



The Senior Informer

Volume 17

Issue 3

MARCH 2021

**ABINGTON COUNCIL
ON AGING**
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Hours: 9AM to 2PM Mon. thru Thur.
9AM to Noon Fri.

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—*Griffin Farm Update*
(see p. 4)

—*March Menu* (see p. 4)

—*Outreach by Amy* (see p. 6)

—*Pickleball* (see p. 7)

—*Bemis Drug reprint from
Jan. 2016 Informer* (see p. 7)

—*Covid-19 clinic pictures*
(see p. 9)

ACTIVITIES—

**SENIOR CENTER IS CLOSED
TO THE PUBLIC DUE TO
COVID 19 RESTRICTIONS
STAFF IS AVAILABE BY
APPOINTMENT**

ACTIVITIES

Balance/& Strength Exercises
Blood Pressure Screening
Chair Yoga w/Joanne
Cribbage, Exercise Room
Hatha-Yoga w/Joanne
Hearing Tests
Knitting & Crocheting Group
Line Dancing
Pickleball, Quilting Class
Senior Lunches, Tues.& Fri.
Tai Chi, Zumba

COUNCIL ON AGING STAFF

Suzanne Djusberg - Director
Nutrition Coordinator
Amy Barrett -
Outreach Coordinator
Amanda Vento-
Transportation Coordinator
Michelle Thetonia - Van Driver
Richard Thetonia - Custodian

DEAR GOD by Pat Jackman

Dear God,

It's been one year! One year since the shutdown of the State and the quarantine for two weeks in order to get the Coronavirus, Covid 19 under control. The two weeks have turned into 12 months and still counting.

I speak to your Mother often and I am sure that she has enlisted your help many times to benefit my needs. After all, how can you refuse you Mother anything? I have to admit that there have been a few times during this pandemic that I have shouted out your name. I would like you to believe that I was praying, but I guess you would know that I was telling a lie. I'm sure you must be very busy with so many souls in Heaven now, but I felt that I must reach out to you directly myself. I have been told that "God always speaks to us but we never listen". I have been listening but I think there is so much outside noise that I may not hear you. My hope is that this letter enables you to speak louder to me and also helps my hearing to improve. I'm sure you have more to worry about in this devastating time than my not so important events but it would sure make me feel better if I told some of them to you.



Since the Senior Center has closed, I have spent my days wearing sweatpants, jerseys and white sox and some days, all day pajamas. If you could give us Seniors some help to get the Center open, we would forever be grateful. Masks were at a minimum when the virus began. I made a few of them from white dish towels. They made me look like one of the "Superheroes" on Halloween. I haven't worn makeup (except for my eyes) since the advent of mask use. There were two weeks in April when I went daily to the cemetery to clean up the graves of relatives we had lost. It was a quiet, sunny place to be and I was able to remove my mask there. Unfortunately, from the digging and planting I hurt my back and have been going to physical therapy for the past two months. I had to buy a specialized pillow so that I could sit comfortably (\$75.00) it works \$30.00 worth. I was recently discharged so I guess I must be recovered even though my back still hurts. (Continued on pg. 3)

Maintain Your Purpose in Life—Start each year by writing it down anew. Your ever-changing answers may help you live longer and better. —David G. Allan



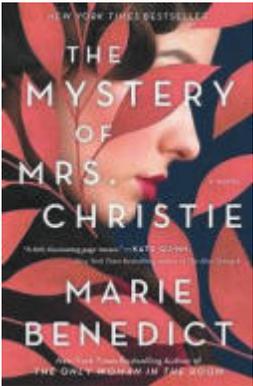
See Special Feature on page 7&8.

Bemis Drugstore has shut off the lights and closed the doors for the final time. No more talking with your friendly druggists, no more home deliveries, you will not be able to pop in for a last minute purchase of a card and a box of chocolates, or to pick up medical or personal care needs. Another small town business is gone. The store and every person who worked there will be missed.

On pages 7 and 8, we have reprinted our previous history of Bemis Drug, and have also added Lorraine Leventuk's memories of North Abington's past.

BOOK RECOMMENDATIONS

The Mystery of Mrs. Christie by Marie Benedict



In December 1926, Agatha Christie goes missing. Investigators find her empty car on the edge of a deep, gloomy pond, the only clues some tire tracks nearby and a fur coat left in the car—strange for a frigid night. Her husband and daughter have no knowledge of her whereabouts, and England unleashes an unprecedented manhunt to find the up-and-coming mystery author. Eleven days later,

she reappears, just as mysteriously as she disappeared, claiming amnesia and providing no explanations for her time away.

