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CONTENTS

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Gary J. Forzese

Creative Director
Amy Morrison

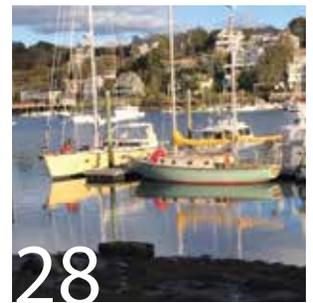
Contributing Writers
Jaclyn Vlahos
Joanne Smith
Bill Clark
Sandy Bemis

Cover photo:
Boston Vein Care and Wound Center

To advertise,
please contact:
Gary Forzese, Publisher
at 978.766.6965
media@nashobavalleyliving.com

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- 5 **CONCORD FIRE DEPARTMENT**
Local Heroes
- 6 **GOULD'S CLOTHING**
A Distinctive Fashion Experience
- 10 **MEDIUM MARI**
The gift of being a psychic
- 12 **ERIC SHAPIRO**
Intriguing Local Individual
- 16 **FIRST RUGS**
Fine rugs from around the world
- 18 **LEGENDS FROM THE PIERCE ESTATE**
- 20 **SPECIAL ANTIQUE SECTION**
- 26 **NASHOBA VALLEY READER PHOTOS**
- 36 **WANT TO MAKE YOUR OWN WINE?**
- 38 **PROMINENT NASHOBA VALLEY DENTISTS**
- 41 **MOVIE REVIEW: A STAR IS BORN**
- 46 **THE DAY THE PRESIDENT CAME TO TOWN**



The NASHOBA VALLEY. One of the many Native American names that dot the New England landscape, a reminder of the area's past, rich history. For many years, it was quiet and thinly populated, with large areas of farm land. But the creation of Route 128 began the urban spread, and the later building of Route 495 cemented it. The area now houses a large population with attendant residences and businesses as well as national corporations, and it has attracted recreation areas and entertainment centers as well.

In early Colonial times, the only towns within the Nashoba Valley were Bolton, Dunstable, Groton, Harvard, Stow and Townsend. But, in the 18th Century, Acton was separated from Concord; Ayer, Fort Devens, Pepperell and Shirley were cut out of Groton; Westford was divided from Chlemsford. Today the Nashoba Valley and its 13 towns have so much to offer, and we hope this magazine will give you a taste of the rich diversity and opportunity of our valley. *Enjoy!*

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People are talking...

"We are so pleased that Gary Forzese called on us to advertise in Nashoba Valley Living! From the beginning, even before the first edition, I knew the magazine would be a success because of Gary's experience, enthusiasm and attention to quality and detail. Gary has a way of bringing out the best in people and that translates to a great publication!"

Deborah O'Kelly
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"If the experts tell you print media is a waste of time and money, think again. Nashoba Valley Living is a top-notch, local publication. Moreover, our advertisement in Nashoba Valley Living is yielding excellent results for our business! Mr. Gary Forzese, Publisher and Founder of the magazine, makes every effort to ensure your advertisement is a success. Amy Morrison, Creative Director, is a consummate professional. Our patients enjoy reading Nashoba Valley Living, and it's a great advertising tool for small, local businesses."

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LOCAL HEROES

Concord Fire Department

THEY DON'T JUST PUT OUT FIRES

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It's something that demands a lot of manpower. But one man—the assistant to the Chief of the fire department himself, —has had to carry the burden of this important job all alone, in addition to his regular duties. Here's just some of what he has had to do:

- *Conduct inspections
- *Issue permits
- *Enforce fire codes

And, of course, an assortment of related duties. The assistant couldn't keep up. So more help has been needed. A full-time Fire Prevention Inspector.

So Chief Thomas Judge and his staff did what they had to do: prepare a report. It explained what the State expects from local fire prevention, how the department couldn't do with what they had now, and how a full-timer could. The request went to the town.

It got results. The position was created and filled not too long ago with the hiring of a full time Fire Prevention Inspector, David Nichols. The Concord

Fire Department —and the town of Concord—can rest easier because their first responders can also do the job of fire prevention that much more effectively.

The Department was first organized a long time ago—1794—as a “Fire Society.” It has grown and grown over the years. Until now a crucial piece has been missing. It's not missing any more.





Men's | Women's | Formal Wear | Custom Tailoring

A Distinctive Fashion Experience

by Jaclyn Vlahos



Gould's Clothing offers an experience like no other for both men and women. "Who we are is very much influenced by our past- we have strong ties to that bygone era when sales people knew their customers personally and store owners worked the sales floor." Whether you're in need of a whole new wardrobe or a bit of tailoring, Gould's staff is there to serve you every step of the way.

It's not often that you come across family owned fashion establishments these days, and though the journey wasn't always easy, Gould's has maintained a successful fashion retail business to this day.

In August of 1934, the first Gould store, Gould's Outlet, was opened in Clinton, MA, by brothers George and David Gould who were 18 and 19 years old at the time. The first several years proved to be a great struggle, with the economy still suffering from the Great Depression. The brothers often found themselves wanting to quit, but their parents would not allow it, so they split their time between working in the store and helping their father in the slaughterhouse until they finally started to see some growth in their business surrounding men's fashion. At this time, they decided to discontinue their women's and children's lines and, focusing on their growing men's division, moved to a more central location in Clinton and renamed their store Gould's Men's Shop.

After several years of slow but steady growth, the brothers bought out Burkills in Hudson, MA and opened

up an even larger storefront. Two years later, the Goulds relaunched the women's division in a storefront adjacent to the men's shop, named The Redwood Shop. The following year, a second Redwood Shop was opened in Clinton, MA. In 1968, the Goulds expanded their Men's Shop by combining The Redwood Shop and adding a boy's section. Following continued growth of the business, a new generation of Goulds joined the Hudson shop in 1971. With the children joining the business, George and David severed their partnership, leaving David ownership of the Clinton store and George with the Hudson store. The George Gould family built the Gould's Plaza on Great Road in Acton, MA about a year after the partnership ended.

Gould's Plaza ended up being the most popular shopping destination, with customers visiting from all surrounding towns. Shortly after, the store was renamed to "Gould's, Distinctive Clothing for Men and Women". The Gould's commitment to their policy of quality clothing and friendly service throughout the years has been attributed to their continued success. Near the end of 1988, a third Gould's store was opened on route 109 in Medway, MA and remained open until 2006.

Gould's is currently serving customers from their Acton store on Route 2A, in Acton, MA. They offer a full tailoring department, along with a full selection of clothing and accessories for both men and women, as well as a fully capable staff with as many as 30 years of experience in the industry.

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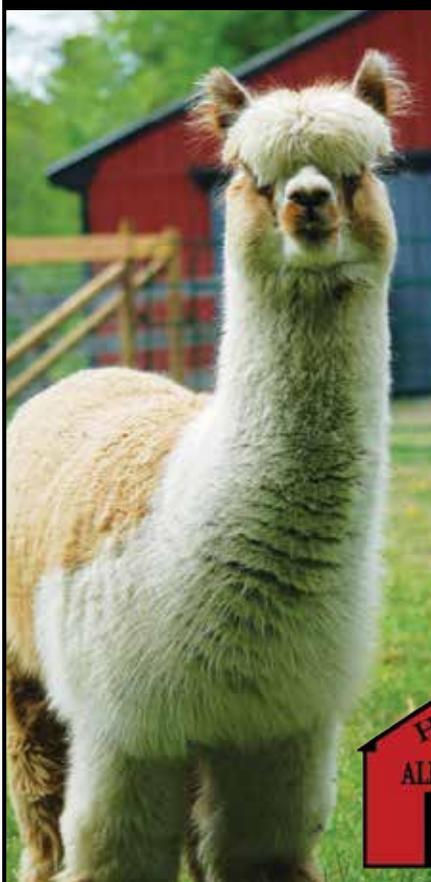
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Medium Mari

