

## Whiskey Rocks of Dudley will rock you

By Janet Stoica

"We tried to imagine a place that we'd like to visit," said Jessica Valby, co-owner of the new Whiskey Rocks Restaurant, bar, and rodeo experience, "and we're looking forward to our customer involvement being very different from the norm."

Craig Valby, who co-owns the new venue with his wife, said, "There really aren't that many unique, distinctive places to visit in this area and we wanted to bring a bit of flair and fascination to our customers, complementing the other good local dining establishments."

And distinctive it is.

Bull riding anyone? Take a ride on Bucky, the restaurant's mechanical bull. He is definitely one of the most realistic-looking bovines in the area. All Bucky needs is rip-snortin' steam coming out of his flared nostrils to add an extra bit of excitement to any rider's experience.

Ever tried your hand at axe throwing? Maybe you should. There are several hatchet-throwing alleys to set your energy afire and your determination to hit your mark will prove to be exhilarating.

Of course, there are plans for bull riding and axe throwing tournaments.

The Valbys also want everyone to know that they have taken every safety precaution to ensure the protection of their patrons. There will be a security team for both entertainment areas and the minimum age requirement is 18.

But this is not all that Whiskey Rocks offers. It presents a distinctive dining atmosphere and menu as well. The place is huge. As you enter, you'll notice the beautiful copper-top bar along with six sections of dining tables along the south wall. Each dining section will showcase two fireplaces, featuring colorized crystal fire gems, adding to a truly exceptional dining ambience. If there are parties who wish to use a dining section for their own family's privacy, the option is available.

The copper-top bar, clad with repurposed antique wooden doors, seats 30. The doors retain their original colors and paint dings. How cool is that? The same style runs along the front wall under the expansive window glass. A

Continued on page 2



Craig and Jessica Valby, owners of Whiskey Rocks.

## Holidays bittersweet with closing of Charlton Furniture

By Rod Lee

Hard as it is to imagine, the recently concluded holiday season was the town of Charlton's first in more than fifty years without a fully operational Charlton Furniture store as part of the scene.

Charlton Furniture, started in the early 1970s by Joseph Pikul and brought to prominence at its location on Dresser Hill Road by his children David Pikul and Susan (Pikul) LeBlanc, began a graceful exit this past summer with a large closing sale. More than \$3 million in inventory including floor stock, bedroom, dining, occasional lamps, wall art, accessories and area rugs was made available over the course of a number of weeks.

As a sign of the store's relationship with the community and with its customer base, a message was posted on Charlton Furniture's Facebook page on September 21st. It read simply, "We Love You for Loving Local."

A separate announcement, placed on the home page of the store's website, was equally poignant.

"After more than 50 years in business, we have decided to retire and close our doors. It was not an easy decision, as we have had the most wonderful customers and community support throughout the years.

Thank you for your investment in our family and our business.

Sincerely,  
Susan LeBlanc and the Charlton Furniture team."

Continued on page 2



Distinctive home furnishings and outstanding customer service were staples of Charlton Furniture under the ownership of the Pikul family. As of late December, the store was in the process of closing after more than fifty years in business.

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## WHISKEY ROCKS

Continued from page 1

few skylights add to the bar atmosphere. In addition to the bar and cozy dining area along the south wall, there are plenty of glass-top whiskey barrel high seats as well as long wooden dining tables with comfortable soft seating.

The north wall includes a bandstand with a freshly painted wall mural created by Webster artist Emily Barnes. The mural's legend reads: "We are Whiskey Rocks. He's a little bit Country. She's a little bit Rock and Roll." The dance floor

is waiting for you. The bandstand seating area is known as Maker's Mark Lounge, named for one of the premier whiskeys the site will offer. There is also VIP seating in the area with dedicated servers for dining and cocktail enjoyment.

Menu offerings include a first-class ½-pound prime rib hamburger, branded with the WB logo, 8-ounce filet mignon, ribeye, steak tips, short ribs, and a special or two like a build-your-own nachos platter and Drunken Duck quesadillas.

Steaks will be hand-cut by Ed Stearns of Charlton. Homemade mega fries are part of the dining selec-

tions, along with plenty of seafood, including a pecan-wood smoked salmon and sea bass. Poultry choices include chestnut-flour-coated chicken and waffles served with apple slaw and honey mustard apple syrup. Endless salad options will be on the menu too. Adult milkshakes are part of their fare as well, with desserts of Mississippi mud pie and other tasty endings. The children's menu features an activity piece for each youngster to enjoy.

"We always knew we wanted to open another restaurant," says Jessica. "Our Stave & Still location has done well.

"We saw a market niche and built a destination. Our thoughts were that people always go out to enjoy dinner and then what? Just go home? We wanted to create an entertaining spot for everyone to enjoy. We are family friendly. Our spirit selections will include Maker's Mark whiskey, Olmeca Altos tequila, and Wheatley Vodka, to name a few. Our goal is to have the most extensive whiskey selections

available, and we will have what I refer to as our Imbibable Bible much like Stave & Still."

The book lists all their liquor offerings with a quip for each spirit.

Executive sous chef is Francesca Rodriguez, formerly of Samuel Slater's Restaurant. Jessica Valby is the executive chef.

They will be open during standard dinner hours. A grand opening is slated for the weekend of January 14/15. There will be a full weekend of music, entertainment, and ice sculptures, along with other interesting enjoyments.

Whiskey Rocks is at 4 Airport Road (Dudley Plaza), Dudley. Phone: (508) 943-

9759. Open Tuesday – Saturday. www.whiskeyrocksbars.com Gift cards are available. Check them out on Facebook and Instagram @whiskeyrocksbars. Bucky the Bull has his own Instagram listing: @buckythamechanicalbull.

Contact Janet: jstoica@TheYankeeXpress.com

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## CHARLTON FURNITURE

Continued from page 1

As of December 21, Charlton Furniture was still doing business on an appointment-only basis, in a continuing effort to move its remaining merchandise. Mattresses, bedroom sets, dining sets, leather and upholstery options, occasional tables, lamps and artwork were among the furnishings available to customers.

"It's going good," Store

Manager Karen Legendre said, that afternoon. "Val (Valerie Agos-Langlais) and I here, mostly during the week, 10:00 to 4:00."

Following their father's lead, and his vision, the Pikul children took Charlton Furniture from a small country furniture store into three galleries, showcasing fresh styles, new collections and unbeatable prices. Susan's attention to detail and passion led to the addition of a 12,000-square-foot showroom in 1998 and an on-site

design center. David was responsible for creation of the bedding department, featuring such premium lines as Tempurpedic, Serta and Gold Bond.

In 2010, Susan and David reopened The Annex, offering brand-name closeouts and discounted and one-of-a-kind items.

During the Xpress's years following the Charlton Furniture story, Susan LeBlanc expressed particular pride in the evolution of her design-team's capabilities. She also enjoyed touting that Charlton Furniture was a primarily woman-run enterprise, consisting of a main staff that included herself, Karen Legendre, Judy Pelley, Kathy Zalewski, Melissa Trudo, Valerie Agos-Langlais, Johanna Tokarz and Lisa Carter.

Sadly, Charlton Furniture's closing follows that of Spencer Furniture, also family-owned, which closed its doors in 2018 after a nearly sixty-year run.

