is crucial for people undergoing extreme suffering and trauma, it's also a trait we can all benefit from in small but important ways in everyday life and especially in these pandemic times. Most of our seniors have lived a full life, full of adversity, tragedy and threats. However, they move on, persevere and come back even stronger because of who they are. May we learn from our elders that life's misfortunes and setbacks gives us the ability to positively function in the face of adversity, builds our spirits and gains us the flexibility to overcome life's challenges. It is truly an honor and a privilege to work with our senior residents. Thank your elders for a great lesson learned.

The Uxbridge Senior Center is proud to announce that we will be collaborating with the Uxbridge BOH and the Salmon VNA to sponsor a COVID Pfizer Booster Vaccination Clinic here at the Center. This event will take place on Wednesday, January 12, from 10 a.m.-12 p.m. Participants must pre-register on-line at <https://home.color.com/vaccine/register/southernworcester?calendar=31829c33-297f-49b6-ac7a-91e1740e0722> or call the senior center for assistance to register. No walk-ins will be accepted. We express our appreciation to the Uxbridge BOH and the Salmon VNA for helping us keep our seniors safe!

AARP Tax Assistance Program is back. This program shut down in 2020 and was not offered in 2021 due to the pandemic. The program starts on Monday, February 7, and every Monday morning until mid-April. This program is open to Uxbridge residents only; please call the Center soon to book your appointment.

Thank you to everyone who purchased Christmas wreaths and Krispy Kreme doughnuts for the Uxbridge Senior Center Activity Fundraiser. We especially want to thank Sally Selvidge, Activity Coordinator, for her hard work and dedication for making these events very successful!! Thank you for all you do Sally.
Sincerely, Lisa

Circuit breaker tax credit

As a senior citizen (65 or older before January 1, 2022), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2021 is \$1,170. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. For more information, contact Massachusetts Dept of Revenue Customer Service at 617-887-6367.

Thursday, January 20, 11:30 a.m.-12:30 p.m. - PopUp Library. Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. Call ahead to reserve your lunch. Perfect time to pick out a good book to snuggle up and read.

Friday, January 7, 12:00 p.m. - Lunch & Learn with Chief Montminy. His guest speaker will be Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation. This presentation on Identity Theft and Fraud Prevention will include information about the office and what they do. It will also cover how to spot and avoid scams, and how to prevent identity theft. Please call ahead to reserve your lunch as space is limited.

Tuesday, January 11, 1:00 -2:00 p.m. - Benefit Enrollment Specialist - Tri-Valley, Inc. Call the senior center to book an appointment with Cole Ackerson. Next date will be February 8.

Tuesday, January 11, 1:00 p.m. - Uxbridge Library Book Club. They will be reading Finding Dorothy by Elizabeth Letts. You are welcome to join us for lunch on this day. Please remember to RSVP. Time to find a good book to curl up and read during these long winter days/nights.

Wednesday, January 12, 10 a.m. - 12 p.m. - BOH Pfizer Booster Clinic at the Uxbridge Senior Center. Registration is required. No walk-ins accepted. There will not be any lunch served today.

Friday, January 14, 1:30-2:30 p.m. - Facebook Live Pictionary with Sally and Gail. Be sure to tune in and play along from the comfort of your home! Just go to the Uxbridge Senior Center Facebook page.

Monday, January 17, Closed in observance of Martin Luther King Jr. Day. We will re-open on Tuesday, January 18.

Wednesday, January 19, 1:30 - 2:30 p.m. - BINGO at Calumet Ct. Centennial Court Community Room. The Uxbridge Senior Center will come to play BINGO with residents and there will be

prizes. Sign-up is required and this event is weather permitting.

Monday, January 24, 1:30 p.m. - "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment at the Uxbridge Senior center.

Tuesday, January 25, 11:00 a.m. - 12:00 p.m. - Ask the Nurse Free Blood Pressure Clinic with Celeste Kopech, Salmon Health VNA. RSVP to participate and to join us for lunch.

Friday, January 28, 1:30 - 2:30 p.m. - Facebook Live Family Feud with Sally and Gail. Be sure to tune in and play along from the comfort of your home! Just go to the Uxbridge Senior Center Facebook page.

Card Game or Family Feud will be played during our Monday Congregate lunches and BINGO will be on Wednesdays.

Computer Class Tutoring every Monday, 3:00 p.m. By appointment only. Students from BVT will be available to help you with your computers and/or devices. Please call ahead to book an appointment.

