

# MasterChef looking for local cooks to cast in 11th season, holding casting call in Boston

MasterChef is casting for their season and are in the process of doing community outreach looking for amazing HOME COOKS!

We are on a nationwide search for talented amateur cooks from all types of backgrounds and with a range of cooking styles, to audition for Season 11. Whether you enjoy cooking delightful desserts or hefty main courses, whether you cook fine French cuisine or prefer a great tasting burger, we want to hear from you.

If cooking is your passion, you cannot miss out on this opportunity.

Now's the time to turn in your desk job and follow your culinary dream – take this first step: fill in the application form, cook your favorite dish, and head down to an open casting call.

The deadline of receipt for application forms and video submissions is Saturday, October 12th at Midnight, 12:00am PST.

Interested? You can pre-register [here](#).

**What:** Come to our casting call and bring an amazing dish!

**How:** Register [here](#).

**When:** October 19, 2019 from 9:00am-4:00pm

**Questions:** [WiseSageCasting@gmail.com](mailto:WiseSageCasting@gmail.com)

# @MasterChef®

## NOW CASTING BOSTON!!



**Saturday, October 19<sup>th</sup> 2019**  
**(9am-4pm) Location TBD**

for more details and to apply go to:

**MasterChefCasting.com**



@MasterChefUSA



facebook.com/MasterChefUSA



@MasterChefUSA

Eligibility and other terms and conditions will apply. Not an offer of employment.

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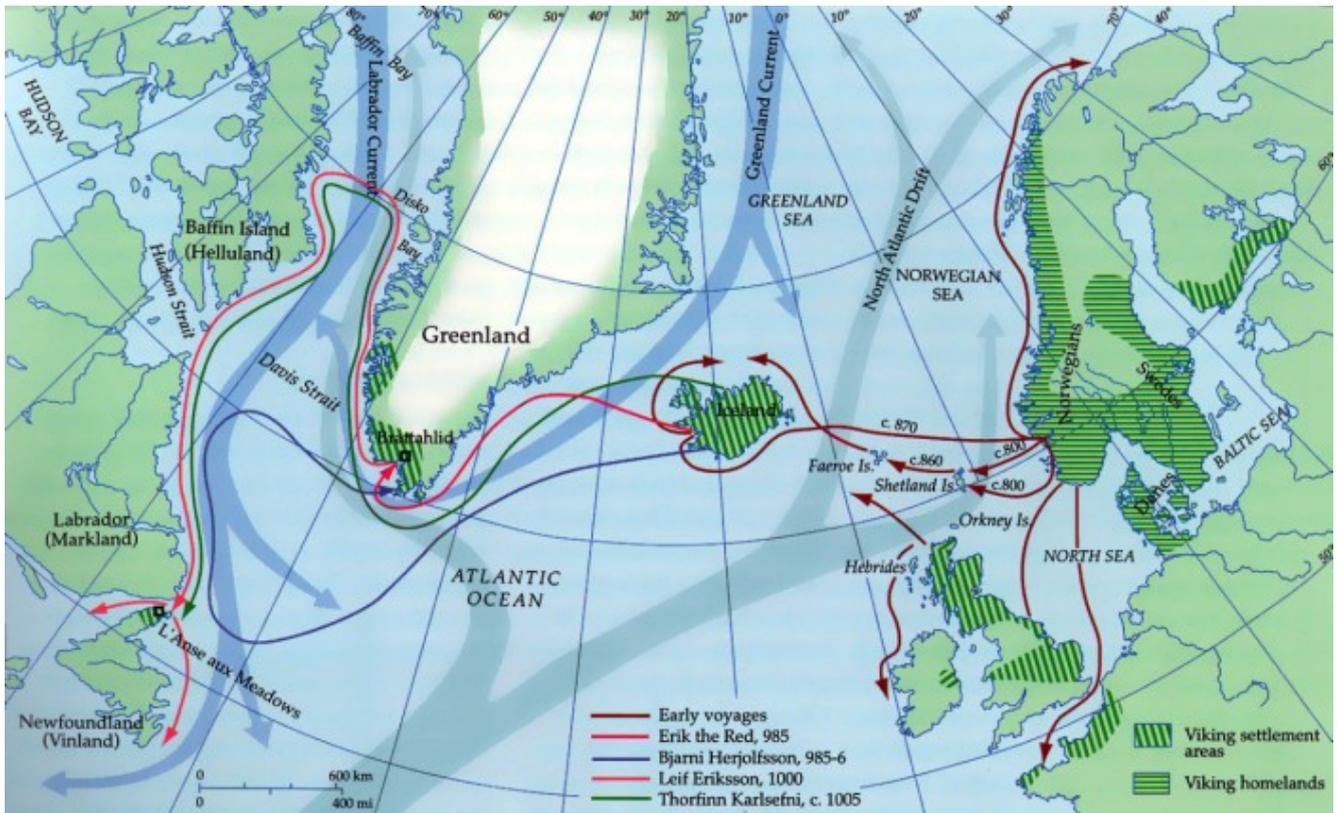
ONE  
POTATO  
TWO  
POTATO