by Sandra Bemis

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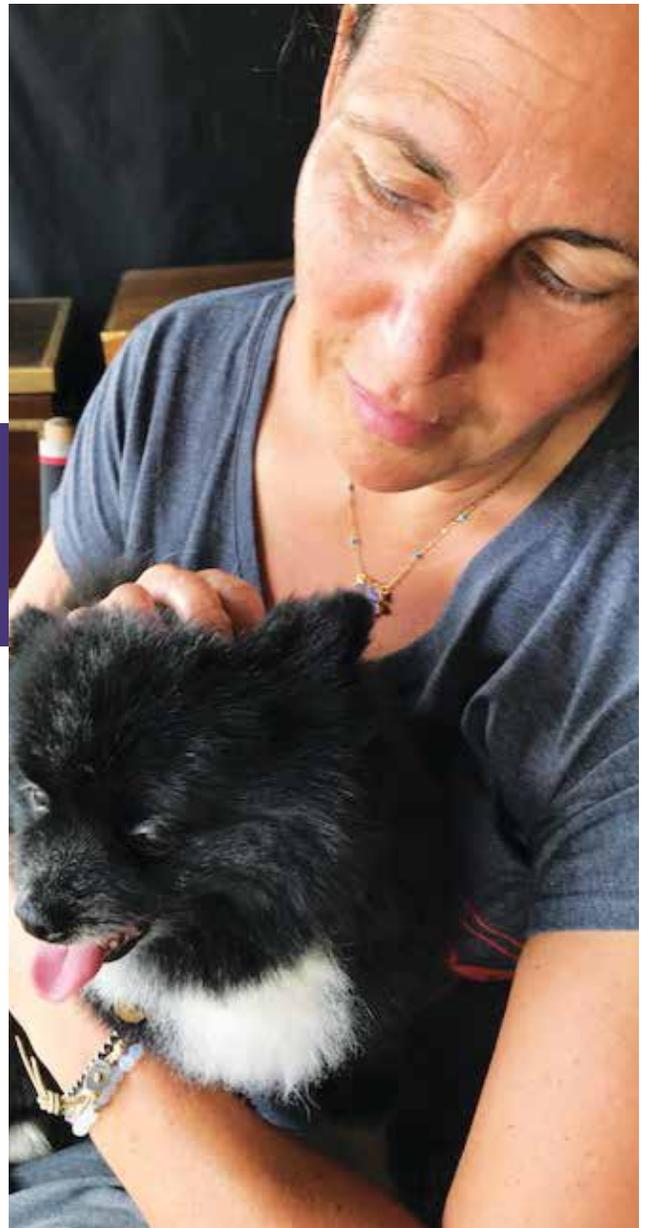
ANIMAL COMMUNICATION

If you have never had the chance to speak to a true psychic medium, you are missing out on some comfort and peace. Over the past 20 years, I personally have experienced and witnessed some hard to dismiss events from a few respected psychic mediums. A psychic medium has the ability to communicate to departed souls. I had the pleasure to speak to a Nashoba Valley local favorite, Medium Mari. Mari Cartagena is a breath of fresh air. Her grounded, positive personality made it so effortless that I could have spoken to her for hours.

When I asked Mari what foremost she wanted to communicate to others that weren't familiar with mediums, she responded that she just wanted people to know that she was a "normal person." Some hear psychic medium and automatically picture crystal balls, tables moving and spirits flying overhead. "It's not like that for me." She responded. "I am married, have kids and am a soccer mom like most. Mom first; medium second. I turn it off when I am in mom mode."

Mari then explained to me that it is not magical. It is like any other ability. Some are born with natural talents to play music but then others can play as well but have to practice more. Being a medium and having the ability to receive spirit messages may come easy for Mari, but it doesn't mean that others wouldn't be able to understand their messages as well.

"I don't feel heaven is a thousand miles due north. They are always around, just in another dimension of sort." When one has the ability to see through the dimensional veil, it becomes easy to receive messages. Not all mediums receive the messages in the same manner. Some hear, some



get pictures or memories that is not a personal memory. The pictures can be a metaphor for something that the medium can relate to in order to pass on the info. Mari added, "I try not to analyze what I see. I just pass on the communication."

She has been able to experience spirit since a small child. She could see orbs floating about and spirits in her room. Always a strong connection to the earth and living things coupled with sensitivity that she realized later on that others didn't have. When bullied as a child, it pushed her closer to the earth energies, plants and animals. "As I grew, it was my own thing and I interacted in my own way. I spoke to spirit and always knew they were there."

High school and college brought interests with astrology, tarot and similar curiosities. After a Masters Degree in Social Work and working as a therapist, Mari realized her path in life was to help people. She said, "I feel a lot of people in the therapy field are connected intuitively in some way as they have the ability to relate to their clients on an unconscious level." After being a traditional therapist, Mari didn't actively pursue her ability until another medium transmitted a message for her, "You are supposed to be doing this." Ten years to the day that Mari was told this; she found her cassette recording reminding her about the message.

As time went on the messages got stronger and steadier. Her deceased grandmother and aunt started to send messages and synchronicities. After her grandmother's funeral, she would guide Mari, "Trust, you have a gift." Mari said, "I've been professionally doing this for about 10 years. Seven of those have been out of the psychic closet."

Being psychically curious myself, I wanted Mari to give me a couple of client experiences without divulging client-medium privilege. She responded that actually a lot of it she doesn't remember as she goes into a light trance when doing readings. She does have some memories when spirit communicates without the trance though. Finding lost animals is something that happens often.

Mari does do a lot of her work not only locally, but all over the world using Skype. She was once contacted by a person in Ireland asking her to find a lost dog. She then got a flood of info about Eddie the dog. Because she is clairvoyant, she can see pictures and scenes in her mind. She saw the number 6, a red flag, stones, and trees in the mountain. After numerous back and forth with her client, she would reiterate that the number 6 and red flag were most important. Her client knew exactly where this was. The logging area of the mountain had a red flag on the gate where employees would leave to signal all workers

were out of area for the day. The #6 was a house along the path. Her client went to that house and asked about the dog. Eddie had been there just the day before. Long story short, Eddie the dog was found shortly after on the 6th day missing at 6:00 pm, near the red flagged gate. "I just want to help," Mari said. Sometimes it's not a happy ending and the animal isn't found though but I give it my absolute attention.

Spirit gives messages based on understanding. Spirit communicates and the medium just needs to trust and pass on the information. A client's deceased brother was showing a Mari a picture of an outline of a fish. All Mari could think of was it looked like the outline of a child's fishy cracker. Being persistent with this message, it was finally realized that the fishy cracker was actually a Christian symbol. Something very important to the brother as he had converted to Christianity and a very significant event in his and his family's life. His sister welcomed the message with peace and comfort knowing her brother was in a peaceful, safe and happy place.

I could have talked to Mari for hours. But she had her Mom life, and supper was waiting to be cooked. She finished by saying, "It is a pleasure, honor and privilege to help people. It makes all the difference in the world, I feel."

Medium Mari Cartagena does private sessions and groups of up to 100 people. She currently sees clients in New Hampshire Metaphysical in Londonderry NH and Tranquility Wellness in Westford, MA. She can be contacted at MediumMari.com, 508-269-9274, Instagram: Mediummari888 Facebook/Twitter: mediummari

Sandra Bemis is a writer and natural health practitioner in Beverly MA. Please visit WholeHealthHypnosis.com for more info.

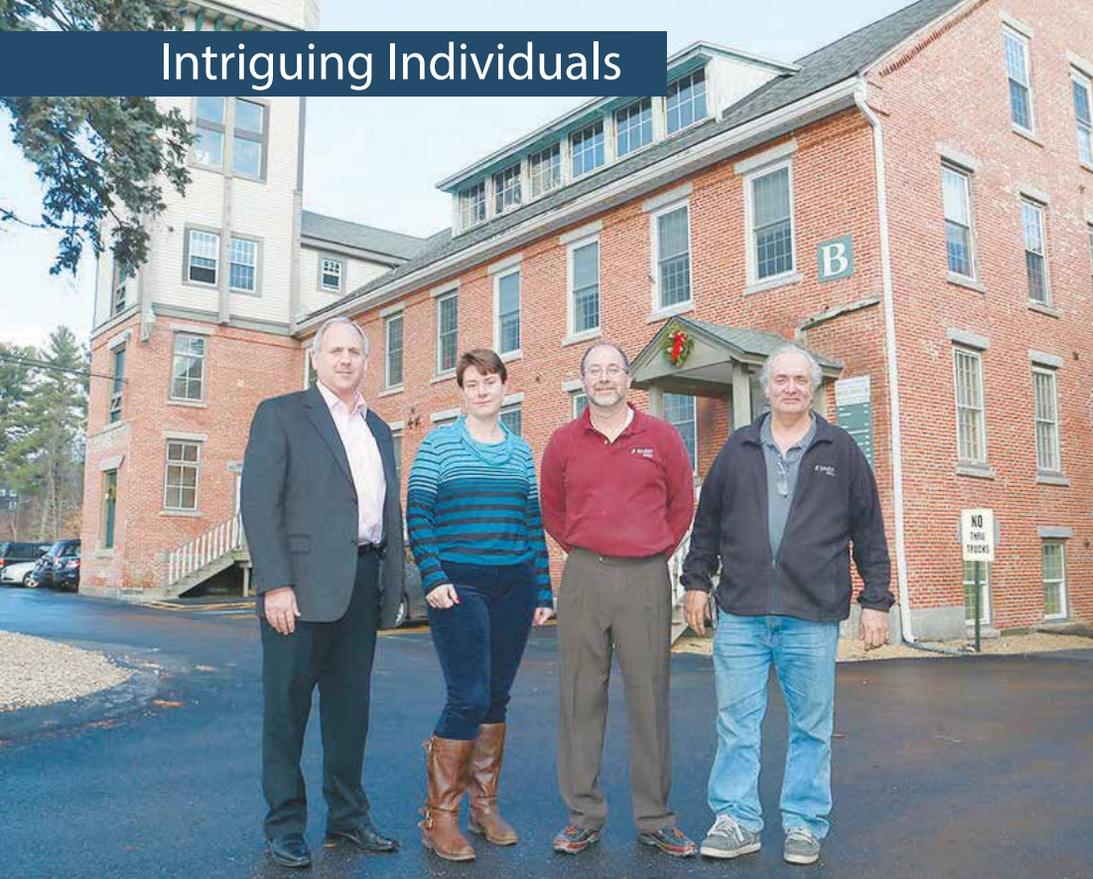


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Pictured in front of Phoenix Park in Shirley, MA:

Eric Shapiro, President

Alison Manugian,
Director of Tenant Services

Robert McDermott,
Construction Manager

Terry Atwood,
Facility Manager

Eric Shapiro

by Joanne Smith

Eric Shapiro's roots run deep in the Nashoba Valley area. A Leominster, MA native, Eric currently resides in Lexington with his wife, Julie Shapiro. They have two grown children. Entrepreneurship runs deep in his blood tracing back a few generations to his maternal great-grandfather and Shirley native, Hyman Perlstein, Hyman's son Lewis Perlstein, followed by Lewis's son-in-law, Martin Shapiro, Eric's father. The family owned and operated the Phoenix Spring Beverage Company from 1930 to 1979, first at the site of the Phoenix Bar & Grille in Shirley and then at the site of what is now Bemis Company with its

last incarnation being Martin Distributing which ceased operation in 1990. Without a doubt Eric considers his dad and grandfather to be the greatest influences in his life, instilling a tremendous work ethic, a deep sense of giving back to the community in time, money and integrity – the single-most frequent word you will hear when his name comes up in a group of business colleagues, associates, friends and tenants. Taking an unconventional path to his current success, to the chagrin of his parents, a young Eric preferred work instead of attending school taking five years off before heading to college at Boston University

where he earned a Bachelor of Science Degree in Business and then later graduating with an MBA from Babson College.

Eric's passion for creating value through rehabbing and repositioning real estate led him to form The Lexvest Group, the company he now leads. The group has planted itself in the Nashoba Valley towns of Shirley and Pepperell in the form of two successful multi-use business centers – Phoenix Park in Shirley, about to celebrate 20 years in business, and Pepperell Place in Pepperell, a newer venture. Phoenix Park is a 150+ year-old complex of restored Shaker mill buildings consisting

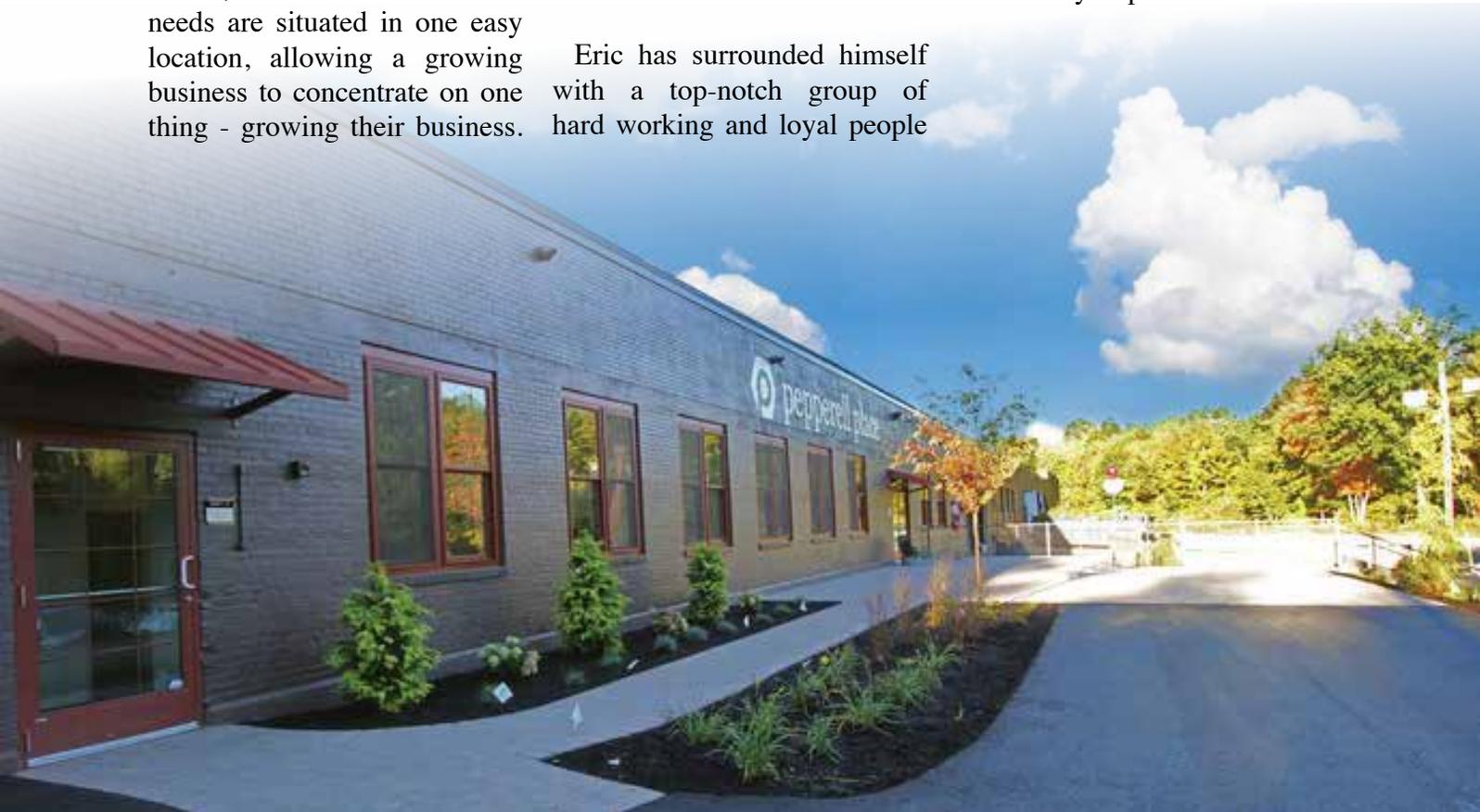
of over 300,000 square feet of office, manufacturing and light industrial space situated on a 56-acre campus whose tag line is “A great place to grow your business”. Grow it has! The former Samson Cordage Company, which ceased operations as Samson Ocean Systems on the site in 1988, sat vacant for ten years before The Lexvest Group purchased it in 1998 and developed it into the vibrant business community of 60+ businesses it is today. Shapiro and his team had the foresight to see that this old building could be a bustling center of commerce and innovation. Possessing the fortitude to make it happen, the group has pioneered one of the most unique business hubs in the Nashoba Valley region. With its on-site management team, common area conference room, reception area, fitness center, restrooms and employee lunch rooms, all of one’s business needs are situated in one easy location, allowing a growing business to concentrate on one thing - growing their business.

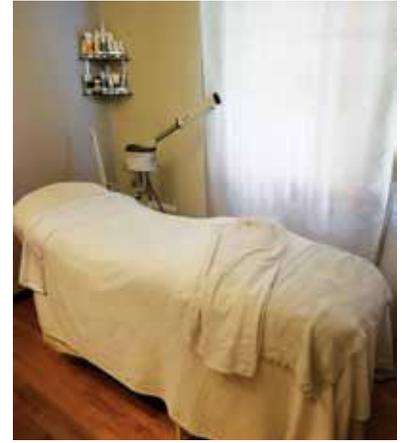
Phoenix Park’s rise from the ashes is considered by Shapiro to be one of his greatest business accomplishments and he is very proud of the fact that he is able to operate a successful business in his grandparent’s home town of Shirley and, like his ancestors, generously support many of its organizations.

Pepperell Place, formerly the 100+ year old Bemis Bag Company (no connection to the Bemis Company in Shirley but, coincidentally, share a name!) is a hidden gem of a building on Mill Street that was purchased by Lexvest in early 2016. A 190,000 square foot, vacant old manufacturing building it is now home to ten thriving businesses and counting. Like Phoenix Park it has a common area conference room, lunch/activity room, public restrooms and fitness room with offices as small as 300 square feet for small business owners.

Eric has surrounded himself with a top-notch group of hard working and loyal people

dedicated to making both Phoenix Park and Pepperell Place what they are today - vibrant business communities which are now home to almost 70 small to medium-sized businesses ranging in such diversity as wholesale bakeries, biotech companies, printing companies and fine flute makers. Eric credits his professional and incredibly hard-working management team, along with his tenants, with its success. “It’s a labor of love, and I couldn’t have done it without the dedicated team. I feel fortunate that for the past twenty years we have been able to provide a benefit to the local business community while also helping to employ many people in the area,” says Shapiro. He sees the whole Nashoba Valley region as a great place to raise a family and grow a business, where lots of people in each of the communities are driven to continually improve it.





Youtopia Day Spa

by Jaclyn Vlahos

Youtopia Day Spa is all about you. With an array of services and an onsite Physician Assistant, you can visit knowing you will leave refreshed and feeling like a new person. Youtopia Day Spa offers treatments centered around making you look and feel your best, such as massage therapy, facials, waxing, and much more. The Physician Assistant offers medical grade services such as Botox, fillers, chemical peels, etc.