Hannaford grocery shopping every Tuesday. Pick up begins at 8:30 a.m. Please sign up in advance by calling us at 508-278-8622 to reserve your seat on the van. Masks are required and seating is limited.

Chair Exercises with Sally every Tuesday before lunch.

Knitting Club every Tuesday, 1:30 p.m. - Space is limited and must continue to maintain social distancing. Please RSVP 508-278-8622.

1st and 3rd Wednesdays - January 19, 10:00 a.m. - Bank and pharmacy rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn as well.

2nd and 4th Thursdays - January 13 and January 27, - Shaws/Ocean State shopping rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn and limited to 4 people on the van.

Medical transportation is accepting appointments. Call 508-278-8622 to schedule your rides.

Feel free to contact us at 508-278-8622 or visit us on our web page at uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

- [Uxbridge-ma.gov/Council-Aging](https://uxbridge-ma.gov/Council-Aging)
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Living ON with Lincoln

The last gift given

By Amy LeClaire

Lincoln would have turned eleven on December 26, on the day after Christmas. We would celebrate by singing a wild and crazy rendition of the birthday song before presenting him with a slice of leftover prime rib, pegged with a candle. He'd smile to the melody (he knew the song was about him) and move his nose away from the flame, sensing the heat. Then we'd cut his slice into small pieces and let him at it. "He loves it!" we'd say, as though somehow surprised that our dog likes beef. Dogs do this for us. They make the small stuff the big stuff. They remind us of the spirit and magic behind life's ordinary routines.

Each season brought forth different routines. Winter (along with snow games) brought forth indoor sessions of baking and begging. "That smells sooooo good," Lincoln said, his snout lifted while I baked gingerbread cookies. He never knew when a scrap of food might drop; he wasn't taking any chances. "I was just thinking - that gingerbread boy's head got cut off. I could probably save you the hassle of putting him back together. Just a thought."

"Here you go, Lincoln." He gulped the ginger-head down.

Now that I'm spending more time indoors (for win-

ter), I find myself thinking about Lincoln's presence by my side. He'd press his face into the smallest of crevices to take care of fallen table scraps. I bend over to pick one up now, then hesitate. Lincoln would have loved that scrap.

My home certainly feels different now, but I'm at peace with a loss that's also a gain. Lincoln gave us perspective and bundles of small joys to pass on to pups we've yet to meet. He also had an extraordinary short life full of "presence" and, also, presents.

"Hey look! This wrapping paper stick rolls. On and on. Look at it go!" A typical pup, Lincoln was attuned to every detail as it unfolded before his eyes. "Another shoelace! Another shoebox!" However, back then, he couldn't distinguish an actual present from the new surprises laid out before his sniffing nose. "More stringy fingers at the edge of rugs!" A puppy's mind is a playground.

Lincoln grew taller and wiser; and while the leonine mane of his chest grew thick, so did his desire for actual presents. Through the years he watched and learned. He knew that when my hands disappeared into the mouth of a bag—Let's see who this one is for???—there was going to be something for Lincoln. He'd sit at my heels, chin up, on Christmas Eve while I led a "Secret Santa" gift exchange. He knew exactly what was happening. A gift was being shared. Mom was in charge of handing out gifts. Who would be the lucky winner?

"This one says it's for Lincoln!" His stare (along with a slight invasion of my person-

al space) put me under pressure. I had to make sure he opened first. He accepted his gift with pure fascination, as though each one was the first ever opened. "I can't believe this is really happening!" He sniffed the gift as though it was alive, nosing and poking and finally looking up at me for help. "Let's get to the bottom of this!"

I tore off the paper. His brown eyes bloomed. "It's a baby possum!" He'd sniff the stuffed animal suspiciously. "Could it be alive?" Then he'd thrash it around the room and pounce on it.

"Look Daddy, it's a possum and he's dead!" He'd dominate an animal stuffed cheaply in China while we continued the gift exchange and celebrated Lincoln's gratitude. "I'll get you, possum." He'd pull cotton from the animal's belly using the only tiny part of his body, his front teeth.

"Lincoln..." I'd pick up the wounded possum and cradle him in my chest, "You have to be eaaassy. It's just a baby."

"I'll be easy. I didn't mean it. Can I have my possum back?"

"You have to be easy." I stroked the animal softly.

"I'll be easy. Promise. Put him back down, please."

Lincoln was intelligent. My tone of voice, along with his remarkable vocabulary, made an impact on his behavior. He chewed more gently while, paranoid, he tossed me guilty glances. "Be easy with the possum," I scolded with a facetious grin.