# No North American Beaver, no New England, no America

While the American Bald Eagle is a symbol for America, in many ways it should be *Castor canadensis*, the North American beaver for without it and the industry that developed around its pelts, America as a nation may have never had gotten off the ground, so to speak.

There are too many industries to list when it comes to the overall success of the United States as a nation. New Bedford itself had eras when textile was the primary industry, followed by whaling which was replaced by fishing, lighting (New Bedford was once called "The city that lit the world") and as of late alternative energy. Some would suggest marijuana will be America's next major industry – one that New Bedford will join perhaps sometime around 2050.

It is the fishing industry, particularly cod, that drew Europeans in large numbers to the shores of the New World. The Atlantic fishing grounds were rich with life and it fueled Europe's economy. The first documented case of a European exploring the Atlantic beyond Europe's shores is with Icelandic explorer Erik the Red (ca. 950–1003). He reached Greenland and began a short-lived colony and interacted with natives called "Skraelings." He inspired his son Leif Erikson (c. 970–1020) with tales of his exploits so when he was of age Erik decided to go farther and he made it to Newfoundland and built a small settlement called L'Anse aux Meadows (Jellyfish Cove).



Around 1400 AD Easter Islanders land on the coast of Chile, themselves Polynesian settlers and shortly after in 1473 Portugal's João Vaz Corte-Real was exploring the Northeastern Coast of the United States No one knows for sure where he visited but he called it Terra Nova do Bacalhau or the New Land of the Codfish, which suggest somewhere between New England or Canada.

After Corte-Real come a slew of familiar explorers and conquistadors like Columbus, Cabot, Vespucci, Ponce de León, Cortés, Magellan, de Soto. The oldest permanent European settlement is founded by Spain's Pedro Menendez de Aviles at St. Augustine, Florida in 1565. By 1584 Walter Raleigh lands north of Florida to find land for Queen Elizabeth and calls it Virginia where the infamous story of Roanoke begins.

What is clear is that the tales of these European explorations and of the New World's abundant resources return to the Old World surely piquing the interests of countless Europeans, especially royalty and merchants whose eyes must have been seeing "dollar" signs and the gain in repute. The New World and its Amerindians had no idea what was about to come.

Now, I know in the back of many of our minds is the sad reality of American consumerism: while we appease our unquenching thirst for products it comes at the cost of our planet and the creatures that live on it, including ourselves. It is a resource that is not limitless and the more we take from our environment, the less we leave our children and their children. It's a necessary topic for discussion and one that must happen, however it is a fact that without these consumption industries there would be no America, no us.



All forays into America's history, any nation's history for that matter, are to dive into this gray area. The value in history is in the lessons to be culled while looking back, the desire to **not** repeat our mistakes. We **can** look at our history, recognize those mistakes and **also** acknowledge and appreciate

the risk and sacrifice and that went into forming our country. Sacrifices and risks that led to the point in time where you are sitting right now – the home, career, car, and family you have.

So this is not a celebration by any means, simply a recognition.

The idea of using pelts as trade was not one conceived of by the explorers, settlers, and frontiersmen upon arrival to the New World as Amerindians had a robust one in place already since approximately 10,000 BCE. While Europeans were also trading pelts in the Old World it wasn't an industry at the scale and degree that it would eventually become in America's formative years, one so monumental that it would fuel and fund the basis for, and creation of, an entire nation.