Anyone familiar with Charlton Furniture's charming country storefront on a knoll along picturesque Dresser Hill Road and all of those customers who got a chance to check out the American-made solid-wood bedroom and dining room sets (or who encountered "Otis," the resident puppy) will undoubtedly agree that the business lived up to its motto:

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## Nichols College and Team Training Associates, LLC, create degree pathway in public safety leadership

DUDLEY – Nichols College has signed an articulation agreement with Team Training Associates, LLC (TTA) of Thompson, Connecticut, to streamline the transition to a bachelor's or master's degree program for TTA-certified public safety leaders.

Students who successfully complete the Public Safety Leadership Academy, and other certificate programs at TTA, can earn academic credit toward the Nichols College Bachelor of Science in Business Administration with a concentration in criminal justice management or the Master of Science in Counterterrorism (MSC).

"This is a unique opportunity for the region's law enforcement and emergency response managers to increase their effectiveness as leaders and prepare for the future of these fields," said Glenn M. Sulmasy, JD, LL.M., president of Nichols College. "At Nichols, they will build on the excellent leadership training offered by TTA to expand their understanding of and response to today's safety threats, including cyber-terrorism and violent extremism."

The Public Safety Leadership Academy is a five-day

(40 hour) course covering a wide range of leadership topics, including self-awareness, effective communication, leadership analytics, wellness, and employee engagement.

Other eligible TTA programs include the Certificate of Supervisory Leadership (40 hours), Certificate of Strategic Leadership (40 hours), and the Public Safety Command College (80 hours). Each of these specialized programs includes rigorous curriculum requiring classroom participation, case study analysis, and comprehensive experiential learning components related to specific areas of professional development within the field of public safety leadership.

"The cadre at Team Training Associates are highly credentialed and experienced public safety practitioner scholars," notes Eric Murray, EdD, president of TTA who earned the Master of Science in Organizational Leadership at Nichols in 2009. "For over a decade, our team has helped public safety leaders throughout the country operationalize evidence-based strategies to improve their workforce.

We strive to remain at the forefront of professional development and leadership training. Collaborating with Nichols College is setting new standards of excellence and academic opportunities for our public safety clients."

The Nichols MSC is the only graduate program in the country to focus on violent extremism at home and abroad. The degree has provided a gateway to emerging careers as analysts and agents in agencies including the FBI, the U.S. Department of Homeland Security, and FEMA, and is viewed as a critical component in the training of the modern police force.

According to Allison McDowell-Smith, PhD, associate dean of the Nichols Graduate School of Liberal Arts & Sciences, "The combination of education between TTA certification programs and Nichols College graduate MSC degree can serve as a force multiplier for law enforcement as they are our first responders responsible for protecting our society. If they are able to lead others as to how to be proactive in regard to extremism threats, we can continue to make our communities safer."



From left, sitting, Julie Rumrill, Senior Associate, and Eric Murray, President, of Team Training Associates LLC; Nichols President Glenn Sulmasy; standing, Nichols Associate Deans Tom Stewart and Allison McDowell-Smith.



On Saturday December 18, members of Oxford Masonic Lodge delivered holiday Poinsettias to local widow and veteran Masons of their lodge. Pictured from left to right are: Wor. Jerome H. Michaelson, R.W. Robert Schremser, Bro. Richard D. Majercik II and Wor. Bryan R. Wilson.



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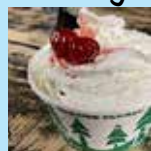


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## DA's community outreach talks reach audience of 600,000

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 audi-

ence. 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."

## 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 Unem-

ployment 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 repointing 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 historic 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 pro-

vide 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 organizations after the hardships they have experienced over the last year and a half."

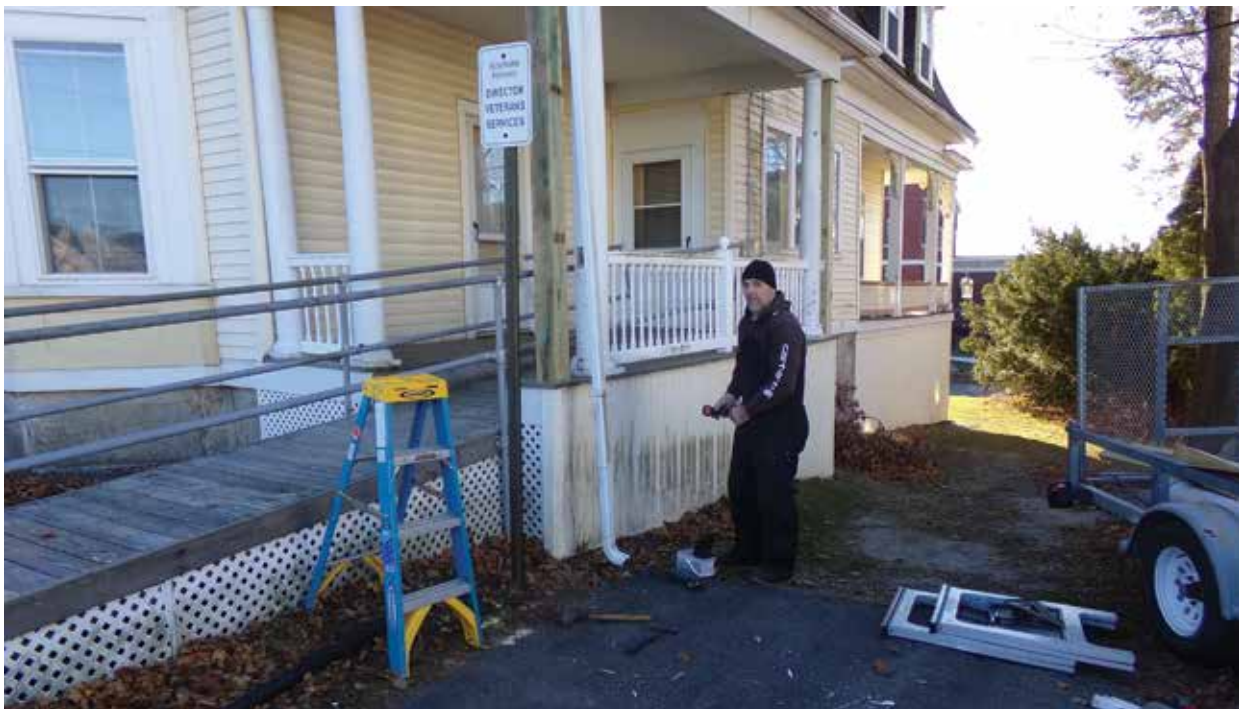
"This ARPA money provided a unique opportunity to provide direct assistance to many organizations and service departments throughout the district that have significant outstanding infrastructure and equipment needs. We are thrilled to be able to commit resources to assist our fire and emergency services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

## Thank you

The First Congregational Church of Dudley 2021 annual Christmas Fair was a huge success. We wish to thank all the businesses and individuals who donated goods, services and gift baskets to our virtual on-line auction, who made and bought baked goods for our bake sale, who bought quilt raffle tickets and who made cash donations. Special congratulations to Deb Quinn from Douglas who won the homemade quilt by Elaine Barthelmes.

*First Congregational Church of Dudley  
Christmas Fair Committee*

## Veterans home getting some repairs



Jeff Czechowski is pictured working on repairs to the Veterans Home in Webster. Jeff installed three 6"x6" beams that needed to be replaced. Thank you to Jim Bell, the accountant, who made it possible. Photo by Victor Jankowski, Commander of the Veterans Council.

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# It's the Serra Club

By Janet Stoica

Not to be confused with the Sierra Club, an environmental organization which defends our natural resources and nature, the Serra Club of Southern Worcester County is a dedicated group seeking to keep our faith in Christianity by promoting religious vocations of the Catholic Church.