My attempt to protect the stuffed possum wore thin. It wasn't long before the poor

animal bled out more cotton. I had to intervene. "What are you doing to the possum's guts, Mom?" I'd pull cotton from the animal's belly as though reeling in the long braid of Rapunzel's hair from a tower window. Lincoln watched with intrigue. "How much cotton did that little guy eat?" Then I'd tie the possum's slimed coat into a knot and hand him back an evolved present. "What happened to you?" He'd sniff the emaciated possum and, nevertheless, sneak off to his nook beneath the dining room table to finish chewing.

On Lincoln's passing, one of our veterinarian's said it perfectly. "He was good until he wasn't." Lincoln found joy in every single activity until he couldn't any longer. He wanted to play ball in the snow on the very last day of his life, and suffered for only a few hours. I look at a picture of the two of us on his last day. I'm holding up his



Celebrating Lincoln's 10th birthday - Dec. 26, 2020

paw. He's smiling as though I've just handed him another gift. I'm devastated, but he's still happy. I look at the picture again and the truth rises like vapor through my tears. "You love me enough to make sure that I'm happy every single moment. You

love me enough to not let me suffer, even though you are in pain." Lincoln knew this about me and while he licked away my tears, he gave me the last gift—the know that he was happy until he slept.

Write to me at amyklaire@hotmail.com

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Tales from beyond

FINAL CHAPTER The Unfortunate Hannah Robinson

By Thomas D'Agostin

Presented here is the final part in the story of Hannah Robinson.

Hannah was returned to her home, where she passed on October 30, 1773, at the age of twenty-seven. As for Simons, he returned from his fraternizing some time later and found that she had died. Simons asked

permission to be present for her interment. Rowland Robinson granted his wish but spoke very little with the man who broke his daughter's heart and spirit. Hannah was buried in the family tomb not far from their former home. The Robinson house, now a private residence, still occupies its original place

on Old Boston Neck Road. Hannah Robinson's headstone is located in a small plot behind a Cape Cod duplex off Riverdell Drive in Narragansett.

Rowland Robinson died in 1806, never fully recovering from the death of his daughter. In his book *The History of the Episcopal Church in Narragansett, Rhode Island*, Wilkins Updike presented Rowland Robinson as a stubborn, heartless man, yet his accounts and affections speak otherwise. Peter Simons is also portrayed as a villain, yet he may have also been cast in a bad light.

The previous version is taken from the writings of the Robinson and Hazard families, along with those of Updike. The Hazards and Updikes were married into the Robinson family and vice-versa.

J.R. Cole, in telling the tale, ends with, "She expired in her husband's arms." There is record that her husband was not the rogue he is written to be. According to other accounts, they married and stayed married and in love for ten years, until Hannah's untimely death, which may have been from one of the many illnesses that were prevalent of the day. Another not so small detail that may attest to their undying love is that they had a daughter. Hannah Robinson Simons was born on February 19, 1762 (stone states 1767). She married Dr. Joseph Bowen of Gloucester, Rhode Island and died on December 7, 1824, at the age of sixty-two, nine months and eighteen days. Joseph, born in 1756, died on August 12, 1832, at the age of

seventy-six.

Hannah Robinson Simons-Bowen is buried in Acotes Cemetery in Chepachet, Rhode Island, along with her husband, her son and a few other members of the Bowen family. You cannot miss the tall monument just at the top of the hill just past the corner.

One more quaint detail came to light while researching the complete story of Hannah Robinson. Dr. Joseph Bowen's father, Colonel Benjamin Bowen, was married twice. His second wife, Abigail, was the mother of Peter Simons.

McSparran Hill, where Hannah played as a child is now called Hannah Robinson Park. The 1.52-acre section includes the ledge also known as Sad Rock, Crying Rock, and Meditation Rock where

Hannah would sit and look out over the Narragansett Bay and Boston Neck; the great rock, now called Hannah Robinson Rock and a wooden tower named after Hannah rising forty feet into the sky. Her spirit still roams the grounds that bear her name in memory of her sad and tragic passing. It is in that peaceful place where people occasionally see the ghost of young Hannah Robinson either sitting on the ledge looking out over the bay or on top of the great rock that bears her name. Visitors also hear her mournful sighs echoing in the wind as she relives the last moments of her life forever and ever. Legendary writer Howard Phillips Lovecraft once commented on the rock as being "the finest rural prospect I have seen anywhere."