Initially, it was exploration that drove Europeans across the Atlantic but with tales of the ocean's abundance, fish, specifically cod, would be the first industry of the nation to come. Combined with explorers' tales – often exaggerated – there was plenty of incentive and opportunity for merchants, royalty and the general populace alike.

Of course, merchants and royalty were drawn by the natural resources they could exploit to their financial benefit, but for the people there was opportunity to improve their station and escape impoverished conditions, lower social status, or religious persecution.



The very first resource to attract investors and businesses was that of fur trading and it was with the French starting in the 16th century along the St. Lawrence and Ottawa Rivers. The primary reason it began with the French is that the entire European hat-making industry was centered in France and they needed to sate the demand. As the French dug in, their colony New France, expanded beyond the St. Lawrence River and Ottawa Rivers through the Great Lakes region.

Trade began in colder aspects of North America, what we now call Canada and New England, because the severe winters predicated the need for fur to not only keep warm but survive the harsh climate. Initially, modest in nature it started with simply trapping beavers, skinning and then tanning their hides for hats not only in North America but as a commodity for transatlantic trade with Europe since Europe had already hunted beavers into virtual extinction.

In fact, the demand for beaver hats turned into an obsession for Europe and thus began the first case of a relationship when it comes to trends going across the Atlantic from America -a trend that continues to this day. They were highly

desirable for European aristocracy, royalty, and the well-to-do. They became a status symbol and fashion statement.

Seeing how lucrative this trading in fur was pushed the trade routes and networks southward as far as the Mississippi River and westward as far as the Rocky Mountains. It was the Appalachians that trappers found a new source for revenue and trade: deer, which were found there in abundance.

As other nations became involved in the New World the trade routes created by the French began to develop exponentially and they were followed in quick fashion by the English, then the Dutch, Spanish, even the Russians all creating quite elaborate networks throughout the eastern seaboard. Of particular note, are the English who in 1670 granted Hudson's Bay Company a charter and established trading posts in the Hudson Bay in present-day Canada.



*Check out an interactive map that allows you to zoom in here.* At these trading posts, trappers, frontiersmen, and settlers could exchange their harvest for flint, fishhooks, hatchets, pots, pans, tobacco, blades, guns and gunpowder, fishing nets, blankets, alcohol, needles, utensils, clothing, and a hundred other necessities and luxuries. So, you can see how the fur trade attracted all walks of life and was spurred on and fueled.

England got a monumental boost in 1685 when King Louis XIV revoked the Edict of Nantes which declared Protestantism illegal – though you were allowed once chance to convert to Catholicism on the spot. Overnight, Protestants fled France, and any French Protestant in its colonies and territories who had power in any facet were rendered impotent.

How did this significantly help England within the fur industry? Part of this exodus included France's skilled workforce and that included hatters, 10,000 of whom fled to England. Think of the magnitude of this revocation: if 10,000 hatters fled – a tiny portion of the overall workforce of France – it doesn't take much math to calculate how many skilled and unskilled people relocated to other countries. A negative impact on France's economy was a boon for the nearby nations, particularly England which now became the center for hat production.

But of course, the French would continue to fight for its top position and did so through strengthening its network and relationships with other European nations as well as those with local Indian tribes. For decades the French and English would swap positions of being top dog but within a century, this foothold in the region would eventually lead to a British stranglehold on the New England region. The nail in the coffin for the French was the conquest of New France in 1763 by the English after the Seven Years War from 1756-1763.



The war would include all the major European powers of the time broken into two coalitions, one consisting of Great Britain, Portugal, Prussia, various German states, and the other being France, Spain, Russia, the Austrian-led Holy Roman Empire, Sweden and Saxony. By proxy other nations who had interests with these powers were drawn into the far-away battle and included parts of West Africa, the Philippines, South America, and even India.

The war ended with two major treaties: the Treaty of Paris between Great Britain, Spain and France and the Treaty of Hubertusburg between Prussia, Saxony, and Austria. This was a massive windfall for Great Britain and their stranglehold on the burgeoning fur trade: they gained not only some Caribbean islands, Senegal, and the French trading posts in India but the vast majority of New France and all the outposts. In addition, a new relationship began with the Scottish merchants who were already operating out of Montreal.