Roland Malboeuf and John Hickey are men on a mission for the Serra organization in this area. They have successfully sought to rejuvenate and add members to the local chapter of the Serra Club of Worcester County whose motto is Always Forward, Never Back. The Serra Club is an organization that was founded in 1935 in the state of Washington and named after Father Junipero Serra, a Spanish saint born in the 1700s who was instrumental in establishing California's Catholic missions. The Serra Club's mission today is to promote vocations of religious life. Currently, there are more than 700 clubs in 40 countries. Members meet monthly to attend Mass, socialize, and have dinner together with the goal of supporting vocations.

Mr. Malboeuf, president, previously served as treasurer of the local Serra chapter and when membership dwindled, he made the decision along with Mr. Hickey to personally advocate for

new members and with recent meeting observations, their objective appears to be well on its way to great success. At a recent meeting held at Point Breeze, there were 26 attendees enjoying camaraderie along with refreshments and dinner. The evening's speaker was Reverend Daniel Moreno, administrator of St. Anthony's parish of Dudley. Reverend Moreno stated "I attribute my vocation to my grandparents who were devout. I have no regrets. We are channels of God's words." Originally from South America, Reverend Moreno said, "Having lived here for many years I do miss seeing my parents. It's not easy seeing them age via computer images but I am here to support my faith and parishioners. We should not idolize priests or other clergy. We need your prayers, support, and companionship. The Serra organization is a valuable resource."

John Hickey, vice president, commented that "the beginning stages of getting the club back to its former strength of helping seminarians and being there for them was a worthy mission. Being Christian will not get easier as the years go on. It will become more challenging. We are here to support our clergy and to promote those who are the backbone of our values."

Half of the club's funds raised is to support newly ordained seminarians and/or those who have chosen the religious life, women and men. In current times, however, most of those who choose these types of vocations are men but the group has supported women who have chosen a devout lifestyle as well. The remaining monies raised through dues, donations, and fundraisers are used for operating expenses. The group is positive, uplifting, and devoted to the future of those who will lead the local parishes. Their mission is strong and focused. A recently held Christmas fundraiser offering wreaths and garlands was a great success.

Officers are: Roland Malboeuf, president; John Hickey, vice president; JoAnne Canty, treasurer; and Cynthia Rawson, treasurer.



Serra members preparing wreath distribution.

Father Michael Roy of St. Roch's parish in Oxford is the Serra chaplain. Publicity coordinator is Lee Gendron, who is also their photographer. This year's theme was Journey to the Priesthood with many of the club's speakers being priests from the local parishes describing how they came to be

part of the priesthood. All ages are encouraged to become members. To join, you may contact your church's priest who will put you in touch with the group. They are also on Facebook: Serra Club SWC. "Give us a year once you decide to join us," said John Hickey, "you can then see how our group

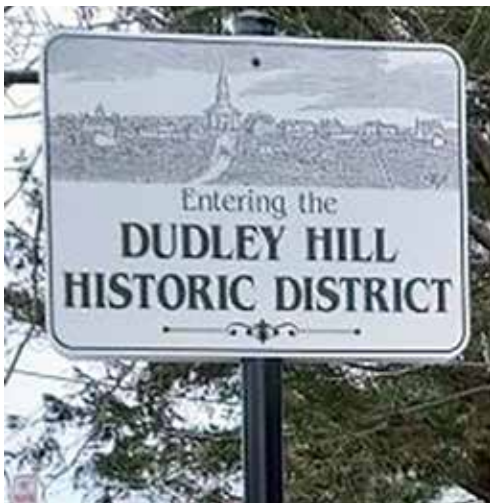
supports the goals of our and your faith." The Serra Club of Southern Worcester County will be holding its next meeting on January 6, 2022, with an introduction of current seminarians of the Diocese of Worcester.

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



Serra Club members at a recent meeting.

## Dudley Historic Signs placed



The Dudley Historical Commission is pleased to announce that signs have been placed at the northern and southern limits of the recently designated Dudley Hill National Historic District. The DHC wish to thank the Janet Malser Humanities Trust for funding the signs, which were fabricated by Graphics Unlimited of Dudley and erected by the Dudley Highway Department. "Walking tour" brochures of the district are available at the Dudley municipal building, the Pearle L. Crawford library, and also on the porch of the Black Tavern on Dudley hill.

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## Holiday card contest winner



Presentation in Sage's fourth grade class (l to r) Dudley Police Sergeant Dean Poplawski, Officers Chandler Boyd and David Carpenter, Chief Steve Wojnar, with Sage Webster and her parents and her winning design.

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The Dudley Police Department held its twelfth annual Holiday Card Contest with the fourth-grade students from Dudley Elementary School. All fourth graders were given the opportunity to submit a drawing which would be used as the cover picture of the holiday card sent out by the Dudley Police Department for 2021.

The program was on hiatus last year due to the pandemic. However, everyone is glad to have it back in action. It is designed to solicit the help of local children to promote the fun and excitement of the holiday season. Officer David Carpenter and Sergeant Dean Poplawski headed the program on behalf of the department.

Well over 100 entries were submitted. The winning design was created by Ms. Sage Webster.

On Tuesday, December 21, Sage was presented with a poster sized copy of her drawing, a box of cards for family and friends, and a gift card to acknowledge her efforts.

The Department sent the holiday cards out to numerous businesses and citizens in the town and local area. Cards were also sent to area police departments and numerous others including our local professional sports teams, Governor Charlie Baker, and President Biden.

The Dudley Police Department would like to thank Dudley Elementary Art Teacher Dawn Gravel for her work coordinating this program. Special thanks also go out to Principal Kelly True and all the teachers and students for all their participation and efforts in making this program a success.

## Christmas baskets for vets



Pictured (l to r) Stephen Rogerson, VFW Post Commander; Jim Brinker, VFW Post Surgeon; Dick Norton, Post Vice Commander; Bob Allan, Post Adjutant.

On Wednesday, December 15, Kim Brennan and Stef Bellerive, nurses from the ACU and Peri-Operative Services Department of Day Kimball Hospital in Putnam, CT delivered many Christmas baskets to the Dudley Veterans office. The donated ham and fixings came from the generosity of fellow employees of the hospital, family and friends of Kim and Stef. These wonderful women are always eager to support veterans in our community and have made this a yearly event. Volunteers from VFW Post 654 of Webster and Dudley assisted the Dudley Veterans Services officer Stephen Rogerson in distributing the baskets to veterans and families in need of a little extra. At this time of giving and of celebration, please remember the veterans who have served and those who are serving still. Webster and Dudley has a large veteran population for which we are proud and grateful.

On behalf of VFW Post 654 Webster/Dudley and the Dudley Veterans Services Office a sincere thank you to the generous caring folks at Day Kimball Hospital who took so much pleasure in the act of helping veterans, please accept our warm wishes for a happy and safe New Year.

*-Stephen Rogerson*



# McKenna touts Stevens redevelopment as boon project

By Rod Lee

More than a few ears perked up over one revelation offered by Rep. Joseph D. McKenna during a Webster-Dudley-Oxford Chamber of Commerce legislative breakfast at Samuel Slater's Restaurant in Webster the morning of November 6th.

Rep. McKenna had hardly finished telling those in attendance that with redistricting "my district doesn't change one bit" when he added the news that the long-dormant Stevens Linen Mill property on the Dudley-Webster town line is finally going to be the object of "a major redevelopment."

That Rep. McKenna's announcement came weeks ahead of official confirmation of the initiative in the media made it that much more startling—and welcome.