The puzzle of those missing eleven days has persisted. With her trademark exploration into the shadows of history, acclaimed author Marie Benedict brings us into the world of Agatha Christie, imagining why such a brilliant woman would find herself at the center of such a murky story.



The Guest List by Lucy Foley

On an island off the coast of Ireland, guests gather to celebrate two people joining their lives together as one. The groom, handsome and charming, a rising television star. The bride, charming and ambitious, a magazine publisher. It's a wedding for a magazine, or a celebrity – the designer dress, the remote location, the luxury party

favors, the boutique whiskey. The cell phone service may be spotty and the waves may be rough, but every detail has been expertly planned and will be expertly executed.

But perfection is all for plans, and people are all too human. As the champagne is popped and the festivities begin, resentments and petty jealousies begin to mingle with the reminiscing and well wishes. The groomsmen begin the drinking game from their school days. The bridesmaid not so accidentally ruins her dress. The bride's oldest (male) friend gives an uncomfortably caring toast. And then, someone turns up dead. Who didn't wish the happy couple well? And perhaps more important, why?

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of March for the April 2021 issue). E-mail—foasnewsletterteam@yahoo.com.

SENIOR TRANSPORTATION—CALL 781-982-2145

(24 HOUR ADVANCE NOTICE REQUIRED)

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$3 round trip - suggested donation. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewaters between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver.

SENIOR NUTRITION—CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

Senior Lunches: GRAB & GO meals. Call 24 hours in advance Tuesdays & Fridays—11:30 pickup—cost \$4.00 each. Pick up at the kitchen/back door of Sr. Center—please drive around building. Note: Cost increase to \$4.00 each starting March 1.

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.





SNOWBALL

I made myself a snowball
As perfect as could be.
I thought I'd keep it as a pet
And let it sleep with me.
I made it some pajamas
And a pillow for its head.
Then last night it ran away,
But first—it wet the bed.

Read more poems in *Falling Up* by Shel Silverstein!

Falling Up © 1980 Brill Eye Music, Inc.

FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions.

JUNE 2020 started a new membership year with dues of \$7.00 good until JUNE 2021. Please make checks payable to:

“Friends of Abington Seniors, Inc.”

and mail to P.O. Box 2035, Abington, MA 02351.

Many thanks to families selecting “Friends of Abington Seniors” for memorial gifts.

Friends of Abington Seniors Membership for 2020-2021: \$7.00 per person or \$100 for lifetime membership.

Please send donations to this address: P.O. Box 2035, Abington, MA 02351

Name _____

Address _____

In Memory Of _____

Send Acknowledgement to _____

THE BIRTHDAY GIFT THAT KEEPS ON GIVING

Do you have a birthday coming? Can't think of anything you want or need?

Suggest a donation in your name to the Friends of Abington Seniors, Inc.

Special thanks to everyone who contributed in any way to the Friends of Abington Seniors.

DEAR GOD

(Continued from page 1)

In December I was treated for an infection and was given an antibiotic that made me nauseous for a week. The month of January brought me to the Dentist and I had an old filling replaced. The small back tooth with the new filling became inflamed and after two weeks of pain and two antibiotics, it was decided that I needed more specialized treatment. In between all of this I've had 5 mouth x-rays, 4 blood tests and a mammogram. The scary part is that I'm starting to think of these visits as my "social life" and am enjoying choosing what outfit to wear to the visits. I have lost 3 in-law family members during this year and have only been able to attend the service at the gravesite and wasn't able to say "Goodbye". I have to make a reservation online to attend Mass, have my temperature taken on the way in and can only sit in every other pew. I have to give my name, address, telephone number and e-mail. I don't mind all of that but if they start asking my weight I hope you don't mind if I stay home and watch the Mass on television.