Dining With The Dead 1031 It's more than an event - it's an experience!

Dining With The Dead 1031 is holding a paranormal investigation dinner at the **Publick House** in Sturbridge, on January 17. For more info and tickets go to www.diningwiththedead1031.com

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.

The Dover Demon

By Thomas D'Agostino

On April 21, 1977, the small town of Dover, located just 15 miles from Boston, was thrown into world recognition. In this little quiet community, a strange creature was witnessed by several people over two days.

William Bartlett, then 17-years-old, was the first person to see the Dover Demon. As he and two friends, Mike Mazzocco and Andy Brodie, drove along their local Farm Street just past 10 pm, Bartlett witnessed a creature "standing on a wall, its eyes glowing [in the headlights]. It was not a dog or a cat. It had no tail. It had an egg-shaped head." Its body was thin with long spindly arms and legs. The fingers resembled tendrils as they grasped the broken wall. It began to traverse the top stones of the wall. Bartlett saw it for but a few moments before passing it. When he turned around, it was gone.

A mere two hours later, 15-year-old John Baxter encountered the creature on Miller High Road. As Baxter proceeded down the street, he saw a small figure approaching him. The figure was at first unidentifiable in the dark. Still, as it neared, Baxter knew it was not an ordinary animal or human; instead, something in between.

The figure then scurried off to the left, descending a wooden gully and stopped on the other side. Baxter followed the formation, pausing at the top of the gully, where he got his first good look at the being. It sat near a tree



with its feet "molded" around the top of a rock. Its head was "figure eight" shaped with two dark eyes and a body that resembled a monkey. Struck with fear, Baxter left the scene, moving swiftly down the road until he reached Farm Street where a couple, noting he was visibly shaken, picked him up and gave him a ride home.

The next night, on April 22, a 15-year-old girl named Abby Brabham saw the creature standing upright next to a tree. Her time of witness was also around midnight. All three witnesses gave similar descriptions of what they saw and drew sketches of the creature. The monster was dubbed the "Dover Demon." Bartlett wrote on his sketch, "I, Bill Bartlett, swear on a stack of Bibles that I saw this creature."

Noted Maine native and Cryptozoologist Loren Coleman spoke to the teens within a week of the sightings and concluded they were credible. The Dover Demon was

sighted at night, for two days within a 2-mile radius, near water. Some authorities passed the creature off as a foal or a moose calf. Still, it soon became apparent that none such animals had been spotted in the area and any such young animals were out of season. If a moose was wandering the site, it would have been easily seen and captured. Another aspect that shot holes in that theory was that the witnesses saw the creature standing upright and walking like a human.

To this day, Bartlett still remains shaken and mystified by his witnessing of the Dover Demon. In an interview, he stated, "In a lot of ways it's kind of embarrassing to me. I definitely saw something. It was definitely weird. I didn't make it up. Sometimes I wish I had."

For the record, the Dover Demon is not the first strange sighting in the small hamlet. Stories have circulated for centuries about buried treasure and pirates. Also, there are legends of the devil on horseback being seen in the 1600s. However, the Dover Demon has captured the attention of many since its brief sighting and disappearance over 40 years ago.

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



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Q & A with The Car Doctor

John Paul is AAA Northeast's Car Doctor. He has over 40 years' experience in the automotive business and is an ASE certified master technician. He will answer reader's questions each week. You can find the Car Doctor podcast at www.johnpaul.podbean.com 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. I have two vehicles I garage for several months during the winter. One a 1997 Thunderbird and the other a 1975 Pontiac convertible. I don't use a battery charger as it is an unattached two car garage a few miles from where I live. It appears to be solid in structure but I'm not sure of its electrical stability. I usually disconnect the negative terminal on both vehicles to ensure they will start in the spring when I retrieve them. Do you have any suggestions, or does it seem I'm doing what I can with what I have available to me?

A. Temperature effects battery life and if you took the batteries out of the cars and stored them where it would be warm (not directly on a concrete floor) that would be beneficial. Short of that, charge the batteries fully before you disconnect them and then recharge them again before you put them back in service. The more you can avoid cycling the level of charge in the batteries the more you will extend the battery life.

Reader comment: On the battery column you recently wrote. People should be sure that the Battery Tender is not on the same circuit as the lights in the garage. More than once a person told me the Battery Tender didn't keep the battery charged because when they turned off the lights they also turned off the Battery Tender.