After years of speculation about what would happen to the Stevens Linen Mill site coupled with interest from prospective developers and a subsequent determination by most of them that invest-

ment in reviving the complex was "too risky," residents of the Webster-Dudley area can look forward to a project that will turn the handful of remaining structures, which are now in a state of dilapidation, into "housing, meeting space" and a venue for "weddings" and other functions, Rep. McKenna said.

"It will help revitalize that waterfront," he said. "We need housing to support people coming in for work."

William "Bill" Scanlan, acting town planner in Dudley, agreed. Asked on December 2 if he expects Atlanta-based Camden Management Partners' revitalization efforts to earn Dudley Planning Board and public approval, Mr. Scanlan said "yes on both counts. This is something town officials are behind." Planning Board public hearings about to ensue will take up such matters as "traffic, access and neighborhood concerns," Mr. Scanlan said, but by next summer "these should be wrapped up" and the project should be able to proceed.

A one-story building that was added to the complex "will be taken down," Mr. Scanlan said. The other stone buildings "are worth saving."

At the legislative breakfast, Mr. McKenna had previously addressed what he described as "the hiring crisis" in the Commonwealth by asserting that Amazon has plans to set up operations in the towns of Charlton and Uxbridge, "small communities that don't need a thousand new jobs, which makes

for an interesting paradox." Amazon coming into South County and the Blackstone Valley "will have good and bad impacts. We are watching that closely," Rep. McKenna said.

He also conveyed word at Samuel Slater's Restaurant in regard to American Rescue Plan funding the state has obtained that "it's good to finally get this money out the door, small amounts for companies that didn't qualify for PPE. Some businesses that started up during the pandemic" weren't eligible for dollars at that time, either, he noted.

The Legislature is not ignoring a crisis that has arisen involving unemployment, he said. "Some families received a ton of money and are now getting letters saying 'you owe thousands.' We are looking at a waiver" as a corrective step to their predicament, he said.

Meanwhile, Camden Management Partners' intention of transforming the 6.95 acres that the Stevens Linen Mill occupied for more than a century, including from 1850 to 1950 in its heyday, is seen as a positive not only by Rep. McKenna but by municipal leaders and members of the Dudley Historical Commission.

In Dudley and Webster, the name "Stevens" rivals that of "Draper" in Hopedale, "Slater" in Webster and "Whitin" in Northbridge, thanks to Henry Hale Stevens, who constructed the Stevens Linen Mill complex during the Civil War and imported machinery and work-



Part of the Stevens Linen Mill in Dudley, with one of its two distinctive towers.

ers from Scotland for the production of linen and flax fabric. His U-shaped complex, molded from granite and standing five stories high, actually consisted of ten structures in all, and featured two seven-story-tall towers, a mill pond and a dam.

Stevens Linen Mill's buildings comprised a total 267,000 square feet.

The mill was added to the National Historic Register in 2010. This means "tax credits" will come into play in the redevelopment, Bill Scanlan said.

"Ten percent of the one hundred fifty-six units of housing are required to be affordable," he said.

In a YouTube video, Dudley Town Clerk Lori Smith

described the Stevens Linen Mill buildings as "our community's foremost historic structure" and "the only remaining example of linen manufacturing in the U.S." She praised the complex's "lasting physical integrity." The Stevens Linen Mill is, Ms. Smith said, "our symbol of home." Unfortunately, "it deteriorates more as each day passes."

Now, with Camden Management Partners ready to undertake a \$40 million redevelopment, hope springs anew for the Stevens Linen Mill to be preserved in some context.

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



Henry Hale Stevens, 1818-1901; his Stevens Linen Mill in the town of Dudley manufactured linen products, a rarity at the time with a concentration on wool and cotton.



Rep. Joe McKenna says Camden Management Partners' redevelopment of the Stevens Linen Mill property will transform the French River waterfront for the better.

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## Samuel Slater EXPERIENCE



## Samuel Slater Experience preview dates in January

Come get a preview of the Samuel Slater Experience in January. The museum will be open to the public for tours on Sunday, January 16, 12-4 p.m.; Monday, January 17, 10 a.m.-4 p.m.; and Saturday, January 29, 10 a.m.-4 p.m.

Tickets may be purchased at the box office or on the website at [samuel Slater Experience](http://samuel Slater Experience).org. Tickets are \$16 for adults, \$10 for seniors, \$7 for kids.

The gift shop will also be open.

Museum memberships are available.

Samuel Slater Experience brings to life the travels and technology of Samuel Slater, known as the father of the American Industrial Revolution and the founder of the thriving mill community of Webster. It's all brought to you with 4-D digital media to create an immersive experience.

For more information go to [samuel Slater Experience](http://samuel Slater Experience).org or email [admin@samuel Slater Experience](mailto:admin@samuel Slater Experience).org.



## 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*

**To your  
good  
health**

## 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 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 particularly beneficial to your hearts and minds.

The cacao in dark chocolate has heart-healthy anti-

oxidants, 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.
- 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!

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**Happy New Year**

As the calendar turns the page, we wish you the very best in the year ahead.



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Officer Luis Pacheco, Officer Ryan Daniels, Chief Steve Wojnar, Officer Tyler Smith.



Officer Luis Pacheco, Officer Ryan Daniels, Sgt./Lieutenant Marek Karlowicz, Officer Tyler Smith.

## Thank you to all who donated toys this Christmas season from the Dudley PD

The Dudley Police Department collected donations for needy families during the holiday season. Many people and area businesses made generous contributions to this worthwhile cause. Needs were increased during the pandemic.

A large volume of toys, clothing, and other gifts were provided to Dudley residents who needed assistance during these difficult times. These were distributed on Monday, December 20.

Thanks to the generosity of those who donated, approximately 25 local families, including 60 children, enjoyed the holiday when they would have otherwise gone without.

This year, donations were great. This was really an incredible effort by our residents and businesses, especially during these trying times. Several hundred gifts and several thousand dollars were donated toward this effort.

A special thank you goes out to the Fels' Family Foundation, Jimmy's Pizza, the Ziemiński and Nawrocki families for their generosity.

Several other families and individuals made significant contributions toward this campaign. Toy donations were also made by Dudley Elementary, Shepherd Hill Regional High School, and Nichols College. Tremendous thanks and appreciation go out to everyone who contributed.

Any leftover toys have either been saved for the future or will be distributed to local families. Credit and thanks go out to Sergeant/Lieutenant Marek Karlowicz and Officers Luis Pacheco and Chandler Boyd for another outstanding job coordinating and organizing this year's drive. Their hard work and dedication have made this event successful year after year.

The Dudley Police Department would like to thank the many residents and others who answered the call for assistance with extreme generosity toward this worthwhile cause. This was a tremendous success once again. The Department wishes everyone a Merry Christmas and a Happy, Healthy, and Safe Holiday Season and New Year.

—Chief Steven Wojnar

### CORRECTION:

Remarks about the imminent redevelopment of the Stevens Linen Mill in Dudley, made at a recent Webster-Dudley-Oxford Chamber of Commerce meeting at Samuel Slater's Restaurant, should have been attributed to Rep. Peter Durant of the 6th Worcester District. In announcing the positive news to those in attendance, Rep. Durant said the long-dormant mill will be transformed into housing and meeting space and that the project will "help revitalize that waterfront." Creation of an overlay district is the first step in the process, he noted.