If you're looking for permanent hair removal treatments with minimal side effects, look no further. Youtopia Day Spa offers both electrolysis and IPL hair removal treatments, which offer the same results as laser hair removal with different technology. Electrolysis is the

only 100% effective method of permanent hair removal for all skin and hair types that is approved by the FDA. This method uses a thin probe to directly target the hair follicle with heat from the inside, leading to the complete destruction of the hair growth cells while protecting the skin surface. No harsh chemicals are used, and the only side effect you may encounter is a slight reddening of the skin that could occur during or immediately after treatment, lasting for a short time.

IPL (intense pulsed light) hair removal is a slightly different method. IPL works by using light to target and destroy unwanted hair follicles. The light emitted targets and is absorbed by melanin, the pigment that gives

skin and hair its color. Everyone has different levels of melanin, which means results will vary from person to person.

For more information about Youtopia Day Spa, visit their website <http://www.youtopiaspa.com> or their location in Shirley, MA.



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FIRST RUGS

One of a kind

by Joanne Smith

Cynthia First, of First Rugs of Acton, Danvers and Boston knows she has been very fortunate in her life to be able to pursue an artful career. The quest, acquisition and the eventual placing of fine rugs in someone's home or office to completely transform their space is the ultimate fulfillment and what keeps her going! First Rugs prides itself on quality craftsmanship and being able to offer a distinctive array of original handmade rugs from all over the world, each hand-picked.

Cynthia credits her maternal grandfather, an avid collector of 19th century antiques, as her greatest influence in her passion for antique rugs and deep interest in art history and studio arts. It all

began when she spent summers on his private Treasure Island in the Muskoka Lakes of Ontario in a house filled with treasured finds, one of which was a Davenport desk with a secret drawer that she remembers playing with as a child. It now graces her home.

" First Rugs prides itself on quality craftsmanship and being able to offer a distinctive array of original handmade rugs from all over the world..."

A daughter of Concord, Cynthia's travels led her to many interesting stops around the world before finally settling back

in the area of her birth. After a year of college at Lewis & Clark College in Oregon, Cynthia was drawn back to Treasure Island after the death of her beloved grandfather where she found herself slumped in tears at the bridge he had built to the island – now owned by a stranger. The stranger took pity on the young woman and invited her in for dinner where, lo and behold, she stayed on to help his daughter care for her children, subsequently traveling with her to Oxfordshire County, England for a year where she continued to not only care for the children but also the family's flock of sheep, shepherding them to green pastures. It's where her love of wool started, she admits. Call is kismet if you will, but this

same family also owned a home in Harvard, MA! Cynthia lived there for a time as well opening a small antique shop in the home one day a week while dabbling in antiques/ artwork and shows.

By the end of the 20th century Cynthia had decided to go into antique dealing full time traveling the East coast doing shows and frequenting auctions. In her travels she met many interesting and colorful people one of which was local art dealer, John Dodge,

Probably most influential in her evolution into the world of rugs is her relationship with a New York family from Iran, the Khaledis.

of Bedford, MA, a man who she considers her mentor. “John was a very generous man and a huge influence who had a gut sense of things, a great eye for antiquity value”, she fondly remembers. Probably most influential in her evolution into the world of rugs is her relationship with a New York family from Iran, the Khaledis. A fourth-generation rug family, they own storefronts in the Bazaar in Shiraz, Iran, with partnerships all over the world including Tehran,

Iran, Germany and Italy. Cynthia had the opportunity to travel to Iran in 2002 to experience firsthand the depth of history in the weaving culture and its antique treasures.

Cynthia opened the first First Rug location in Danvers in 1996 and the second one, currently located in the former Powers Gallery in Acton at the corner of routes 2A and 27, in 2007, both with about 6,500 square feet of showroom space. A third spot, a 10 x 20 showroom in the Boston Design Center at the “Market Stalls” was acquired in 2016. Powers Gallery owner, Larry Powers, drew her back to the Nashoba Valley with an offer she couldn’t refuse – to split the space with the art gallery and co-op events - a perfect marriage of the two genres. The Gallery eventually moved into an antique colonial just up the road a piece

Cynthia opened the first First Rug location in Danvers in 1996

but the two remain “married” in art. Cynthia explained, “It’s great to be able to partner with such an established family in Acton and continue to include rug art with their wall art.” With both

facilities they are able to offer cleaning services, all degrees of repairs and repurposing, and are often called upon to rent rugs for home staging, movies, and even weddings.

Cynthia anticipates the grand opening next year of their new, larger showroom currently being

Look for the grand opening of their new showroom at First Village of Acton next year!

built at “First Village of Acton” at the site of the former “Now & Then Interiors” which is being transformed into a unique, residential/commercial complex on Great Road, Acton consisting of ten single family homes for sale, four rental homes and two retail condominiums, one of which will house First Rugs with about 7,000 square feet, the other consisting of 2,700 square feet. Land development has also been a consuming passion of Cynthia’s and she is happy and excited that the existing buildings will be repurposed. It will be interesting to see how the vision is materialized for First Village of Acton and First Rugs.

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Haunted Happenings

Legends from the PIERCE ESTATE

by Jaclyn Vlahos

Massachusetts residents are no strangers to stories of paranormal activity given the state's vast history surrounding witchcraft and haunted estates. Halloween season in particular draws thousands each year to the various haunted attractions boasted by towns such as Salem, Massachusetts with witch museum after witch museum. While you've likely heard of Salem and its famous 1692 witch trials, Massachusetts has plenty of other haunted destinations that should fulfill your lifelong desire to be a Ghostbuster.

Located in Gardner, Massachusetts is the S.K. Pierce Victorian Mansion dating back to the late 1880s. Sylvester Pierce acquired his wealth through his successful company, S.K. Pierce and Sons Furniture. Pierce sought to build a one of a kind home for himself, his wife and their son. The mansion took about 100 men and a year and a half to build, resulting in a detail-oriented masterpiece containing 10 bedrooms and servants' quarters, with hand carved moldings and cornices throughout.

Shortly after moving into the estate, Susan Pierce suffered from a bacterial illness and passed away. Sylvester Pierce remarried about a year later to Ellen, a young woman nearly 30 years his junior who bore two more of his children. After the passing of both parents, the three children constantly bickered over ownership of the estate and chair business. The Great Depression proved to be detrimental to the chair business and Edward, the youngest son, eventually took over the mansion. As the fortune declined, so did life at the mansion. Edward turned it into a boarding home where many went to partake in illicit activities such as prostitution, drinking and gambling. As rumors spread, they took a rather sinister turn. It is said that a prostitute was strangled in the infamous red bedroom on the second floor and that another patron, Eino Saari, burned to death in the master

bedroom in 1963. As the years have gone by, mansion guests claim to have experienced paranormal activity. It is believed that the ghosts of S.K. Pierce, Susan Pierce, Edward Pierce, and a nanny named Mattie Cornwell, along with many others have taken up residence in the mansion following their passing.



The paranormal presence is so strong that guests must sign a detailed injury waiver before experiencing the SK Haunted Victorian Mansion. Guests have experienced hearing voices, apparitions, moving furniture, as well as even feeling pressure of hands pushing them. One visitor felt a presence trying to push her down a flight of stairs and another felt they were being forced out of a third-floor window. Paranormal experts and groups have done extensive research regarding the SK Pierce Haunted Victorian Mansion and television shows such as "Ghost Hunters", "Ghost Adventures" and "My Ghost Story" have visited the home.

In 2015, the SK Pierce Haunted Victoria Mansion was purchased by the Dark Carnival with the goal of restoring the estate to the masterpiece it once was. Once the restoration is completed, they will open the mansion to the public for overnight rentals and historical ghost tours. They also plan to host an SK Pierce themed Halloween attraction during the month of October that will take place in the basement of the mansion and feature 30-35 of their trained actors, high-end illusions and animations.

For more information visit:

skhauntedvictorianmansion.com or you can email them at skhauntedmansion@gmail.com

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Antique Lighting

by Jaclyn Vlahos

When it comes to decorating your home, there is no limit to your options. Maybe you have an affinity for that antique globe your grandmother had in her house. Why stop there? Take your home décor to the next level with antique lighting.

John Morgan & Sons (Manhattan, NY)

Though they are well known for their lighting lamps and fixtures, John Morgan & Sons were deeply involved in the stained glass window business prior to the availability and popularity of electricity. John Morgan & Sons lamps are well known for their use of chunk glass, specifically the John Morgan Grape shades. This chip technique, also known as Dalle De Verre, was often used in stained glass windows. Morgan coined the term "Crystal Chip," which is used to describe the technique.



John Morgan & Sons (Manhattan, NY) chunk grape leded glass table lamp

An iconic chunk grape leded glass lamp by John Morgan & Sons would look great as a stand-alone on a side table in your bedroom or family room.



John Morgan & Sons (Manhattan, NY) oak leaf & acorn chandelier

An oak leaf and acorn chandelier by John Morgan & Sons (Manhattan, NY) would make the perfect addition to your dining room. Take it a step further by enabling a dimmer to set the mood for any meal or gathering.