Q. My daughter is the owner of a 2014 Volkswagen Ti-guan. It has started going through oil like crazy. It is

not smoking, and we cannot find a leak. She needs to put oil in the truck at least every two weeks. I have researched the vehicle and found this to be an issue. I wrote a letter to VW and they brushed the issue off. She has two payments left on the truck and this is not a good time to be car shopping and was hoping she would not need to buy a new car right now. Any thoughts?

A. If there are no leaks, then the engine is burning oil. It is not unusual to see this engine use a quart of oil in 800-1000 miles and Volkswagen considers this "normal." One area that I would look at is the PCV system. Some engines use a simple PCV valve. Volkswagen uses a more complicated PCV system. If the PCV system is not working properly, this can lead to excessive oil consumption. If the PCV system is okay, then the issue is internal to the engine and will be quite costly to repair. If that is the case, then the more economical measure would be to add oil as needed. Adding a couple of quarts of oil each month is far cheaper than a replacement engine.

Q. We have a 2007 Toyota Corolla with 48,000 miles on it. We purchased the car about three years ago and don't drive it often. If I drive, it's usually short distances locally. Occasionally, maybe twice per year, I do a long drive on the highway. During the height of COVID, I just drove it for about 5-7 minutes every week to keep the battery going. Is it okay for the car to be driven short distances on local roads once or twice a week or should I take it for longer drives on the highway at least once a week or more frequently? I want to keep this car as long as possible and cannot afford a new car.

A. Driving short distances is hard on the car, because it doesn't get up to full operating temperature. You would be better served, and the car will last longer, if you can drive it once a week for about 30 minutes. This will keep the battery charged, the brakes working properly and the drivetrain lubricated.

Q. I have an old but very dependable Honda Accord. We have a problem with our horn that I have been trying to diagnose for some time. The horn will work

for a while, then will work sporadically and sometimes will not work at all. I have replaced the clock-spring and checked out the relay by switching it with another. I have checked all the wiring and grounds, and everything seems okay. Could I have a defective clock spring? If not, I'm looking for any suggestions

A. It is not likely that you got a defective airbag clock spring. I have seen some Honda vehicles that lose the ground circuit due to a faulty steering column bearing. Check the bearing and I think you will find your problem.

Q. My car alarm is malfunctioning and will not shut off and I can't control it. The most annoying part is the automatic door locks will not work remotely or even with the lock door button. I did get it to quiet down and went on errands. I'm getting some neighborly advice to just have it disconnected since it is an older car, and no one is likely to steal it. Any thoughts?

A. At this point your best bet would be to return to the alarm installer (or any reputable automotive electronics store) and have them look at the alarm connections. The best method is to install any add-on device such as a alarm or remote start system and use specially made wiring harnesses. When factory harnesses are cut and spliced together, over time the connections can fail. Since the locks don't work with the power lock switch, I suspect there is a poor connection when the lock solenoids were wired to the remote start module.

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Inside & Out: NESAsculpture exhibit at Alternatives' Whitin Mill

ValleyCAST, the arts and culture arm of Open Sky Community Services, has collaborated with the New England Sculptors Association to bring a unique exhibit of sculpture to the Whitin Mill. Over 30 sculptures are included in the exhibit and displayed inside the gallery, out on the Community Plaza, and around the grounds of the Mill Complex. Artists from all over New England are represented in the exhibit. The Opening Reception will take place on Friday, January 14, from 5:00-7:30 p.m.



Prizes for favorites will be awarded by people's choice for first, second, and third place.

"Explore the grounds and gallery to see all the amazing sculpture "Inside and Out" and then vote for your

favorites by casting a ballot inside the gallery!" Says Cristi Collari, judge and curator for the exhibit, and Director of Community Outreach for Open Sky.

Regular gallery hours for this exhibit will be held Mondays through Fridays from 9:00-12:00 and 1:00-4:00. The gallery will be closed on

Monday, January 17, in observance of Martin Luther King, Jr. Day and on Monday, February 21, for Presidents Day. Visits outside of regular gallery hours are by appointment only by contacting cristi.collari@open-skycs.org.

Voting ends Feb. 18. Exhibit ends on February 25.

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Pete's Sports



By Peter Coyle

Krikorian wills himself to be the best; lives the advise given by his mentor

Caught up again with Jim Krikorian of Milford fame and current Whitinsville resident about his latest cycling trip to the North Carolina.

Krikorian recently shared his last voyage about his cycling trek down to North Carolina in 2020.