—Rod Lee

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—Marcia T

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- 1½ LB. NEW YORK SIRLOIN STEAK  
OR 2 LBS. HAM STEAKS
- 2 WHOLE OR CUT UP CHICKENS (AVG.  
WEIGHT 3 LBS. EACH OR  
3 LBS. PORK CHOP

### B - \$50.00

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

### \$75.00

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

### \$100.00

- 5 LBS. BONELESS CHICKEN BREAST OR  
3 LBS. BEEF POT ROAST
- 4 LBS. CHICKEN LEG QUARTERS OR 1 LB. BACON
- 3 LBS. BONELESS POT ROAST OR  
2 LBS. NEW YORK SIRLOIN STEAK
- 1½ LBS. SIRLOIN TIPS OR 3 LBS. PORK CHOPS
- 3 LBS. HAMBURG OR 1 PKG. (1½ LBS.)  
MARINATED SIRLOIN TIPS OF YOUR CHOICE
- 2 WHOLE OR CUT-UP CHICKENS (6 LBS.  
TOTAL) OR 1 PKG. (1½ LBS.) COOKED  
CHICKEN WINGS OF YOUR CHOICE
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## Programs and events at the Pearle

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

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

**Toddler time**, Wednesdays 11:00 a.m. Come join us for Toddler Time. We will have a different theme each week with stories and songs. This is geared for ages 18 months to 3.

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

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

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

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

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

**Yoga with Julie**, Saturday, January 8, 11:30 a.m.-12:30 p.m. All ages are welcome at this beginner-friendly yoga class led by Julie St.Francis. Children under 12 must be accompanied by an adult. Sponsored by the Hugh W and Harriet K Crawford Endowment.

**Lego Master builder Dan Steininger**, Monday, January 10, 6:00-7:00 p.m. Dan Steininger is one of only eight official LEGO Master Builders in the entire world and he wants to share what it's like to have his dream job. He uses humor, great storytelling, and hands on building to entertain and inspire. Free; children under 12 must be accompanied by an adult. Sponsored by the Hugh W. and Harriet K. Crawford Endowment.

**Reducing pain naturally**, Thursday, January 13, 6:00 -7:45 p.m. Do you find yourself thinking: when will this pain end? Why do I still have this pain? or how can I get rid of this pain? Brad and Pamela Thompson will introduce some of the most recent breakthroughs in our understanding of pain and introduce a powerful and natural pain-reducing technique. Sponsored by the Hugh W and Harriet K Crawford Endowment.

**Jewelry Jam with Kim Larkin**, Thursday, February 3, 6:00-7:45 p.m. Make a gift for your Valentine at this jewelry-making workshop for teens and adults and create a mixed-media necklace on colorful cord using a decoupage technique with scrapbook paper or text. Kim will bring an assortment of materials to inspire your creativity. Free, but space is limited: registration required. Sponsored by the Hugh W. and Harriet K. Crawford Endowment.

## January art exhibit



January Art Exhibit: "Journey in Dry Medium," colored pencil and mixed media drawings by Jim Palace will be on display and for sale January 6-29 at Booklovers' Gourmet, 72 East Main Street, Webster, during regular business hours: Tuesday-Saturday 10-5, Wednesday 10-6. A meet the artist reception will take place on Saturday, January 22, 1-3 p.m. Free and open to the public. Call 508-949-6232 for more information.

Artist's statement: As a transplanted Long Island resident, I first started working in the Kitchen and Bath Industry at Weston Kitchens. There, I was a CADD (Computer Aided Drafting and Design) designer. I created floor plans, elevations and 3-D renderings for our clients. After 15 years, I changed directions and worked in the public school system's Special Education Department, as a one-on-one aide.

For the last 2 years, under the tutelage of Ed Turner, (owner of Art and Frame Emporium) I have concentrated on my colored pencil and mixed media projects. These are the pieces I have chosen for my show "Journey In Dry Medium".

**Open Mic Poetry** - Saturday, January 15, 2-4 p.m. Join us for a monthly round robin style, open poetry reading. Bring original pieces to share. Sign up to reserve your spot by calling 508-949-6232 or emailing [deb@bookloversgourmet.com](mailto:deb@bookloversgourmet.com). Space is limited.



## The P.E.O. Sisterhood and Chapter R

CHARLTON - Sarah Garcia of Charlton was presented with a \$2,000 grant on October 23rd by members of an organization that's helping women reach for the stars.

Garcia was one of three women (and the most recent) from Bay Path Practical Nursing Academy who received a grant from the Philanthropic Education Organization. P.E.O. has 6,000 chapters across the United States and Canada.

Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director said she didn't know much about P.E.O., other than her students and alumni receiving grants. "It is amazing what P.E.O. does," she said, thanking the members of Chapter R, who presented Garcia with the award.

Chapter R nominated Garcia for the Program for Continuing Education (PCE) and helped her with the process.

The P.E.O. began as a bond of friendship among seven young women in Mount Pleasant, Iowa, and is now one of the oldest women's organizations in North America. According to the P.E.O. website, "since its inception in 1869, the nonprofit has helped more than 105,000 women pursue educational goals by providing more than \$321 million in



Photo shows Chapter R members at a recent social. Photo Credit Barbara Smith

grants, scholarships, awards, and loans."

"I came across information on P.E.O. back in 2018 when I was researching scholarships for my nursing students," said Bolandrina. The P.E.O. sisterhood has brought together women in the United States and Canada who are passionate changemakers helping women's advancement through education, support, and motivation.

"There are meetings and socials," said Bolandrina, who has now been newly inducted

to Chapter R. "I am very excited to participate, and there are special interest groups!" she exclaimed.

Chapters hold fundraisers throughout the year to support the organization's scholarship programs, as well as the stewardship of Cotney College, a nationally ranked, fully accredited, independent, liberal arts and sciences college in Nevada, Missouri. The women's college has been owned and supported by the P.E.O. since 1927. The fundraisers are as varied as the

chapters that hold them.

"I saw the beautiful dishcloths of Chapter R," said Bolandrina. Chapter R also holds a Chocolate Sunday fundraiser. The fundraisers help support the national organization and help local women like Garcia.

Membership is by invitation only. Philanthropy is the goal of P.E.O. however, friendship is its cornerstone. The P.E.O. has a long legacy of sisterhood. "The friendship and sisterhood brought me in" concludes Bolandrina.

## Gladys E. Kelly Public Library calendar of events

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

### Adult Programming

Armchair Travel Series – The Wilds of Southern Belize – January 13, at 6:30 p.m. Located in Eastern Central America, Belize shares borders with Guatemala and Mexico. From the crystal blue ocean waters and inland to the nearby mountains, it is amazingly diverse. Wildlife along the Southern coast, and nearby rivers, includes magnificent tiger herons, fast flyers like the cinnamon hummingbird and the peregrine falcon, and large swimmers like manatees and crocodiles. Traveling inland to the rainforest brings sightings of spectacular butterflies, birds, like the black headed trogon, but also mammals like the elusive jaguar and bands of coatimundi. Join us for a virtual trip to see some of the stunning wildlife of Southern Belize.

Armchair Travel Series – New Zealand: Penguins, Parrots & Pods – January 20, at 6:30 p.m. New Zealand is home to many rare birds and marine mammals including the comical yellow-eyed penguin. Watch and listen as the yellow-eyed penguin returns from the ocean to feed its chick and the Antipodes Island parrot demonstrates "looks, personality and talent." Not to be outdone, rare New Zealand sea lions make quite an impression as they interact on isolated South Island beaches, pods of rare Hector's dolphins frolic near coastal shores and dusky dolphins play with kayakers as they travel deep into the fiords of southern New Zealand. Join us for sights and sounds of animal personalities from this amazing country.