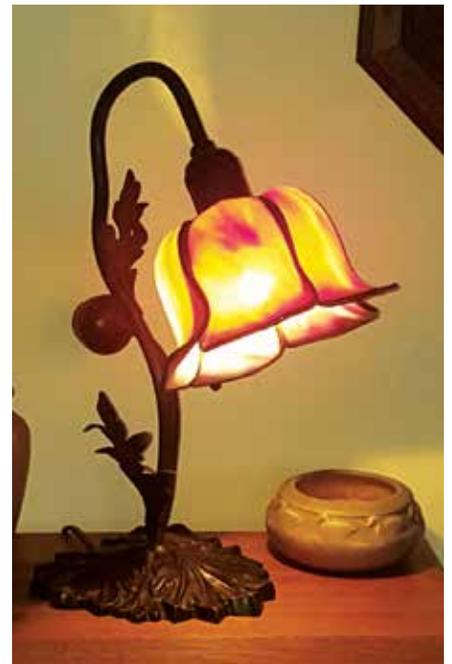
For floral enthusiasts, this John Morgan & Sons Black-eyed Susan leded glass table lamp would make a striking addition to a bedroom or family room.



John Morgan & Sons (Manhattan, NY) Black-eyed susan leded glass table lamp

Philip J. Handel (Meriden, CT)

Established in Connecticut in 1876, Philip J. Handel specialized in high quality painted lamp shades that were a more affordable alternative to the likes of Tiffany. Aside from these, Handel also made leaded glass shades, which were some of the most popular lamps of the Art Nouveau and Art Deco periods



Philip J. Handel (Meriden, CT) tulip petal desk lamp

Add a sophisticated touch to your home office with this tulip petal desk lamp by Philip J. Handel (Meriden, CT)

SPECIAL ANTIQUE SECTION



Philip J. Handel (Meriden, CT) pond lily accent lamps

Philip J. Handel's set of pond lily accent lamps would look great as the focus point in your family room, or even spread throughout your home as a consistent theme in different rooms.



Philip J. Handel (Meriden, CT) rose border leaded glass table lamp

The perfect home for this colorful rose border leaded glass lamp by Philip J. Handel would be on a desk either in a bedroom or a home office.

Duffner & Kimberly Co. (NY, NY)

Duffner and Kimberly Co. was formed by Frank Joseph Duffner and Oliver Kimberly, a former Tiffany Studios employee. They produced high quality mosaic lighting in direct competition with Tiffany Studios, a rival company. Brighten up your bedroom with a floral border prairie style leaded glass table lamp by Duffner & Kimberly Co.



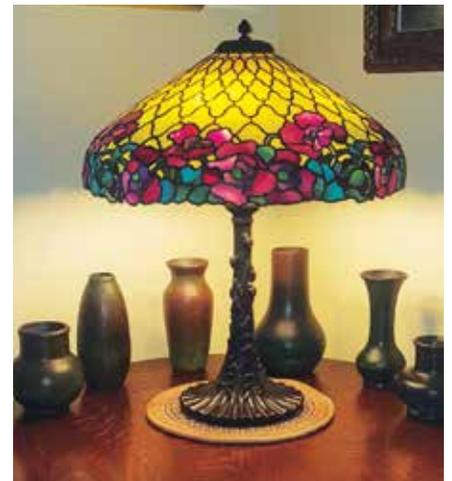
Duffner & Kimberly Co. (NY, NY) floral border prairie style leaded glass table lamp

This unique water hyacinth border leaded glass table lamp by Duffner & Kimberly Co. is sure to make a statement in your family room and will be the perfect conversation piece.



Duffner & Kimberly Co. (NY, NY) water hyacinth border leaded glass table lamp

Another great Duffner & Kimberly Co. piece for your family room is this poppy border leaded glass lamp with rich colors that will draw everyone's eye.



Duffner & Kimberly Co. (NY, NY) poppy border leaded glass table lamp

Light up your home this fall with unique antique lighting

for more information about antique lighting contact Chris Warren at Chrisw2@earthlink.net



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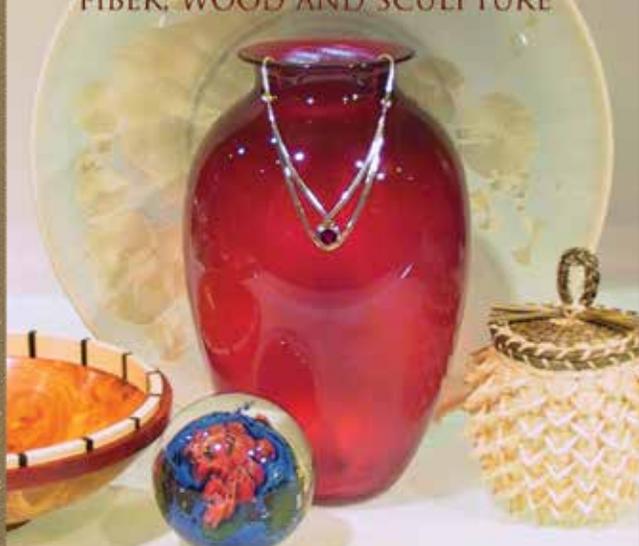
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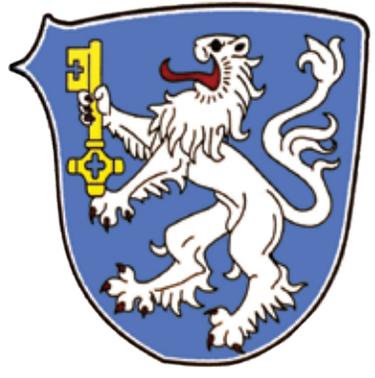
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Ivanhoe and Windjammer, Alpacas at the Harvard Alpaca Ranch, enjoying the crisp fall weather.

submitted by: Harvard Alpaca Ranch

The mysterious wreck of a Pontiac Deluxe from the 1930s, found off the Esker Trail within the Nashoba Watershed Conservation Land in Westford. Does anyone know the history of this car? We would love to hear from you. Please write to us at media@nashobavalleyliving.com

Submitted by: Rachel Rego

Fall

in the Valley

images of the season from around the Nashoba Valley.



Leroy, faithful dog, and his ball.

Submitted by: Gary Forzese

> Facing Page: Trap Falls in Willard Brook State Forest, Ashby, MA

Submitted by: Ben Bickmore



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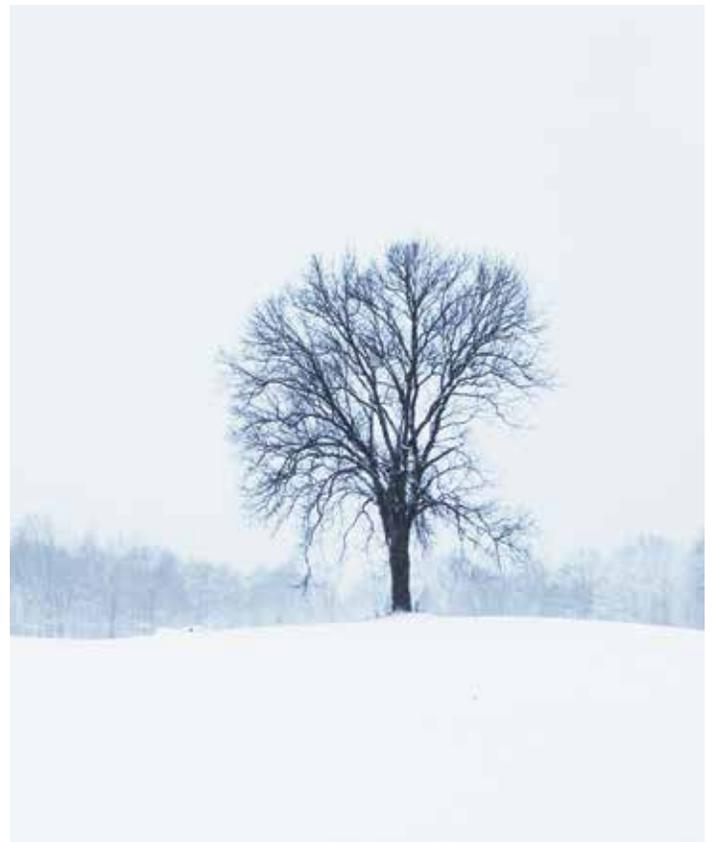
Fall on the water. Long Pond in
Littleton, MA

Submitted by: Ben Bickmore



Bugsy the Rabbit, enjoying the
crisp fall air in Townsend, MA

Submitted by: Amy Morrison



Winter Tree

Submitted by: Ben Bickmore



Autumn Cold/Warm Salad

brought to you by: *Sandy Bemis*

Fall in New England brings a new cooler temperature pattern. We are still hanging on to summer, but anxiously awaiting the cool, crisp days of fall. Farms still have greens and the winter root veggies are beginning to roll in. This is the time of year my kitchen is hustling with the canning and preparations for the coming winter. Unfortunately, my own recipes begin to lack creativity, due to my day job and canning becoming the priorities. As I look in my fridge, I plan for simple quick meals based on what is available in my garden and CSA. This time of year, the task can be tough! One of my go to favorites is this basic cold/warm salad. It is always a hit and very adjustable.