The demand for beaver hats by this point was so high that trappers had overharvested and beaver populations were

depleting. This created a need to make aggregate versions of beaver hats, combining beaver with other hides from rabbits, mink, deer, et al. This depletion of the beaver population was devastating to the ecosystem and to the Amerindian tribes – those who weren't part of the fur trade and needed the beaver pelts to survive the harsh winters and those who lived in the ecosystems devastated by their overharvesting.

With the conclusion of the American Revolution in 1783, America's borders were altered, we took over the outposts, trade routes and overall industry and forced the English northward into Canada.



By the 1850s, the demand for North America's fur took a massive blow when the European fashion trends blew in a different direction and the subsequent collapse in fur prices devastated the industry. This forced Americans looking for work into other industries like textile, whaling, fishing, coal, iron, lumber, glass, rail, food processing, shoes and

sadly creating another example of overharvesting, Bison.

The fur trade collapse was a reprieve for the continent's animals that were the primary source for pelts and hides and while many populations rebounded some never have. However, this collapse wasn't a total one it just meant that merchants and corporations would have to diversify to survive. When it came to surviving, the damage to the beaver populations was catastrophic: from an estimated 60 million with the arrival of the first trappers to around 9 million by counts in 1988.

The Hudson's Bay Company would maintain its supremacy in the North America fur trade up until the mid-1990s when the social climate had changed wearing fur represented centuries of the slaughter of animals – a slaughter that was no longer necessary in a world where warm clothing could be obtained with other materials.

Wearing fur was by then solely a status symbol of one's wealth and the middle and lower class felt were united in agreement that it was "toxic." Hudson's Bay Company under this pressure and society's new view on animal rights decided to totally and completely end its that aspect of its operations.

This, however, did not lead to an end of the fur trade in North America and today it is responsible for 15% of the global fur industry – an industry that worldwide pulls in \$15 billion dollars.



A constellation of causes and conditions in the 16th century led to the singling out of *Castor Canadensis*. The fact that the European beaver population had been decimated didn't cause the demand for beaver hats to abate. The demand was still high and when explorers returning from the New World described the continent's resources, including the discovery of another beaver population, the powers-that-be dumped resources and virtually limitless funds into the fur industry and the side industries of trapping, felting, tanning, etc.

It was the lone beaver that created a monumental flow of both money and human traffic "across the pond" and this drove a transatlantic economy that was responsible for fueling the financial success of two continents. Without the beaver would there have been such a robust connection between the Old World and the New World? While there was a myriad of other natural resources that attracted merchant companies and many industries were rather large sources of revenue for these companies it was the fur trade, particularly sourced from the beaver, that was the "main artery," the lifeblood, a large slice of the pie, that was responsible for the founding of the thirteen colonies that would become the foundation for what would become the United States of America.

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# **From instilling good habits in puppies to correcting bad behaviors Eric Letendre's Dog Training School offers effective, fast solutions**

Are you a dog owner that wants to learn more about training your best friend's behavior? Maybe you have a new puppy in the house and want to not only start him as young as possible when it comes to house-training but are interested in how to form a bond or imprint with him or her. Perhaps, you want to understand where a recent bad habit or aggression is stemming from?

Who do you go to for something like this? Is there someone local? Someone professional, knowledgeable, and affordable?



Eric Letendre, owner of Eric Letendre's Dog Training School has worked professionally with dogs and their owners for nearly 35 years, encountered nearly every issue, and produces fast results. He offers group dog and puppy training classes and private, one-on-one in-home dog training lessons and together with his wife, Rachael, and two dog trainers Claire Pelletier and Alexandria Mauck, they bring world-class dog training to the South Coast, and even beyond.

On any given day they see 6-7 different dogs and owners from New Bedford to Swansea to Fairhaven. From something as simple as a 10-week old puppy learning basic manners and obedience or a middle-aged dog with a barking problem, to more serious matters like a shelter dog with separation anxiety issues or a dog that lunges at guests.

Often, they are called in as a last resort for a dog that is just days or even hours away from being brought to a shelter because the issue is so severe. And, yes – they resolve the issue, saving the dog's future and alleviating considerable

stress for the owners. With confidence, Eric says that there is no one who can solve a reactive or aggressive dog's behavior better. And his clients' testimonials can vouch for this declaration.