These petty complaints cannot compare to the sadness and devastation that you must deal with and I would rather you spend your precious time and effort to repairing the damage that's been done to our country and the world and protecting the living. The ones who have left us during this time I know are safe in your Heavenly Home and are at peace. For me, I would like to be around long enough to hug my family and friends whenever I want, dance at my Grandaughters' wedding and hold my new Great Grandchild in my arms. If there is time, I would love to stay to see what contributions my Grandchildren will make to society. I will leave that decision up to you, as always, but I think you should be prepared. I don't intend to enter Heaven quietly. I plan to leave this earth in full makeup, in my fanciest outfit, and singing "If They Could See Me Now" at the top of my lungs while I glide into Heaven dancing to the "Electric Slide"....

Well God, thanks for listening. I feel much better. I am continually Grateful to you for the blessings I have received. I have to end for now. I have an appointment for a root canal in an hour and I have to pick out my outfit. Please do me a favor. When you see my Joe tell him I love him and I miss him and I'll see him soon...By the way, I got your message at Mass today; the Responsorial Psalm was "Blessed is the Lord for He can heal a broken heart"...See, I told you I was listening. *Love and prayers, Pat*



GRIFFIN DAIRY FARM UPDATE
- CAROLYN BATES



In just a few weeks Spring will arrive, at least on the calendar! We look forward to some gentler, warmer days, and anticipate more activity along the trails. Rich Hanna had added many more reflective poles leading in and around the parking area on Plymouth St. Thus there has been very little damage to the grass areas during the winter months. We are delighted that people enjoying the trails are respecting and loving the entire area. Watch for Bluebirds, Eagles, Red-winged Blackbirds in the air, as well as Rabbits, Deer, and perhaps a Fox in the fields. Peace and beauty!

MARCH RECIPES

Ozark Pudding

1 egg, beaten 3/4 cup sugar 2 heaping tbsps flour,
1 1/4 tsp baking powder 1/2 tsp salt 1 tsp vanilla
Mix these ingredients well.

Add: 1/2 cup chopped apples, 1/2 cup chopped nuts

Add to above ingredients and mix well. Bake in greased pie pan at 350 for 15-29 minutes. Cool slightly. Serve with whipped cream.



Molded Carrot/Pineapple Salad

1 pkg. (3 oz.) orange jello, 1 cup hot water, 1 can (8 oz.) crushed pineapple, 3 carrots

Dissolve orange jello in cup of hot water. Drain juice from pineapple into a cup and add water to make one cup. Add to the jello. Scrape, wash, and shred the carrots. Mix carrots and pineapple together and stir into the jello. Chill until firm.

MARCH MENU — GRAB & GO MEALS
Price increase to \$4.00 each as of March 1.

TUESDAYS

3/2: Turkey with stuffing, mashed potatoes, veggie, dessert

3/9: Stuffed Shells & dessert

3/16: Corned Beef Dinner

3/23: Shepherd's Pie & dessert

3/30: Sausage, with peppers & onions & dessert

FRIDAYS

3/5: Clam Chowder, grilled cheese & dessert

3/12: Baked Haddock, Veg. & dessert

3/19: Seafood Casserole & dessert

3/26: Fried Shrimp Plate & dessert



APRIL RAIN SONG

Let the rain kiss you
Let the rain beat upon your head with silver liquid drops
Let the rain sing you a lullaby
The rain makes still pools on the sidewalk

The rain makes running pools in the gutter
The rain plays a little sleep song on our roof at night
And I love the rain.

Langston Hughes • 1902-1967

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john@rmlawma.com

MARCH PUZZLE —Dot Taylor

Rearrange the letters below to find the names of six old time movie stars.

- 1. AV TT IS YD BE
- 2. LE CL AB KG AR
- 3. ER NA RN TU LA

- 4. BY OS NG CR BI
- 5. OR HA TH RI YW TA
- 6. ON EY MI RO EY CK

(See answers on Page 12.)



GOOD LUCK ON YOUR NEW ADVENTURES

Michelle Robison, our Meals on Wheels Coordinator, has resigned from her position at the COA. We wish her well in her new endeavors. Until a replacement for this position can be made, the other ladies on the staff will fill in, all the while humming Helen Reddy’s “I am woman, I can do anything”.

MARCH CHUCKLE

The father of 5 children had won a toy at a raffle. He called his kids together to ask which one should have the present.

‘Who is the most obedient?’ he asked. ‘Who never talks back to mother? Who does everything she says?’ Five small voices answered in unison. ‘Okay, Dad, you get the toy.’