This space featured Krikorian's 2014 cycling marathon to Daytona Beach that covered 1,100 miles in 29 days. This North Carolina trip was once again filled with the unknowns of weather and road conditions. The appreciation of those two obstacles always makes for an interesting story.

Just think about driving a car from Whitinsville to North Carolina. Interstate 95 would be the fastest, most convenient way to go. If you are cycling that same route, the reality of the unknown and many surprises are always around the next corner or just over the horizon.

Krikorian's patience and perseverance has once again made his most recent trip successful. Krikorian left Whitinsville on August 1, 2020, and covered the 850 mile trek in 23 days. He rides solo on his trips and pedaling to his own beat is an understatement. Sleeping or resting at local fire stations along his well-planned-out route is not uncommon for the 68-year-old former Milford athlete. Football, wrestling, and baseball were his sports while growing up in the baseball town of Milford in the late sixties and early seventies. Discipline and endurance are Krikorian's passion and time has changed his likes of long distance run-

ning to long distance cycling, which makes sense as his biological clock cannot take all that pounding that runners endure over time. In his running prime, Krikorian was putting in 80 miles a week on the local roadways while training for marathons, half marathons and the famed 10-mile Charlie's Road Race of Worcester. The running boom of the mid-seventies that drew Bill Rodgers and Joan Benoit to Worcester for Charlie's 10 miler is a very distant memory now. Racquetball was also a must-do workout back in that era.

Krikorian's most recent 23-day trip from Whitinsville to Camp Lejeune in Jacksonville, North Carolina totaled 850 miles and it wasn't exactly smooth sailing because of state and local road construction that most of the eastern seaboard is consistently undertaking. As a matter of fact, Krikorian got to Ossining, NY and was going to get on the Haverstraw-Ossining Ferry that crossed the Hudson River to West Haverstraw, but the ferry wasn't running for the past year because of COVID-19 restrictions. As dusk approached quickly, Krikorian saw a girl walking by the ferry area and told her about his dilemma. She felt compassion and quickly called her boyfriend who owned a speed boat. The couple took Krikorian to Haverstraw across the Hudson River in boat speed real time, 20 minutes. If Krikorian had to pedal himself, it would have taken him another 2 and a half hours. Talk about the hand of God being with you. Krikorian offered them money for their efforts, but they declined. Krikorian hasn't forgotten that kind-hearted story and believes in the good of people all the time. Krikorian ground out the

remaining 500-plus miles and arrived in North Carolina on August 24, 2020.

Krikorian also had a cross country trip from San Diego to Whitinsville of 3,500 miles back in 2005 when he went coast-to-coast in 58 days. Krikorian is unique in the way he cycles because he does it solo from start to finish, meaning not only the trip itself, but the strategy with weather, road conditions, and the state of affairs which comes up in every new city and town and county that he travels into.

He would like to thank Putnam Cyclery of Putnam, CT, for getting his bike ready for all his trips and maintaining his bike with great professional care.

Why does Krikorian still plan out these cycling marathons as he approaches the young age of 70?

He had a mentor who made an impression on him and his will to compete in life by willing himself to be the best has stuck with Krikorian since he met him over 35 years ago. His name is William "Bidly" McMahon.

Krikorian has gained so much of his respect to keep competing on his endurance journeys from the great William "Bidly" McMahon, who finished second to Tarzan Brown in the Boston marathon in 1936. Bidly also competed in the 1936 Olympics in Berlin. For the record, per Sandy Burgin's, Worcester Telegram's sports writer, McMahon was one of three U.S. marathoners who competed in Berlin in 1936. McMahon, who grew up on Shrewsbury Street in Worcester in the Meadows section, won the U.S. Olympic Trials, breaking a National AAU marathon record by nearly five minutes.

He beat out the famous Boston Marathoner Johnny Kelley by 200 yards.

Krikorian is a retired respiratory therapist who cared for Bidly late in McMahon's life and grew attached to Bidly's legacy and Bidly's persona. Krikorian himself ran the Boston Peace Marathon in 1985 and McMahon acknowledged Krikorian's enthusiasm during that period when Krikorian was caring for Bidly who passed away in 1991. "Mr. McMahon is an icon who impressed in so many ways and his story about his marathon career on the Olympic stage and in Boston amazes me to this day" said Krikorian. Krikorian remains inspired by Bidly McMahon and takes Bidly's spirit with him on these



Jim Krikorian on his way to North Carolina.

long cycling trips. Krikorian hasn't revealed what his next trip will consist of, but you can bet he will attempt another because of his goal-setting attitude and his spirit to keep competing in his own way.