He feels that the secret to dog training boils down to teaching dogs two important words: "yes" and "no." Dogs must understand what behaviors they can do, e.g. come, stay, down, etc. and which are not tolerated like jumping on people, digging where they aren't supposed to, or eating food off counters.



"A very common behavior problem is leash reactivity. Many dog owners have a difficult time controlling their dogs on a leash. I show them how to quickly and easily bring the dog's behavior under control and you can see the relief come over the person's face. They can now feel comfortable taking their dogs out in public." says Eric.

Eric's love affair with dogs while utilizing behavioral change and training began as a Security K9 Handler in Hartford, CT in 1988. He absolutely was thrilled with the job and interaction, so much so that he enrolled in the Professional Dog Trainers

Course at Connecticut K9 in Newington, CT.

Once amidst classes, he found the entire topic so fascinating that he decided to make a career out of it and in the summer of 1995 he officially started his own business in Fall River where he also served as an Animal Control Officer. Eventually relocating to Westport, he opened American Canine of Westport (now under different ownership), before starting his current business where he has been for the past two years.

Through the entire process, he realized that he also enjoyed working directly with the dog owners – something he recognized wasn't particularly the case in the dog training industry. Many trainers he encountered disliked working with people – in his case, he loved doing both.



Eric has worked for or provided training for every shelter in the area including Humane Society & Shelter SouthCoast in Dartmouth, Placing Paws, Forever Paws, and was the head

trainer at Potters League for Animals for three years.

In addition, he is an author of four dog training books, all of which are available on Amazon. His newest book "The Deadly Training Myth" can also be found there, but even better you can follow his Facebook Page and find out where he may be locally doing a book signing!

Eric is so good at what he does, that his YouTube videos have over 12 million views. His entire day is filled with what he loves: dogs. When he's not working directly with dog's and clients, he is writing about them, playing with his own, even sharing his knowledge and experience at special locations, like Diamond in the RUFF in Acushnet on Monday nights and Saturday mornings. For him, it's a dream profession, and one he delights in.

When asked about the training sessions he offers he explained: "We provide a combination of private and group training sessions to get the best results. We get fast results and don't waste any time. Most of our **100 five-star Google reviews** tell how we solved the dog's problem *in just one session*. We use the most up to date, science-based training techniques so we can provide dog owners with fast results and help with especially difficult dogs."



Those results speak for themselves.

Whether you are simply looking out to start your puppy on the right behavioral path or dealing with minor or major issues with your best friend, or in extreme cases at the end of your rope and in the unenviable position where you may not be able to keep your dog because of these bad behavior Eric Letendre's Dog Training School will be able to assist you.

If you are at the point where you are ready to give up and bring your dog to a shelter or rescue center, don't. Eric and his staff will shock you with the effectiveness of their program and with how fast they can turn a dog around. They have done it time and time again.

If you need any more incentive, Eric offers a first-time, no-obligation, FREE consultation. Get this: he will drive to you, wherever you are and have that discussion. After that discussion, you can decide whether or not to hire him. However, I'm sure you will be thoroughly amazed at his breadth

of knowledge and passion and thrilled about what he can do for you.

Eric Letendre's Dog Training School recently won SouthCoast Today's "Best of the Best" Dog Trainer on the South Coast and to thank the area they are having a Customer Appreciation Party on Friday, September 27th from 4:00pm-7:00pm. The event is for not just dog owners, but all dog lovers. There will be a raffle to benefit the Fairhaven Animal Shelter, door prizes, giveaways, photo ops, contests, prizes delicious food, and lots of fun for you and your dog.

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### **Testimonials:**

"I recommend Eric to everyone I meet. He is incredible. When we got our boxer puppy Mia we quickly became overwhelmed with incessant demand barking and biting, as well as jumping on our guests, stealing items off countertops, and chasing our cat. As promised, Mia no longer barked at us, bit, or jumped after our very first session. The following sessions helped us teach her the skills that she needed to become a well rounded and behaved dog. The fights about the dog have stopped, and there is peace and order in our home again. I feel like I have my life back! We are completely indebted to Eric and will recommend him forever. Thank you!"-**Courtney C.**