THIS INFORMATION IS WELL WORTH REITERATING

Chronic dehydration in elderly patients can wreak havoc on the body, although it’s not always readily apparent. For instance, studies of elderly patients have shown that dehydration increases the risk for constipation, urinary tract infection, respiratory tract infection, kidney stones and medicine toxicity. Plus, evidence shows that dehydration can lead to an increase in falls and longer stays in rehab facilities. Here are some simple tips to help prevent dehydration in seniors:

- Drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.. Five 8-ounce glasses of water per day is a good bench for elderly patients.
- Avoid coffee, alcohol and high-protein drinks, especially in large quantities, because they have a diuretic effect. This leads to a greater loss of body water, which can cause or exacerbate dehydration.
- Foods high in water, such as fresh fruits, vegetables and some dairy products, can help a person meet their daily water needs.

Recognize the early warning signs of dehydration. *Warning signs include fatigue, dizziness, thirst, dark urine, aches, dry mouth/nose, dry skin and cramping,*

Drink during the day and limit drinking before bed. Additionally, drinking small amounts of water throughout the day may help.

FACE MASK IRRITATION



Masks that are snug but not too tight minimize pressure and rubbing that can chafe, the American Academy of Dermatology says. Protect friction points like the bridge of your nose and the skin behind ears with a layer of petroleum jelly or a skin protectant containing dimethicon. Clean your mask daily, and vary the type you wear. Cutting back on products that can irritate skin, such as after shave lotion and retinoids, may help, too.

—CR On Health, March 2021

What lies behind us and what lies before us are tiny matters compared to what lies within us. —Ralph Waldo Emerson

OUTREACH — March 2021



Hello!!

I hope this note finds you all well! I know its been a long winter ...heck.... it's been a long *YEAR*, but we are seeing definite signs that there is a light at the end of the tunnel! We have been busy here at the Center for the last few weeks, working closely with the Abington Board of Health, fielding hundreds and hundreds of phone calls regarding the Covid-19 vaccine!

As I am sure most of you have heard, the BOH in Abington was lucky enough to receive some doses of the Covid-19 vaccine from the state of Massachusetts and subsequently clinics were set up here at the Abington COA!! They were well run and super organized and all the Town of Abington departments were involved with making sure everything went off without a hitch! Town administrators and employees from all the different departments, the school, fire, police and multi-

ple others, were all here to help out!

We, in conjunction with the Abington BOH, have set up a hotline for Covid-19 vaccine information to try to eliminate some confusion when adding your name to wait list for the vaccine. It is super important to understand that if you have called and left your name, date of birth and phone number on any of the extensions here at the center, you can be rest assured you have been added to the list!! Please note that we have been focusing on the over 75 demographic and as the state opens the criteria for vaccine, so will Abington!

If you reach out regarding getting a Covi-19 vaccine, you can call 781-982-2145 x5 and please listen to all of the prompts carefully, and please include your name, date of birth and phone number in your message and you will be added. You WILL NOT receive a confirmation call back. We will however, call you when a clinic is added and there is an available appointment.

We are grateful for the hard work and commitment of Marty Golightly and the entire Board of Health for taking such good care of our seniors and offering the clinics here at the COA!

As always, please feel free to reach out to any of us here at the Senior Center if you need anything at all, we are always here for you!! *All of my very best!! Amy*



HEART ATTACKS AND WOMEN

Women were 20 percent more likely than men to develop heart failure or die within five years of a heart attack, a study of 45,064 people found. The women were older and had more health problems than the men, but were also less likely to be seen by a heart specialist in a hospital or receive heart protective drugs. After a heart attack, it's key to control blood pressure, cholesterol, and diabetes. —*CR On Health, March 2021*

KNOW THE 5 SIGNS OF STROKE

Almost one third of older adults don't know the major stroke signs and that calling 911 is crucial, a report found. The 5 signs are sudden numbness or weakness of the face, arm, or leg, especially on one side, confusion or trouble speaking, difficulty seeing, trouble walking, dizziness or balance loss, and severe headache. *CR On Health, March 2021*

MARCH ALMANAC

- 3-1-1961 *Peace Corps established*
- 3-3-1931 *Star Spangles Banner officially became national anthem*
- 3-7 *Hummingbirds migrate north*
- 3-13 *New moon*
- 3-14 *Daylight Savings Time starts*
- 3-15 *Ides of March*
- 3-17 *St. Patrick's Day*
- Happy Birthdays!*
- 3-20 *Vernal Equinox*
- 3-27 *Passover begins*
- 3-28 *Full Worm Moon*
- 3-29 *National Vietnam War Vets Day*
- 3-30 *Chipmunks emerge from hibernation*

Freedom is not the right to do as you please, but the liberty to do as you should. — Ralph Waldo Emerson

If Winter comes, can Spring be far behind.