This recipe should be used as a guide. I have shredded and chopped many different veggies for this cold or warm salad. The basic recipe can be changed up depending on what you have on hand, but it is always easy and nutritious. Any vegetable that can be grated works great in this recipe! Try different veggies and find your favorite.

Directions:

- 1. In a small bowl, whisk together the lime and orange juice, vinegar, sugar, garlic, salt, and pepper.*
- 2. Gradually whisk in the olive oil. Taste for seasoning and add more salt and pepper, if you like.*
- 3. For cold salad - Toss dressing into salad ingredients. Top with seeds or nuts.*
- 4. For warm salad- put a couple tablespoons of oil in a pan. Gently warm veggies. Toss in dressing, gently distribute. Serve.*

Ingredients:

Salt and pepper, to taste

½ small head any type cabbage, thinly sliced or shredded

1 large carrot, grated

1 Granny Smith apple, cored and cut into small cubes

6 radishes, thinly sliced

¼ cup chopped fresh herb – cilantro, parsley, savory, thyme, basil etc.

1/8 cup dried fruit – cranberries, raisins, blueberries etc.

¼ cup seeds or nuts – walnuts, sunflower, pumpkin etc.

Use whatever you have on hand. Beets, celeriac, bok choy, kohlrabi etc.

Dressing:

Juice of 1 lime

Juice of 1 orange

2 tablespoon apple cider vinegar

Pinch of sugar or 1 tsp of honey

Salt and pepper, to taste

Grated clove garlic (optional)

1/4 cup olive oil



Maple Brined Granola Pork Chops

CREATED BY: ANDREA KRUSE, ADVENTURES IN ALL THINGS FOOD:
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TOTAL TIME

1 hour 40 min

PREP 1 hour

COOK 40 min

YIELD 6 servings

DIFFICULTY Moderate

Directions:

1. To make the brine, combine the water, salt, brown sugar and maple syrup in a glass dish or large bowl and stir until everything is dissolved
2. Submerge pork chops in brine. Cover and refrigerate for at least 4 hours, or overnight
3. In a food processor, pulse granola until it is in uniform crumbs. Set aside
4. Set up your dredging station. Place flour, salt & pepper (to taste) in one container. In a second container, whisk eggs. In a third container, put the crumbled granola
5. Preheat oven to 350°F. Heat a cast iron skillet with canola oil over medium-high heat
6. Dredge each chop in flour, egg, and granola, respectively. Brown each chop on both sides in the heated skillet and set aside
7. When the chops are all browned, arrange in an oven-safe dish and bake until internal temperature reaches 160°F
8. Garnish with parsley
9. Serve with your choice of sides

Ingredients

- 4 cups cold water
- 1/4 cup kosher salt
- 2 TB brown sugar
- 1/2 cup maple syrup
- 6 thin-cut pork chops
- 2 cups Forest Maple granola
- 1/4 cup canola oil
- 2 eggs
- 1/2 cup flour
- salt & pepper to taste
- fresh chopped parsley to garnish (optional)



Scan the QR code to watch Jacquie and Debbie from Golden Girl Granola make this recipe!

www.youtube.com/watch?v=yP31GE3pb4c

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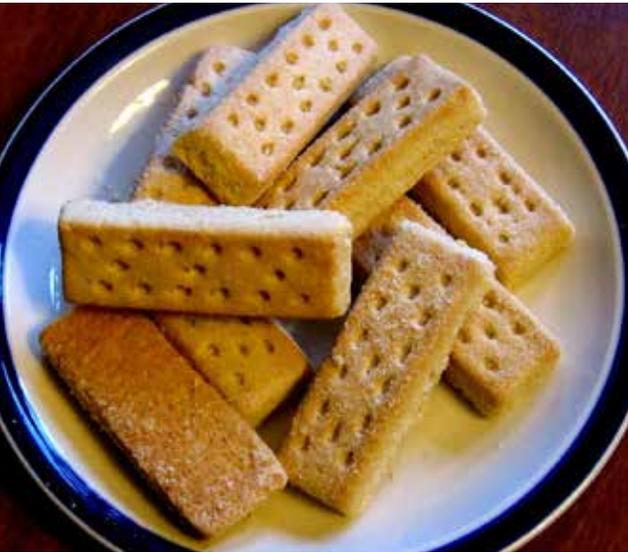
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Ingredients:

1/4 lb butter

1 cup flour (unsifted)

1/2 cup rice flour

1/3 cup fruit sugar

Directions:

Preheat oven to 350° Put all into mixing bowl and work with hands till dough sticks together. Press into baking sheet with fork. Bake on brown paper 10-13 min. until delicately browned.



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Kitchen Tips

Keep your holiday kitchen in tip-top shape with these tips from a kitchen professional

by Jaclyn Vlahos

With the holiday season fast approaching, life at home may start to seem more hectic. If you're tasked with hosting your family's festivities, you may be feeling the heat. Literally. Willa Breese, owner of Kitchen Outfitters located in Acton, Massachusetts, is sharing her key tips to alleviate the stress of the holiday season when it comes to the kitchen.

Baking

With the amount of baking you're sure to be doing, pulling out all of your holiday baking pans to have at the ready beforehand will minimize the amount of time you spend running around the house looking for them. Also, make sure to gather your key ingredients well in advance and check the expiration dates. No one wants to have to run to the grocery store the day before Thanksgiving.

Cutting Boards

New England natives are no strangers to the dry winters. Wooden cutting boards react to the dry air similarly to your skin. You wouldn't want your skin to become dry and cracked, so you shouldn't let your cutting boards suffer either. Apply a generous dose of food grade mineral oil type product to both sides and around all edges, let it sit for a few hours then wipe down with a lint free cloth. Repeat every 3-4 weeks. This will keep the wood healthier, easier to clean and safe from bacteria.

Knives

Sharpen and hone! Any seasoned cook knows the struggle of trying to carve a turkey with a dull knife. Even if you aren't a seasoned cook, do yourself a huge favor and keep your knives sharp! A sharp knife requires less force, provides great precision and is just an overall better experience. You'll thank yourself later.

Coffee Makers

Hot beverages are a hot commodity during the colder seasons. Your coffee maker will make hotter water if you keep it descaled, resulting in better tasting coffee. Over time, limescale (calcium carbonate) builds up on the heating elements, insulating them from heating the water as well. It's best to descale about once every 3 months, though that does depend on how hard your water is and how often you use it.

Consider Cast Iron or Carbon Steel

It's easy to throw a quick feast on the grill during summer get togethers, but not so much when it's a chilly 15 degrees outside. Cast Iron skillets are a great alternative for searing meat indoors. You could also opt for Carbon Steel, a lighter weight and smoother surface alternative to Cast Iron. Both Cast Iron and Carbon Steel are made of tough materials that will last a lifetime and have the following benefits:

You can use any utensils you like, even metal (there is no chemical coating to damage.)

They can be used on all stovetops, from induction to electric gas and even on the grill. For best performance, give it a few minutes to pre-heat before adding your food.

Seasoning is simply oil baked onto the iron that prevents rust and provides a natural, easy-release finish that continues to improve with use. Use a clear oil, such as canola oil for best results (not olive oil).

Note: foods which are very acidic, such as tomatoes, citrus, wine, etc., should not be cooked in seasoned cast iron because it will break down your seasoning and react with the cast iron.

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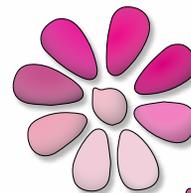
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SUBSCRIPTION BOXES, ONLINE MARKET & MORE
Delicious foods designed with your allergies in mind.

by Jaclyn Vlahos

If you suffer from food allergies, or just simply try to eat healthy, you know how difficult, and expensive, it can be to find products that fit your needs. This is where Tasterie comes in.

Born out of frustration, pediatrician and mom Lama Riwami started Tasterie to help ease the task of finding food that her toddler and newborn with multiple allergies could safely eat. I think we can all agree that a lot of allergy-safe food products are not always appealing, so imagine trying to entice your child to eat these snacks and meals. Lama had three main goals for Tasterie, to provide great tasting food from all over the world that met rigorous allergen testing/manufacturing protocols (higher than FDA standards), encourage a healthy and nutritionally balanced lifestyle for kids and adults regardless of food allergies, intolerances and other

dietary preferences, and provide a service that was so easy, convenient, and delightful that it would seamlessly become a part of daily lives. You can count on the delicious factor, as Lama and her children personally try every item they select before passing them on to the public.