Armchair Travel Series – Thru-Hiking the Appalachian Trail – January 27, at 6:30 p.m. Those who attend this program will be treated to a modern day adventure. In March last year, Sam Ducharme set out on a 2,180 mile, 14 state backpacking trip from Springer Mountain, Georgia to Mt. Katahdin Maine. During his six month journey he documented the rugged beauty of the Appalachian Mountains, the wildlife, the hardships encountered on the trail, as well as the people, culture and humanity at its finest. Come join him as he takes you through the trail towns, over the mountaintops and through the backcountry. The images and stories will leave you with a renewed awe of the beauty of our country and its people.

Yoga with Julie – Saturdays from January 8 through March 26, 10-11:15 a.m. Join Julie at the Gladys E. Kelly Library for a vinyasa yoga class for all levels. In Sanskrit, Vinyasa yoga translates to the "uniting of movement with breath". A typical class involves a centering of the mind with the breath, aromatherapy, movement of the body to release energetic blockages and, finally, a rest and relaxation. Classes are free for Gladys Kelly Library patrons.

Candle Dipping – February 10, at 6:30 p.m. Learn to dip candles just like Laura Ingalls did in Little House on the Prairie. Participants are able to choose wax colors, scents, and shapes of candles, and may choose to hand dip or use candle molds.

Before Brooklyn book discussion with Ted Reinstein – February 24, at 6:30 p.m. Ted Reinstein from WCVB-TV's Chronicle will be at the Gladys E. Kelly Public Library to present his latest book, Before Brooklyn. This book tells the story of the little-known heroes who fought segregation in baseball, from communist newspaper reporters to the Pullman car porters who saw to it that black newspapers espousing integration in professional sports reached the homes of blacks throughout the country. There will be time for a brief Q&A after the presentation as well.

### Children's and young adult programming

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

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

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

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

Working with Dangerous Animals – January 22, at 12:30 p.m. Join Joy Marzolf to learn how animal keepers and scientists stay safe when working with dangerous animals, such as captive alligators or wild crocodiles. Meet some live animals at the end! Sponsored by the Friends of the Gladys E. Kelly Public Library.



# 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 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?**

Managing hearing loss keeps us engaged and alert. It staves off depression and isolation. Studies on hearing and dementia are ongoing, but we do know that managing our hearing losses is one of a few factors we can control.

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**Slip -and-fall incidents:** A roof leak can result in a puddle on the floor, putting you and your family members at risk of slipping and falling.

**Higher energy bills:** A roof leak can also increase your energy bills - all the water from the leak can saturate the insulation in your attic and prevent it from doing its job.

**Fire hazard:** A leaky roof can pose a fire threat if it reaches the electrical wiring in your home.

**Damaged home structure:** If a leak isn't addressed soon enough, it can lead to structural damage to your home.

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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 rec-

ipe. 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 appetites 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.



## Donna's Day" Creative Family Fun

# Just heat and serve stuffed French toast

By Donna Erickson

Make breakfast extra special with this stuffed French toast recipe featuring oranges and fresh pecans, which are abundant this time of year. The whole family can participate in the preparation the night before, from beating eggs to spooning the cream cheese mixture into pockets in the French bread. When you wake up in the morning, just pop the dish in the oven, heat up the simple and mouthwatering orange-pecan maple syrup topping, and enjoy leisurely family time around the table.

### Easy overnight stuffed French toast

1 8-ounce package low-fat or regular cream cheese, softened  
3/4 cup chopped pecans  
1/3 cup sugar  
3 tablespoons orange zest

from a fresh orange  
1 large loaf French bread (day-old bread with a softer crust works best)  
6 eggs, beaten  
3/4 cup milk  
1 teaspoon vanilla extract  
Maple syrup for Pecan Maple Syrup (recipe follows)  
First, read through the steps and choose appropriate jobs for every family member. Let's begin.  
To assemble:  
1. Blend the cream cheese, 1/2 cup of the pecans, sugar and 2 tablespoons orange zest in a medium bowl.  
2. An adult or older child should cut the loaf into about 10 to 12 1-inch slices. Then cut an opening in one crust side of each slice, two-thirds the way down, to form a pocket. Tuck a spoonful of the cream cheese mixture into each pocket and press to close.

Arrange in two rows in a 9-inch-by-13-inch greased baking pan.  
3. Combine the beaten eggs, milk and vanilla in a medium bowl. Pour over the bread, making sure it is soaked with egg mixture. Cover with aluminum foil and refrigerate overnight.  
To bake and serve:

1. In the morning, preheat oven to 350 F.  
2. Remove foil and bake for 45 minutes until lightly golden. Serve warm Pecan Maple Syrup (below) drizzled over individual servings. Makes 5-6 two-slice servings.

**Pecan Maple Syrup:** Over low heat, warm the desired

amount of maple syrup with the remaining chopped pecans and orange zest.  
Find more family fun at [www.donnaerickson.com](http://www.donnaerickson.com).

Write to Donna at [Info@donnaerickson.com](mailto:Info@donnaerickson.com) (c) 2021 Donna Erickson Distributed by King Features Synd.



Stuffed French toast featuring oranges and pecans

### HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Plant is moved. 2. Remote is different. 3. Cap is reversed. 4. Belt is missing. 5. Screen is shorter. 6. Sleeve is bigger. 7. Hat is reversed.

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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.

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## Chief's corner

### Vehicle registration information

By Chief Steven J. Wojnar  
 Dudley Police Department

I was asked, during a recent coffee hour visit at Joshua Place, for information on vehicle registrations. The question was, how soon before the expiration date can I renew my vehicle registration? Also, when can I place the registration sticker, I receive, on my number plate? Can it be done immediately, or must I wait until the month it expires?

Currently in Massachusetts, all new vehicle registrations call for the issuance of two white plates with red characters. The registration sticker is to be placed on the upper right corner of the number plate which is affixed to the rear of the vehicle. The sticker is color coded with a two-digit number printed in black. This will indicate the year of expiration. Registrations are good for two years. According to Mass DOT / Registry of Motor Vehicles, a person can renew their registration up to six months before it is due to expire. If yours is due in December, you can renew as early as July. Many of these transactions can be completed on-line or in person at a Registry Office. Due to the COVID-19 protocols in

place, appointments may be required for in person transactions. Please check in advance if you plan to do this in person. More information can be found at: <https://www.mass.gov/how-to/renew-your-vehicle-or-trailer-registration>.

As for when you can attach the new sticker, according to the Registry, it can go on your vehicle immediately. There is no need to wait for the old one to expire. It is always good practice to place these on your vehicle as soon as possible. It can be easy to misplace them or simply forget to do this in time. Feel free to do so whenever you can. Vehicle owners will generally be mailed reminders to renew registrations. This may not always

be the case, however, so it is important to periodically check for the expiration of your registration as well as your driver's license.

Thanks to everyone who donated gifts, money, and gift cards for our annual holiday toy drive. This year was another success. Many local families had a Merry Christmas thanks to your generosity. Thanks also for the many food donations our department received during the holidays. Not conducive to dieting, however, so let the New Year's resolutions begin! We greatly appreciate the support we receive from our residents and thank everyone for their assistance with all our community events.

The increase in COVID cases remains a concern.

For those still seeking vaccination information, it can be found at [www.dudleyma.gov](http://www.dudleyma.gov) or by calling 508-949-8036. We encourage everyone to be safe. Your cooperation is greatly appreciated. During these challenging times, we, at the Dudley Police Department, greatly appreciate the support we receive from our community.

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

### One million tulips planted



Planting tulips were Dr. Anna Olivar, Felisters Mburu, Luciane Lindvay, Marites Skarlz and Gearlyn Wetherbee.