*"I was desperate to get help for my Teacup Chihuahua, Badger, that I thought had become aggressive. He would bark, growl and snap at everyone that came anywhere near him or my truck. In looking for a trainer, I came across a U-Tube video of Eric working with a Rottweiler, and as I watched additional videos of Eric, I was thinking this looks like the guy I needed. I called and Eric's wife Rachel was just so calming and made me feel like there was hope for Badger and myself.*

Amazing is the only word that I can use to explain Eric and

his skills with dogs. His individual and group training classes are very helpful and informative. Badger was immediately a changed dog the very first lesson we had, I learned he was not aggressive, but scared and it was a coping mechanism to keep people away. Badger now works as a service dog and visits nursing homes and loves attention of children. I definitely have and will continue to recommend Eric if someone needs help with their dog. I honestly carry a supply of his business cards everywhere and have had to re-stock, as I give them out so often. So if you are looking for training for your dog and YOURSELF, Eric is the man for you, any breed or size of dog. THANK YOU ERIC FOR EVERYTHING!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!" -Carol Nguyen.

*"I honestly can not say enough about Eric and how he helped us with our adorable puppy! It sounds corny, but he literally changed our lives! We are the happiest and proudest dog owners now thanks to the terrific training Eric provided. Eric has the nicest way about him and it's so obvious how much he loves dogs and just wants you and the dog to have the best quality of life. I highly, highly recommend Eric to anyone who loves their dog but doesn't want their dog to rule their life. Thank you Eric...you made us fall in love with our puppy all over again!" ~Kathleen Breede.*

Read dozens more testimonials in the section of his website.

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## **Eric Letendre's Dog Training School**