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

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

Believer

BVT First Trimester Commendation List

Superintendent-Director Dr. Michael F. Fitzpatrick has released the Commendation List for the first trimester of the 2021-2022 academic school year for Blackstone Valley Vocational Regional School. To be named to the Commendation List, students must meet rigorous standards that include maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester. The Superintendent-Director's Commendation List Criteria is on page 16 of the Student Handbook.

Seniors (Class of 2022)

Douglas - Sophia Aquilino, Health Services; Zoey Beahn, Construction Technology; Mark Bellenoit, Business & Entrepreneurship; Joshua Chrul, Automotive Collision Repair & Refinishing; Alexis Levesque, Dental Assisting; Joshua McCullen, Electrical; Sophia Payson, Advanced Manufacturing & Fabrication; Alyssa Schilling, Cosmetology; and Bryan Wheeler, Engineering & Robotics.

Northbridge - Katelyn Barrows, Culinary Arts; Madison Colonna, Multimedia Communications; Kaia Dziekiewicz, Dental Assisting; Kyle Froment, Electrical; Carmen Gray, Engineering & Robotics; Jonathan Hollenbeck, HVAC&R; Cullen Jacene, Engineering & Robotics; Olivia Lange, Dental Assisting; Marissa Lind, Electronics & Engineering Technology; and Bianca Silveira, Painting & Design

Technology.

Uxbridge - Zachary Goddard, Information Technology; Nolan Holt, Culinary Arts; Riley Holt, Engineering & Robotics; Abigail Lane, Engineering & Robotics; Robert Mellen, Engineering & Robotics; Abril Sanchez, Multimedia Communications; Ines Taipina, Business & Entrepreneurship; Benjamin Uthoff, Information Technology; and Emily Warner, Culinary Arts.

Juniors (Class of 2023)

Douglas - Brett Staples, Electronics & Engineering Technology.

Northbridge - Vanessa Calles, Drafting & Design Technology; Riley Driver, Electrical; Sam Grilli, Drafting & Design Technology; and Emily Wildfeuer, Drafting & Design Technology.

Uxbridge - Mackenzie Barnicle, Culinary Arts; Isabel Cahill, Multimedia Communications; Eden Ebbeling, Culinary Arts; Isabella Gannon, Advanced Manufacturing & Fabrication; Maxwell Guyton, Engineering & Robotics; Jack Moscatelli, Cosmetology; and Joshua Pelletier, Automotive Technology.

Sophomores (Class of 2024)

Douglas - Laney Beahn, Engineering & Robotics; Mary Chrul, Health Services; Jack Dooner, Electronics & Engineering Technology; Matthew Phelps, Plumbing; Kendra Rowe, Culinary Arts; Baron Sherry, Engineering & Robotics; Sorcha Twohig-Mann, Health Services; and Chloe Vescio, Engineering & Robotics.

Northbridge - Riley Austin, Painting & Design Technology; Giovanni Biagioni, Electronics & Engineering Technology; Hailey Feehan, Painting & Design Technology; Logan Feehan, Painting & Design Technology; Yaliz Jimenez, Health Services; Izzamar Laboy Villegas, Information Technology; Emily Legge, Health Services; Lily Marshall, Dental Assisting; Willigis Mfonow, Advanced Manufacturing & Fabrication; Ella Rogozenski, Engineering & Robotics; Mikaela Sadik, Multimedia Communications; Sophia Schuster, Health Services; Jonathon Spiller, Painting & Design Technology; Adriana Tillison, Advanced Manufacturing & Fabrication; Madighan Tracy, Culinary Arts; and Emma Vaughan, Culinary Arts.

Sutton - Michaela Gledhill, Construction Technology; Christopher Gubbins, Construction Technology; Julianna Hawley, Multimedia Communications; Peyton Nolan, Multimedia Communications; and Macyn White, Construction Technology.

Uxbridge - Yara Alomar, Health Services; Savannah Brodeur, Cosmetology; Noah Cahill, Engineering & Robotics; Avery Herrick, Multimedia Communications; Trevor Horgan, Electronics & Engineering Technology; Grace Mathieu, Engineering & Robotics; Marissa Osimo, Health Services; Cole Pinchuck, HVAC&R; and Samuel Waugh, Electrical.