CHARLTON - And twenty-five bulbs were planted at the Bay Path Practical Nursing Academy. In early November, Bay Path Practical Nursing Academy was one of the 100 organizations chosen to receive a bag of 25 premium tulip bulbs. The same bulbs sold online and planted on the Wicked Tulips farm (Johnston, RI).

According to Jeroen of Wicked Tulips Farm, "the fall is always a busy time." Jeroen and his team planted one million tulips and installed thousands

of yards of deer fencing to protect the fields. Further, tulip planting is both an art and a science, and something Jeroen learned by working on his family's farm in the Netherlands. At the Wicked Tulips farm, Jeroen arranged the tulip beds to maximize bloom times. Certain colors and types with custom mixes of tulips are planted in alternate rows. Jeroen stated, "the choreography in planting means nearly every stretch of field will have vibrant colors in the spring."

Dr. Ana Olivar of Rutland and practical nursing students who planted the 25 tulip bulbs expect to have tulips popping up at Bay Path the last week of April or at the beginning of May since the weather always factors into the bloom time. Joining Dr. Olivar in tulip bulb planting were Felisters Mburu of Shrewsbury, Luciane Lindvay of Spencer, Marites Skarlz of Southbridge, and Gearlyn Wetherbee of Charlton, all from the PN Class of 2022.

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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 winter), 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

## Living ON with Lincoln

# The last gift given

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 personal 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 eaaaassy. 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 paw. He's smiling as though I've just handed him another



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

er 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 [amyleclaire@hotmail.com](mailto:amyleclaire@hotmail.com)



A gift for Lincoln



The last gift given.



Buffy and Spike were so thrilled to have their photo printed in The Yankee Xpress, they couldn't stop looking at themselves in the paper. Happy New Year to all from Buffy and Spike.



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# Dudley Womans Club Holiday Party

Recently the members of the Dudley Womans Club held their holiday festivities at the Dudley Municipal Complex. Plenty of fun, food and games were enjoyed by all. The club's giving proj-

ect was donated gift cards for local veterans as well as gifts and gift cards for local teenagers through the Dudley Police Department Toy Drive. Happy New Year.



DWC members Maryellen Watson, Joan Stockwell



Paula Downer, Maribeth Marzeotti



DWC members Elaine Gould, Joan Gardecki



DWC members Vicky Robinson, Diane Perry, Dori Donahue

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	<b>Whirlpool Refrigerator</b> WROA59CNKZ • Counter Depth <b>\$1999<sup>99</sup></b> Was \$2199.99	<b>Amana Gas Range</b> AGR5330BAS • Stainless Steel <b>\$549<sup>99</sup></b> Was \$649.99	<b>Whirlpool Electric Stove</b> WFE35SOLS • With Air Fry <b>\$849<sup>99</sup></b> Was \$999.99	<b>More Appliances in stock than any store around</b>	

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## Quilts for vets

On Tuesday, November 30, Mr. Joseph Abdella, USMC veteran and Mr. Peter Bucci, US Army/Air Corps veteran were presented with Quilts of Valor in gratitude for their military service when their country called during WWII. This Quilts of Valor were hand made by volunteers in our community to show appreciation to the veterans who sacrificed during war time and many of whom were injured in their duties. These quilts were given to Joseph Abdella and Peter Bucci at Brookside Rehabilitation Facility with their family at their side.

The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor. The presentation of the quilts were done by Foundation representative, Theresa Perreault and Stephen Rogerson, Veterans' Services Officer who presided over the presentation.

On that same day, the Dudley Senior Knitters Group led by Chris White, gifted every veteran with a lovingly hand-knitted afghan just in time for the coldest time of the year and also as a small Christmas gift of appreciation for those who served. The Dudley Senior Knitters Group meets once a week at the Dudley Senior Center to knit and chat while creating their projects. I am saddened to learn that the Group is now down to just a handful of women which started at a rowdy group of twenty. If anyone is interested in joining the group please contact Chris White at 508-949-6260 or at email chrisw515@gmail.com. If anyone is available on Thursdays and would like to have a little fun knitting, please consider joining.



Peter Bucci US Army



Joseph Abdella USMC

## National Wreaths Across America Day

Each December on National Wreaths Across America Day, our mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 2,500 additional locations in all 50 U.S. states, at sea and abroad. State Senator Ryan Fattman, Representative Peter Durant, Representative Joseph McKenna presented wreaths of remembrance at the Court of Honor in the Dudley Municipal Center at 71 West Main St., Dudley, as well as at the Court of Honor on 350 Main St. Webster at the Town Hall.

Due to COVID circumstances, the veterans were unable to hold these wreath laying ceremonies last year. This year the National Wreaths Across America Day was designated as December 18. The wreath presentation began in Webster at 10:00 a.m. under



Pictured (l to r) James Brinker, VFW Post Surgeon; Rinkie Lithicum, DAV Chapter Commander; Stephen P. Rogerson, VFW Commander and Veterans Services Officer for the Town of Dudley; Representative Peter Durant of Dudley; Senator Fattman with his son; Representative Joe McKenna of Webster; Victor Jankowski Commander Veterans Council of Webster and Dudley; Dudley Police Chief Steven Wojnar.

the watchful and grateful eyes of Fire Chief Brian Hickey of the Webster Fire Department along with fire fighters, veterans representing VFW

Post 654, DAV Chapter 53 and the Veterans Council of Webster and Dudley and Dudley Police Chief Steven Wojnar, Dudley Police officers and the

Veterans Services Officers for both the towns of Webster and Dudley.

— Stephen P. Rogerson,  
Director of Veterans' Services

## Sen. Fattman announces grant awards for district complete streets funding

BOSTON – State Senator Ryan Fattman (R-Sutton) announced that the Massachusetts Department of Transportation (MassDOT) awarded \$8.45 million to 24 communities in FY22 Round Two grants for the Complete Streets Funding Program. Of the \$8.45 million, nearly \$1.2 million went to municipalities in Senator Fattman's district. These grant awards will be used by recipient municipalities to fund local multimodal infrastructure projects that improve travel for bicyclists, pedestrians, public transit users, and people using other forms of transportation. This is the twelfth overall grant round for this program.

A "Complete Street" is one that enables safe, convenient, and comfortable travel for users of all ages and abilities regardless of their mode of transportation. Administered by MassDOT, the Complete Streets Funding Program aims to teach communities about Complete

Streets and encourage the integration of Complete Streets into regular local planning practices. Since its launch in 2016, 240 municipalities have worked through the program to adopt a local Complete Streets policy and 214 have advanced even further to develop an approved Complete Streets Prioritization Plan. A representative from each municipality registered with the program also attends a training course to learn about Complete Streets.

This announcement regarding the Complete Streets Funding Program provides \$1,199,593.35 to the following communities in Senator Fattman's District:

- \$399,593.35 for Bellingham to implement sidewalk and curb ramp improvements on Harpin Street near South Elementary School, lighting improvements on Appreciation Way, and a new sidewalk on the east side of Access Road from Blackstone Street to the Senior Center;
- \$400,000.00 for Blackstone

to add bicycle lanes and replace sidewalks along Canal Street from the Blackstone River Greenway to Saint Paul Street and along Saint Paul Street from Canal Street to the police and fire stations; • \$400,000.00 for Dudley to widen the path from the fire station on West Main Street to the Mason Street Elementary School, install new sidewalk on the east side of Mason Road from the school to Meadow Road, as well as narrow vehicle travel lanes and reduce curb radii along

Mason Road.