Working with physicians and industry experts, Lama was able to come up with a rigorous selection process to ensure all products are allergy safe. It's a quality controlled, multistep process that has been peer reviewed to ensure each item is properly screened. Once the items have gone through this process, Lama and her children try them out to find the tastiest options. These selections are further broken up into four categories, which

make up four monthly subscription boxes Tasterie has to offer - Top 8 Allergen Tasterie Box, Gluten Free Tasterie Box, Gluten Free & Dairy Free Tasterie Box, and Nut Free Tasterie Box. Each box includes 5-6 healthy and allergen safe foods for all times of the day. Tasterie also offers an OMG! Tasterie Box which serves as a one-time starter box with everything you need to learn how to live with a food allergy, stress free!



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THINK YOU WANT TO MAKE YOUR OWN **WINE**? THINK TWICE...

by Bill Clark



Go and talk to Peter Messina, a gruff and enthusiastic 70-something who's been doing it for ages right in the basement of his Methuen home. He says it's easy. Maybe. Here's what you have to think about.

1 You have to be motivated. Peter has been passionate about wine-making since he grew up in Sicily and the family tradition was passed on to him. "Wine is in my blood," he says with a smile. He doesn't sell his wine, but keeps it for himself, family and friends. "I'll have upwards of 40 relatives at a gathering and I share it with them," he says proudly. He says most people would prefer to buy a bottle at the store than go through the bother of making it themselves. They're just not motivated.

2 You have to have the equipment. He takes you through his basement, a warren of rooms lined with crushers, presses, barrels, and smaller necessities like hygrometers and wooden paddles. It has cost him a lot of money, though he says some of it came as gifts from people who start winemaking with great intentions and then lose enthusiasm. Sort of like exercise equipment.

3 You have to learn the process. Peter lights up as he takes you through what seems a very complicated series of steps, from buying the grapes from California to corking and labeling.



All of it in great detail. A portrait of a pope he painted himself presides approvingly on the basement wall. With an almost religious sincerity, he says, "Wine is sacred." And then Peter fairly glows as he gives you a glass of the finished product. Maybe two.

So after all that, if you think can do it, go for it. It helps if you're Sicilian!

...AND GO FOR IT!





It's WHISKEY

by Jeff Smith

Season

Hello, my name is Jeff. I am the Spirits Director/Store Manager of Acton Wine & Spirit Co. and I have over 20 years in the service/retail business. I love whiskey and making cocktails with them, especially when I'm outdoors. I spend my days off from the store camping and fishing whenever I can find the time, but that doesn't limit me to just canned beer or boxed wine while enjoying the splendor of the autumn. I thought I would talk about three fantastic cocktails that I adore and are perfect for the backyard fire pit or a brisk overnight camping trip. They require very little prep and can be easily made in just four easy steps.

I hope these recipes have inspired you try some new cocktails during the fall and get outside to enjoy the glory of the outdoors. Along the way stop by my store Acton Wine & Spirit Co. and say hi. We are located at the intersection of Rt. 2 and Rt. 27, 305 Main St Acton Massachusetts.

NOR-EASTER COCKTAIL

- 2oz Elijah Craig Single Barrel Bourbon
- .5oz fresh lime juice
- .5oz premium authentic maple syrup
- Fever Tree Ginger Beer

1. Add ice to shaker.
2. Stir in Elijah Craig Single Barrel, fresh lime juice, and maple syrup.
3. Pour contents of shaker in to rocks glass.
4. Top off glass with Fever Tree Ginger Beer.



MANHATTAN CLASSIC

- 2oz Sagamore Spirits Rye Whiskey
- 2 dashes of Bitters
- 1oz Carpano Antica Sweet Vermouth
- 1 Luxardo Maraschino Cherry

1. Add ice to shaker.
2. Stir into shaker Sagamore Spirits Rye, Bitters, and Carpano Antica Sweet Vermouth.
3. Add one Luxardo Maraschino Cherry to Martini or Rocks glass.
4. Strain contents of shaker into glass.

KENTUCKY MULLED CIDER

- 1.25oz Henry McKenna 10yr Single Barrel Bourbon
- Hot local apple cider
- Allspice
- Tall cinnamon stick
- Lemon Wheel

1. Add Henry McKenna 10yr Single Barrel Bourbon to tall mug.
2. Fill the rest of the mug with hot local apple cider.
3. Add a dash of allspice.
4. Garnish with cinnamon stick & lemon wheel.



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ARE YOU AFRAID OF THE DENTIST?



Why today's dentistry is different than yesterday's and how to overcome our fears.

Up to 15% of Americans suffer from some sort of dental anxiety, with some phobias being so severe that people completely avoid even stepping foot within an dental office for years, even during times of pain and infection. Most of these fears are linked the either personal experiences in the past or stereotypes of dental experiences in media. Today's dental visit is very different than those in the past. Just as you have many options for your day to day needs and services, dental care has become an amalgamation of healthcare and customer service. Most offices have focused efforts and training to make the visit as enjoyable as possible, from the way the phone is answered, to when you first walk in the door, all the way until you walk out of the appointment and every step along the way. The work performed is less invasive, with advances in technologies and techniques that elevate the patient experience being introduced everyday. If you have been held back from keeping up with your oral health, a quick google search can show some honest feedback of other patient experiences.

If you suffer from physical anxiety and stress, other offices can take making you feel at ease beyond by just being nice. Nitrous Oxide is a great analgesic that calms you and makes you feel at ease very quickly. It is very safe, and after a few minutes of stopping you feel like yourself and can walk away. If you are nervous about a big appointment the next day, your dentist, depending in your unique medical history, can provide you with some medication to help you relax the night before and also take prior to the appointment. Typically you will need a ride to and from the office, and you will be pretty out of it for the day, and depending on the dosage and amount, the office would need to be certified in Oral Conscious Sedation in order to provide this for phobic patients. To take it another step further, IV sedation can be provided by the office, either by a traveling anesthesiologist, or a dentist who has

been IV certified. A dentist who has been IV certified can provide moderate sedation through an IV. This is not sleep dentistry. It will make you feel at ease, and the combinations of medications have also shown to make you almost forget your experience. This is also a lot safer than the oral route as the doctor has direct control of any medication right there in the office and any administration through an IV does not have to go through the digestive system.

So, if dental fear is holding you back, DON'T LET IT! Dentistry has come along way and most offices and doctors work their hardest to make you feel at ease. Ask around, ask colleagues or friends for recommendations, call offices and ask what they do for the patient who is afraid. There are offices that want to work with you to give you the oral health you both deserve and need, as there is growing research showing a strong link with conditions in the mouth affecting your overall health.



by *Matt Annesse, D.M.D.*
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in dentistry, annually completing thousands of hours of continuing education. He further developed expertise in TMJ treatment from taking extensive courses at the Dawson Academy in St. Petersburg, Florida. Dr. Gianino is currently a Fellow at the Medical Metabolic Institute from the University of Southern Florida Medical School. (Formerly known as the American Academy of Anti-Aging Medicine.)



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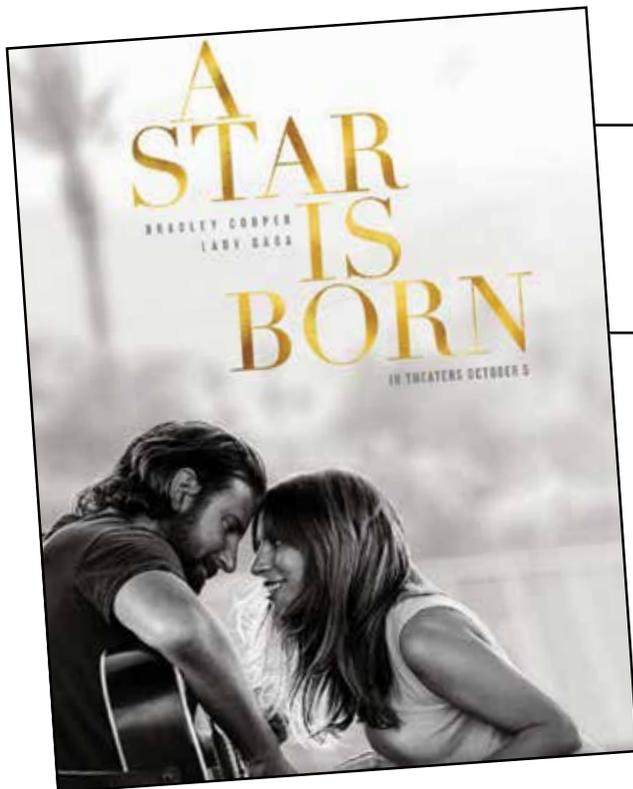
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Movie Review: **A Star is Born**

by Val Davila

"Give this movie all the awards right now!"

Best Actor Bradley Cooper, Best Actress Lady Gaga, Best Supporting Cast, Best Director Cooper again, Best Picture, and Best Musical Score to A Star is Born. If you love or even like music go see this movie today. This is the best movie of 2018!

Bradley Cooper plays Jackson Maine (how cool is that name?) a very troubled rock star who discovers Ally (Lady Gaga, who totally slays in this movie!) singing in a local Drag Queen Bar (think of a Ru Paul's Drag Race but in a bar), Ally is the only female allowed to sing at this bar. Jackson and Ally immediately bond, but not in a romance way, there is some flirting, but it's about the music. Music is what matters to Jackson and he wants Ally to feel the same way. They eventually sing together and fall in love. I don't want to give too much away because I want everyone to see this movie.