Sometimes people are beautiful—Not in looks, Not in what they say, Just in what they are. Thank you to all our Senior Center friends.

BEMIS DRUG—A BRIEF HISTORY

Bemis Drug originated in 1905 when Fred Bemis and J.W. Cooper formed a partnership under the name of Bemis & Cooper and purchased the F.M. Spiller drugstore in the Standish block in North Abington. In 1916 Bemis & Cooper bought the drugstore owned by F.A. Gibbs at 325 Union Street in Rockland. In 1918 Mr. Cooper died and Fred Bemis became the sole proprietor. In 1924 Mr. Bemis leased the store in the Maguire block in Rockland. It was at this time he changed the business name to Bemis Drug. In 1927 Mr. Bemis established another drugstore in Abington Center. Mr. Bemis now owned four drugstores, two in Abington and two in Rockland. Over the years the drugstores in Rockland changed hands, and one became Burke's Pharmacy and the other became Thayer's Pharmacy. The Abington Center pharmacy became Lynch's Pharmacy and the North Abington pharmacy remained Bemis Drug.



Mr. Fred Bemis passed away in the 1940's and ownership was taken over by his family, which included his brother, E.O. Bemis. To this day I am still not sure what this Mr. Bemis's first name was because he always went by E.O. Bemis, even on legal documents.

Hugh Cox entered Massachusetts College of Pharmacy in 1946 after returning from serving in the Army during World War II. It was here he met his sweetheart, Drusilla Wells, who became Drusilla Cox when they both graduated in 1950. Hugh went to work for E.O. Bemis as a pharmacy student and continued after graduating. Drusilla worked when she could but during the 1950s she had four children, Richard, William (myself), James, and Elizabeth.

Hugh and E.O. continued to run Bemis Drug in the 50s and into the 60s. Dad used to tell me how E.O. would take off for the summer and tell Dad he would see him in the fall. This left Dad as the only pharmacist to run a pharmacy open 7 days a week from morning until night. Needless to say, we wouldn't see a lot of Dad in those days, but we knew where to find him. E.O. passed away in the early 1960s, and Hugh became the sole owner of Bemis Drug.

In the 1940s and 1950s drugstores were as much a place to socialize and catch up on the news around town as they were a place to purchase prescriptions. Drugstores in those days had a soda fountain, usually a cigar humidor, and a variety of other products such as cosmetics, candy and over the counter remedies. Home-made ice cream, frappes and milkshakes were enjoyed by all. A local dentist, Dr. Roland Phillips, even had "prescriptions" printed up that were given to young patients "for bravery in the doctor's office beyond the call of duty." The prescription entitled the bearer to one free ice cream cone. It was always a treat to stop in to the drugstore on our walk home from the North School to see Dad and to make some sort of ice cream snack at the fountain.

The Standish block in North Abington was a busy place at that time as it housed the Abington Library, The Abington Cooperative Bank, and the U.S. Post Office as well as Bemis Drug. Directly behind the drugstore on Brighton Street were the Police station and the Fire station.

I have many fond memories of the old drugstore and of the people who worked for Dad. There was Lyman Mace and Lester Estes, both looking sharp in their starched white smocks. Florence Owen worked for many, many years for us. She held down the cosmetic section as well as the candy. She was family to us, and I think was the only person outside of Mom and Dad to work in both locations.

(continued on page 8)

ABINGTON PICKLEBALL NEWS

Pickleball play for the members of the Abington Pickleball Association continued on the outdoor courts well into January this year thanks to the absence of snow cover. Our senior members showed how resilient they were, bundling up and getting their exercise in spite of temperatures that were below freezing on many days. But when the thermometer dropped even further and the snow accumulated, outdoor play had to be put on hold for a while.