"The Complete Streets Program is a crucial component to improving connectivity and boosting economic activity in a community," said Senator Fattman. "Prioritizing the funding in this program is important to me, as it provides significant benefits to all who pass through these areas. Congratulations are in order for Bellingham, Blackstone, and Dudley, because their hard work paid off to attain these very competitive grants."

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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 Glocester, 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."

## 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 p.m., 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 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 inter-

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



## 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](http://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.*



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- The oleander is the official flower of the city of Hiroshima. It was the first to bloom again after the explosion of the atomic bomb in 1945.
- The Greek name for the mosquito is "anopheles," which means "good for nothing."
- The earliest written record that mentions the practice of medicine is Hammurabi's Code from the 18th century BC in Mesopotamia, which includes information for physicians about payments for successful treatments and punishments for medical failures. For example, payment was better for curing the wealthy, but failing to do so could result in the loss of

a hand.

- Live next door to a lottery winner? You might want to use caution while shopping: A 2016 study by the Federal Reserve Bank of Philadelphia found that you're more likely to go bankrupt thanks to trying to keep up with your neighbor's new spending habits.
- Charlton Heston was cast as Moses in the 1956 blockbuster movie "The Ten Commandments" partly because he resembled Michelangelo's famous statue of Moses.
- Calvin Graham was just 12 years old when he enlisted in the U.S. Navy following the attack on Pearl Harbor. He won a Bronze Star and a Purple Heart before the Navy found out how old he was (courtesy of his mother) and discharged

him two days before his 13th birthday.

- Rocky Road ice cream was originally marketed during the Great Depression as a metaphor for coping with the economic crash.
- Benjamin Franklin introduced tofu to America in 1770.
- Prior to becoming America's 38th president, Gerald Ford had a side gig as a model. In 1942, shortly after joining the Navy, he landed an uncredited spot on the cover of *Cosmopolitan* in his uniform.
- Scotland has 421 words for snow.
- Coca-Cola can remove blood stains. Pour a whole can into your wash, along with the blood-stained clothing and your usual detergent, then run a normal cycle. The laundry will come out stain-free.



## Q & A with The Car Doctor

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



**Q.** I drive a 2007 Honda Civic. After a 40-mile drive with no issues, I stopped then tried starting the car, it would not start. After many times trying, it finally did start but I saw steam coming out of the hood. The guy at the car wash where I stopped suggested that I add antifreeze to the radiator. On the way to the auto parts store, the engine temperature went all the way to red. I added the antifreeze, started it again and all the antifreeze leaked out and the car would not start. I had the car towed home and it did restart. What is your opinion or advice on the possible repair?

**A.** At this point have the car towed to a repair shop and explain the overheating issue. The first check the shop will do is look for a coolant leak. The leak may be obvious, or they may need to pressure test the cooling system. My concern is that the car overheated and wouldn't start, this could be an indication of a cylinder head gasket failure. Considering the car is almost 15 years old and depending on the damage and the cost of repairs, the car may not be worth fixing. If you don't have a trusted repair shop, go to [aaa.com/repair](http://aaa.com/repair) to find a AAA Approved repair shop near you.

**Q.** My car only starts with a jump if I let it sit for more than a couple days. If I drive it every day, it seems fine. Before jump-starting the car, the lights are dim. After the jump-start the lights are very bright. Is this a battery problem or alternator issue?

**A.** It seems as if something is draining the battery but at this point it is best to charge the battery using a battery charger. Once the battery is fully charged then test the battery, charging and starting system as well as look for

parasitic drain. The other issue is the battery is most likely at the end of its life due to being discharged so often. When a battery becomes discharged repeatedly it can easily lose 50-70 percent of its capacity.

**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.

**Q.** I want to try "Van-Life," boondocking and traveling the country and living in a van. It would just be me and Spike my Pitbull rescue. I heard your podcast and you had a person on who lived this lifestyle. What is the best van for this, and do you have other suggestions to make this work?

**A.** That was Josh Theberge who was on my program. He used a RAM Promaster van that he constructed to fit his work and lifestyle. The last I heard he sold that van and was building a new one. The other van I would look at is the Ford Transit. It is also a very capable vehicle. Comparing the two I think if it were me, I would go with the RAM, it has a tighter turning radius making it easier to maneuver. The Ford is also a solid choice and depending on where you are headed the Transit is available in all-wheel drive, making it a better performer in poor weather. My best advice would be to join van and camping forums and learn from others. Best of luck with the adventure and send pictures.

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Tips on financial planning



Dennis Antonopoulos

Sadly, identity theft happens throughout the year – but some identity thieves are particularly active during tax-filing season. How can you protect yourself?

One of the most important moves you can make is to be suspicious of requests by people or entities claiming to be from the Internal Revenue Service. You may receive phone calls, texts and emails, but these types of communication are often just “phishing” scams with one goal in mind: to capture your personal information. These phishers can be quite clever, sending emails that appear to contain the IRS logo or making calls that may even seem to be coming from the IRS.

Watch out for tax scammers

Don’t open any links or attachments to the emails and don’t answer the calls – and don’t be alarmed if the caller leaves a vaguely threatening voicemail, either asking for personal information, such as your Social Security number, or informing you of some debts you supposedly owe to the IRS that must be taken care of “immediately.”

In reality, the IRS will not initiate contact with you by phone, email, text message or social media to request personal or financial information, or to inquire about issues pertaining to your tax returns. Instead, the agency will first send you a letter. And if you’re unsure of the legitimacy of such a letter, contact the IRS directly at 800-829-1040.

Of course, not all scam artists are fake IRS representatives – some will pass themselves off as tax preparers. Fortunately, most tax preparers are honest, but it’s not too hard to find the dishonest ones who might ask you to sign a blank return, promise you a big re-

fund before looking at your records or try to charge a fee based on the percentage of your return. Legitimate tax preparers will make no grand promises and will explain their fees upfront. Before hiring someone to do your taxes, find out their qualifications. The IRS provides some valuable tips for choosing a reputable tax preparer, but you can also ask your friends and relatives for referrals.

Another tax scam to watch out for is the fraudulent tax return – that is,

someone filing a return in your name. To do so, a scammer would need your name, birthdate and Social Security number. If you’re already providing two of these pieces of information – your name and birthdate on social media, and you also include your birthplace – you could be making it easier for scam artists to somehow get the third. It’s a good idea to check your privacy settings and limit what you’re sharing publicly. You might also want to use a nickname

and omit your last name, birthday and birthplace.

Here’s one more defensive measure: File your taxes as soon as you can. Identity thieves often strike early in the tax season, so they can file their bogus returns before their victims.

To learn more about tax scams, visit the IRS website (irs.gov) and search for the “Taxpayer Guide to Identity Theft.” This document describes some signs of identity theft and provides tips for what to do if you are victimized.

It’s unfortunate that identity theft exists, but by taking the proper precautions, you can help insulate yourself from this threat, even when tax season is over.

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

Gun buy-back program a success in Dudley



The Dudley Police Department participated in the 20th Annual Goods for Guns Buyback Program on Saturday, December 11, 2017. This program was sponsored by the UMass Memorial Medical Center’s Injury Prevention Center and the Worcester County District Attorney’s Office. Several communities in Central Mass participated in this effort to prevent injury or death from unwanted or unsafe guns in local homes. People who anonymously turned in guns were eligible to receive gift cards to local stores. Officer David Carpenter and Detective James Annese conducted this year’s drive, and they were assisted by a student representative from Umass Hospital. Residents turned in a total of eight weapons. These will be turned over for destruction.

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## RE: Real Estate



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

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

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 New Year.

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