What impressed me the most is there are not any stereotypical roles in A Star Is Born. Jackson is troubled by his childhood, his alcoholism, all his inner demons. He still is a talented musician and overall caring loving person. Ally is super talented, but she never gets full of herself, and she listens to Jackson's advice. Even if she does things in her own way and

style. Usually in these movies the girl's father is mean, but here her father supports her and is her biggest fan. Usually, the brother of the singer would be jealous, but here he takes care of his brother and protects him from himself. The manager would be taking advantage of Ally, but in this movie he has her best interest

in mind. The movie has great dialogue, but it does not come off as preachy.

I have to say the movie has some real highs and real bad lows. I have not cried this much at a movie since Toy Story 3 (if you watched Toy Story 1 and 2 and did not cry during Toy Story 3 then you need to leave this universe right now).

Things I loved about the movie: ***minor Spoiler alerts***

When Ally first sings at Jackson's concert it's just goose bump city! She is electric, and Jackson playing the guitar like a better looking Eddie Vedder from Pearl Jam is just movie magic. Especially, because you see how the song is put together by Jackson and Ally prior to them performing it.

The supporting cast is amazing! Sam Elliot (Mask, Tombstone) as Bobby Jackson's brother is just a casting home run. They have a scene in the truck, that if you have a brother just start shoving tissues into your eyes, it's that powerful. Dave Chappelle has an amazing speech on life and settling down as Jackson's only friend. Andrew Dice Clay as Ally's father is really good and funny. There were many stand up comedians in serious roles in A Star is Born, which is pretty cool.

The Soundtrack is insane, Bradley Cooper and Lady Gaga performed all the songs. Each song is great in its own way.

The entire theme of "it's all about the music and being true to your art" is what makes the movie so powerful. Jackson wants his and Ally's music to be real and come from the heart. The passion and love for music is what binds them together and makes you really believe in the characters.

I can't really think of anything I did not like about this movie. The only thing is once I started to notice where the movie was headed and that the theme was getting dark, it was hard to not feel anxiety. I guess that is what great movies are supposed to do, make us feel something, but damn that was a rough ride. There is one scene because Jackson loves Ally so much and he is such a great guy that when he is mean to her it's so uncomfortable. You can feel the entire theater squirm in their fancy Dolby digital surround sound seats.

Best line in the movie: Ramon: outside the Drag Queens Bar to Jackson "I don't think this is your kind of bar."

Jackson: Do they serve alcohol?

Ramon: yes.

Jackson: Then it's my type of bar.

Besides all the other Academy Awards it will win, cutest dog in the world goes to Charlie (Bradley Cooper's dog in real life) the Goldendoodle. Every time he is on screen you can't take your eyes off him.

Grading on a movies about musicians scale with Rock Star (2001, another Mark Wahlberg stinker) being a Zero and Purple Rain (1984) being a serious 10. I would give A Star is Born a 9.8 which is about a Ray (2004).

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The Day The President Came To Town

by Bill Clark

It was the most exciting day of his career. North Andover Police Lieutenant Mo Lynch is retired now but he recalls it clearly. He couldn't remember a time with so much electricity in the air. President George H. W. Bush was on his way to visit nearby Phillips Academy, and Air Force One was landing at little Lawrence Airport in North Andover.

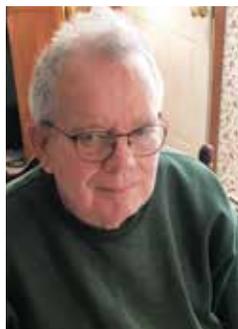
Mo knew that Secret Service had long before made a detailed plan for the event, and now they were carrying it out before his eyes. He and ten of his men were stationed near the airport, along with fire trucks, State Police, Andover police, Phillips security, and a flock of other backup personnel. Secret Service sharpshooters were not visible, but Mo says, "You know they were there somewhere." Streets were blocked off all the way from the airport to Main Street—"Side streets too," he says. "I really didn't have much information about the big picture. I just knew if anything went wrong, my men had to spring into action. Add to that all the other security people around, it just seemed to me like overkill."

He heard Air Force One coming in for the touchdown. "All I could think of was how could that big aircraft land on such a small runway? Then I found out," he says. The landing gear hit the ground, the brakes locked, the tires threw off a cloud of smoke, and the

plane lurched abruptly to a stop.

Now with the President about to deplane, suddenly Mo saw other preparations he wasn't aware of before. Two ambulances stood at the ready, one if needed, the other for backup. Same with fire engines. Two of everything. "Amazing. And everything was timed to the minute."

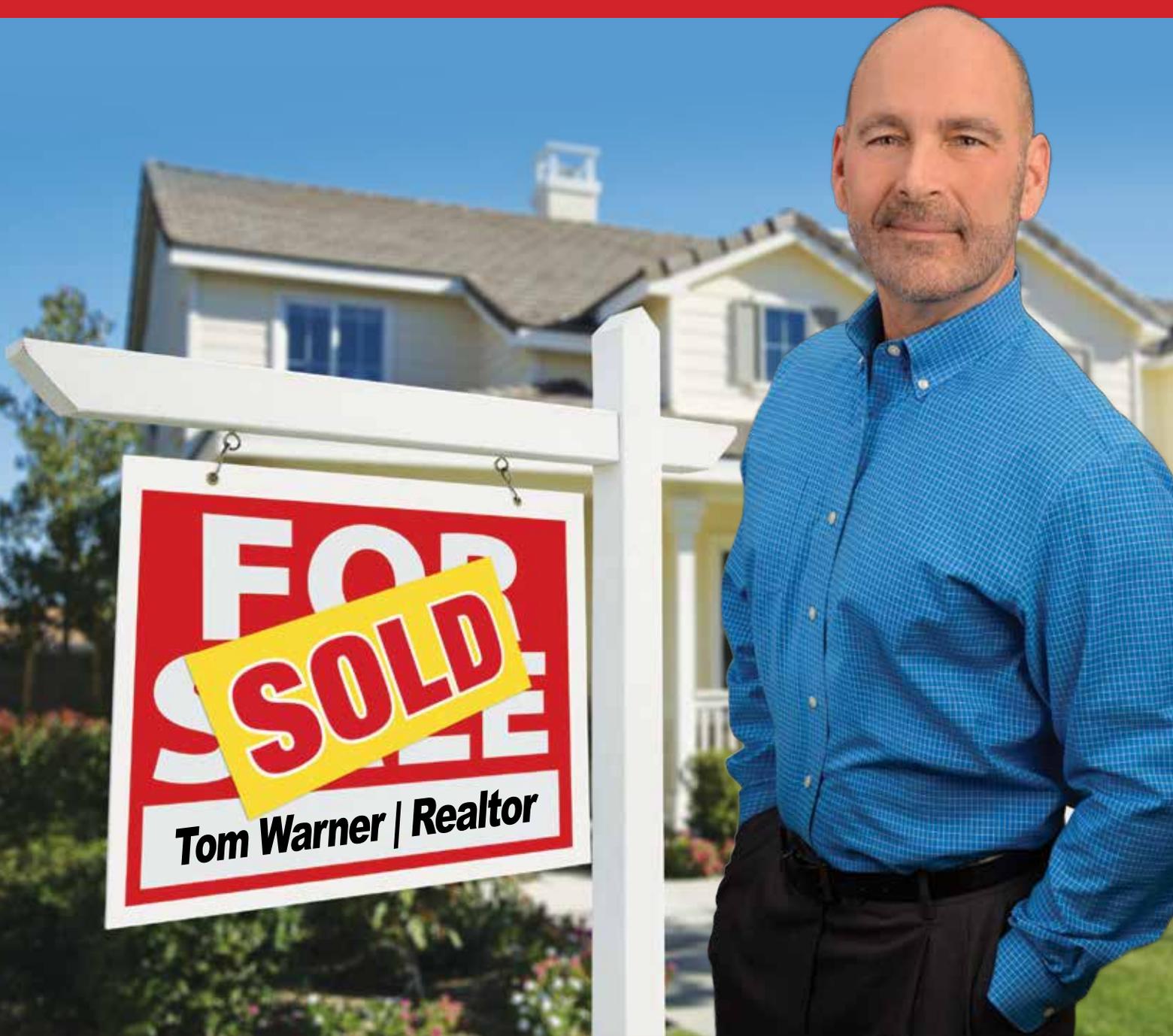
Then the climax of his day. Mo's assignment was to escort the President down the gangway. As the President emerged, he stopped to greet Mo and his men—and gave each one a tie clip with the Presidential seal. Then Mo peeked inside the plane. "All I could tell was it was very plush and impressive," he explains with awe. Finally the President and his entourage were whisked into waiting limousines and left for Phillips. "It was all over in a minute," Mo says.



Lieutenant Lynch

When asked for his overall impression of the event, he thought for a moment. "I thought about how much it cost the taxpayers," he says with a smile. "But I still have that tie clip!"

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