The Abington Pickleball Association provides a great opportunity for those aged 50 or more to socialize with a fun group of people and get some exercise on our six beautiful, lighted outdoor courts behind the Senior Center. The Association is not accepting new members at this time but will reconsider the enrollment moratorium in the spring based upon COVID guidance and restrictions. Enrollment is now open for existing members for the 2021 outdoor season for a fee of \$50 for Abington residents and \$100 for non-residents. Existing members are asked to renew membership no later than March 15. If you'd like more information or would like to be added to the membership waiting list, please send an email inquiry to abingtonpickleball@gmail.com or visit us on our Facebook page.

Thanks very much, Rick Shepherd

You know that on the next pain-free day you have, you'll be wearing your best suit, and someone will be saying a eulogy.

BEMIS DRUG—A BRIEF HISTORY *(continued from page 7)*

I refer to both locations because in 1968 Dad purchased the building at 6 Brighton Street from Mr. John Franey. The building had housed a gas station, auto repair shop, and residence to the Franey family. After a year of renovations, Bemis Drug relocated across the street to where it still is to this day. This move could only have been accomplished with the help of family, employees, and many friends. Charlie Whitman and I still have a few laughs over some of the shenanigans that took place during the move.

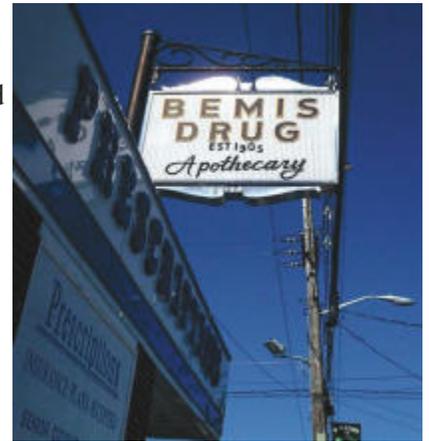
In 1978 the Cox family opened Cox Pharmacy in the Farmer's Market Plaza on Route 18. We maintained this location for 10 years. My brother Richard, also a pharmacist, ran this pharmacy until I graduated from pharmacy school in 1980. I then managed Cox Pharmacy until 1988 when we decided it would be best to consolidate into Bemis Drug in North Abington. I purchased Bemis Drug from Dad in 1987. After the consolidation I expanded the store by another 1000 square feet and have remodeled a few times to meet the demands of a modern pharmacy.

Bemis Drug has constantly evolved over the years to maintain the high level of personal and professional service to the community. In the early days pharmacy involved a lot of pharmacognosey which was the study and manufacturing of drugs from plants. Prescriptions were handwritten by doctors and included a lot of Latin-based abbreviations which were always interesting to decipher. I have a collection of handwritten prescription log books dating back to the late 1800's. Some very interesting formulas are found in these. They range from heroin based cough syrups to even the use of placebos. I guess back then they valued the theory of mind over matter. As the years passed many more drugs became available commercially and no longer were prepared in the drugstore. Many more advances took place in the pharmacy such as the use of computers. Now we have faster and more sophisticated computers which assist the pharmacist in detecting correct doses and drug interactions. At Bemis Drug we have a prescription dispensing robot, called a Parata RDS. This has automated the filling of many prescriptions as it counts the tablets, prints the label, applies the label to the vial, and produces a prescription ready to be checked by the pharmacist. This has been a real time saver for us which gives us more time to spend talking to and counseling the customer.

A lot has changed over the years, but one of the things that has not changed is the commitment Bemis Drug has to our customers and our community. Bemis Drug is dedicated to providing the community with courteous and professional services. We still provide our customers with free prescription delivery when needed.

I am proud to have grown up in Abington and to be able to still work in a family owned pharmacy in my hometown. My children, Matt and Amy, and my niece, Tricia, are looking forward to continuing to provide the same professional pharmaceutical services to the community in the coming years,

—Bill Cox, *Article reprinted from January 2016 Senior Informer.*

**LOCAL LANDMARKS GONE** —Lorraine Leventuk

I am taking the liberty to speak for myself, other patrons and towns-people who feel the loss of Bemis Drug. The personal service provided by the Cox family will be sorely missed. The transition of John and Eddie Franey's garage to Bemis Drug after the Standish block fire will remain a landmark name. Gone is the soda fountain but the personal service remained.