Freshmen (Class of 2025)
Douglas - Haley Chamberlain, Cosmetology; Kaylie Ciccone, Health Services; Matthew Dean, Painting & Design Technology; Justin Dooner, Engineering & Robotics; Tyler Grybowski, Information Technology; Calissa Lavoie, Multimedia Communications; Emily Muniz, Engineering & Robotics; Samantha Pinto, Health Services; and Jaden Roddick, Multimedia Communications.

Northbridge - Ava Bates, Cosmetology; Sosie Derkosrofian, Health Services; Zabel Derkosrofian, Information Technology; Conner Gomez, Engineering & Robotics; Mara Keane, Electronics & Engineering Technology; Dylan Leeds, Engineering & Robotics; Haley Marston, Dental Assisting; Markas Petone, Health Services; Sean Russo, Information Technology; Alexa Seward, Engineering & Robotics; and Samuel Stringer, Advanced Manufacturing & Fabrication.

Uxbridge - Alexi Cox, Electronics & Engineering Technology; Isabelle Kling, Biotechnology; Om Patel, Engineering & Robotics; Mikaela Swanson, Biotechnology; and Jake Vanderbrug, Plumbing.



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made into an animated Disney movie in the 1990s?

9. GENERAL KNOWLEDGE: When was the first Times Square Ball Drop on New Year's Eve?

10. SCIENCE: What is it called when a gas changes into a liquid?

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1. GEOGRAPHY: What is the largest island in Africa?

2. LANGUAGE: What does "Auld Lang Syne" mean?

3. MOVIES: How many spirits visit Ebenezer Scrooge in "A Christmas Carol"?

4. THEATER: On which opera is the rock musical "Rent" based?

5. FOOD & DRINK: What is marmite?

6. GAMES: How many weapons are available in the original board game "Clue"?

7. TELEVISION: What is Jean-Luc Picard's catchphrase as captain in "Star Trek: The Next Generation"?

8. LITERATURE: Which Victor Hugo novel was

1. Madagascar
2. Times long past
3. Four, including Jacob Marley and the spirits of past, present and future
4. "La Boheme"
5. A savory food spread that is the byproduct of beer brewing
6. Six - revolver, wrench, knife, lead pipe, candlestick and rope
7. "Make it so."
8. "The Hunchback of Notre Dame"
9. 1901
10. Condensation

Answers

RE: Real Estate

Homes are costing more to build – and buyers might struggle to keep up



Mark Marzeotti

Buyers are already struggling to buy existing homes, so it's a problem if new ones become even more expensive.

There are plenty of good reasons to buy a new-construction home. For example, you'll have fewer repairs to make early on, and if the home is being built from the ground up, you can customize that space to suit your specific needs. But there's one key reason new construction may increasingly move out of reach: The cost of materials needed to build homes keeps going up.

Lumber, for example, now costs on some items more than twice as much as it normally would at this time of the year. Crude oil, which is used for roofing and flooring materials, has risen over 80%. And copper, which is commonly used for piping and electrical work, now costs roughly one-third more than it did back in the spring.

All of this is making homes more expensive to construct – a cost that's likely to be passed along to buyers. And

given the state of the housing market today, the timing couldn't be worse.

Buyers are running out of options.

Existing homes are hardly a bargain. Quite the contrary – an uptick in buyer demand has inflated home prices. In fact, buyers are routinely getting priced out of the market, especially in places where many of the available homes not only cost more, but also need extensive work.

New construction solves the latter problem. In fact, despite new construction's higher price tag, it can often end up being more cost-effective than buying an existing home when you consider the absence of near-term renovations and repairs. But as the cost of building materials skyrockets, it may cease to become an option for the average homebuyer.

The need for large down payments can make the problem worse. There are situations where buyers can sign a mortgage and put down less than 20% of a home's purchase price at closing. However, mortgage lenders tend to be stricter when it comes to new construction – especially homes that allow buyers to customize certain features. As such, buyers who seek out new construction should generally plan on making a 20% down payment – which could become exceedingly difficult if home prices shoot upward.

Buyer beware.

Another issue to consider is that builders are notorious for cutting corners and using sub-par materials in new construction properties to boost their profits. Just look up "builder grade homes" on the internet. As the cost of common materials rises, builders may seek to substitute even lower quality materials – and that's something buyers will need to be

wary of.

In fact, given the way material costs are climbing, buyers of new construction need to be extra thorough when spelling out the terms of their purchase agreements (or hire good lawyers to take care of that for them). If buyers specify the materials that are to be used, it could help them avoid getting stuck with sub-par homes with hefty price tags.

The Marzeotti Group wishes everyone a happy and healthy holiday season. Happy New Year.



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