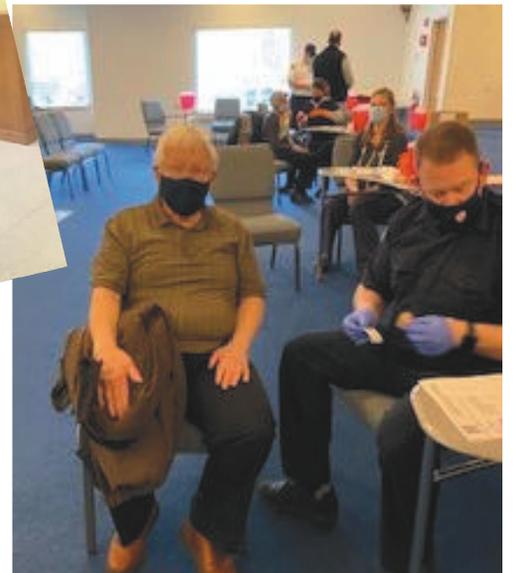
Gone are: Sheehan's, soda fountain, daily morning and evening newspaper, paperbacks, movie magazines, songsheets, town postcards, penny candy, etc.—Joe Mack's Capitol Theatre and the marquee on the elm tree at the railroad crossing for weekend features and rushing to Atwood's/Lynch's corner store at intermission to replenish our supply of penny candy for the 2nd feature. Atwood's corner store became Lynch's without change, as a convenience store with a soda fountain and the smell of popcorn as you entered the door—Dobson & Bickford hardwares—A&P & First National—Atlantic Card Co.—Gowell Jewelry—Maxi Katz meat market—Sally's hairdressing—Cappy's Lunch—Jenny Smith Specialty store—Ellis taxi stand—Cass then Raples cleaners—the cobbler—the Chinese laundry family who returned to China.

The Cellar, a family tavern run by Kay & Willy Sarjalla, with good pizzas and Italian food, has changed hands many times—the barber shop also changed hands. Gone is the fish market. You knew it was Friday with the Bowser family and Buddy Sabin keeping up with take-outs.

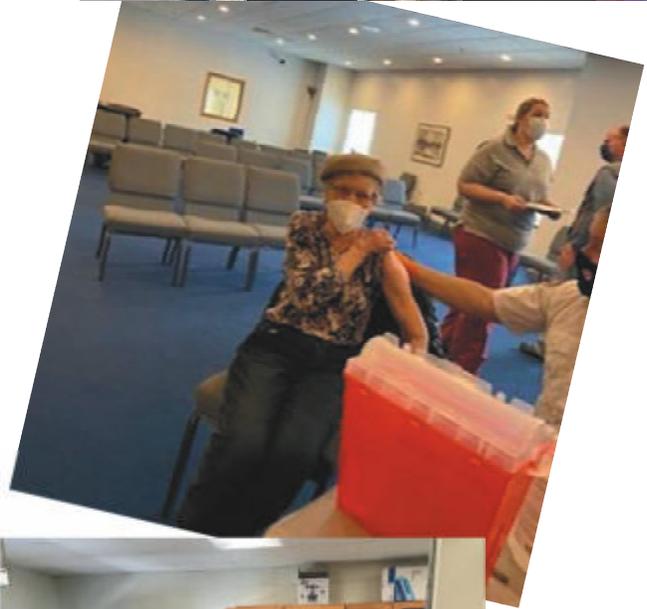
Martin's Bakery was 2nd to none and Saturday mornings were busy with people picking up their baked beans for Saturday night franks and beans. Martin's Bakery went from Katopski to the Villa family. Martin's is no longer a bakery but a restaurant. Martin's and the Villa family are the last landmark of a thriving era.

To the Cox family and staff we wish you well. You will be sadly missed by all. As we say to military personnel we now say to you *"Thanks For Your Service!"*

ABINGTON SENIOR CENTER ACTIVITIES



Age is nothing but experience, and some of us are more experienced than others. —Andy Rooney

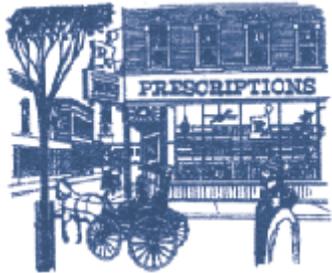


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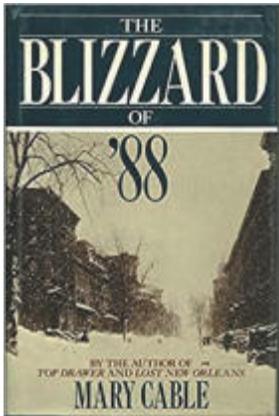
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