1180 State Road,  
Westport MA  
Phone: 774-319-6351

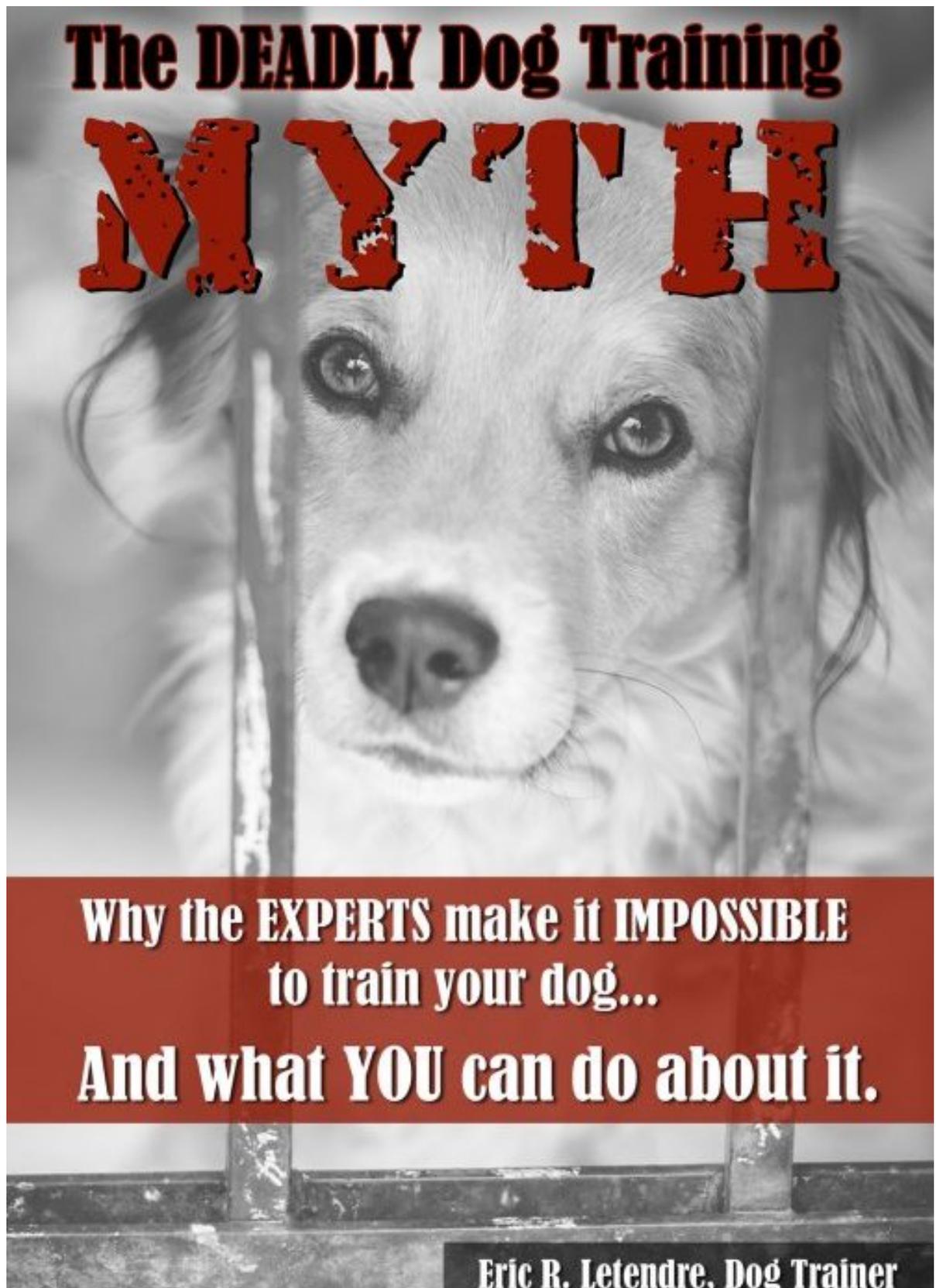
*Monday-Thursday: 9:00am-8:00pm*

*Saturday: 9:00am-5:00pm*

**Facebook:** [facebook.com/EricLetendreDogTraining](https://facebook.com/EricLetendreDogTraining)

**Website:** [ericletendre.com/](http://ericletendre.com/)

**Facebook Event Page:** [facebook.com/events/2114460112192307](https://facebook.com/events/2114460112192307)



# **The DEADLY Dog Training**

# **MYTH**

**Why the EXPERTS make it IMPOSSIBLE  
to train your dog...**

**And what YOU can do about it.**

**Eric R. Letendre, Dog Trainer**

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# Massachusetts Troopers arrest two for Trafficking Cocaine

On Monday just after 9 p.m. Trooper Jason Macomber, assigned to State Police-Athol, was patrolling Route 2 in Templeton. As he was stationary in the area of Baldwinville Road he observed a black Infiniti traveling nearly 90 miles per hour where the posted speed limit is only 55 miles per hour. Trooper Macomber entered traffic and caught up to the vehicle, activated his blue lights, and stopped it just after Exit 19 in Phillipston.

Upon stopping the vehicle Trooper Macomber approached the driver's side window and identified the operator as JEOVONNE MALDONADO, 21, of Marlborough. Trooper Timothy Desmarais then arrived on scene to assist. Both troopers conversed with the vehicle's occupants for some time, through subsequent investigation on scene the troopers were able to identify the passenger as SANTOS MACARIO, 21, of Marlborough and determined he had an active warrant for his arrest.

MACARIO was removed from the vehicle and placed under arrest. A search of the area he was seated yielded two bags containing 52 grams of a substance believed to be crack cocaine. Troopers then conducted a full search of the vehicle which yielded 74 vials of a THC extract and nearly \$1,900 of loose currency. MALDONADO was also placed under arrest and both men were then transported to State Police-Athol. They were booked and bail was set at \$5,000 for MALDONADO and \$1,000 for MACARIO.

Both men were able to post bail and were scheduled for their arraignment Tuesday Morning at Winchendon District Court on the following charges:

JEOVONNE MALDONADO:

1. Trafficking in Cocaine;
2. Possession of a Class C Drug with Intent to Distribute;
3. Conspiracy to Violate Drug Law; and
4. Speeding.

SANTOS MACARIO:

1. Trafficking in Cocaine;
2. Possession of a Class C Drug with Intent to Distribute; and
3. Conspiracy to Violate Drug Law.

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## **Wareham Police arrest man for car break-ins; repeat offender**

On Saturday, September 7, at about 9:30 p.m., Special Officer Malik Wilkes observed a suspicious male in the parking lot of Master Mufflers on Cranberry Highway. Staying out of sight, Officer Wilkes witnessed the male pulling on door handles of cars parked in the lot and called for backup. Lt. Walter Correia, Officer James White, and Officer Michael Phinney responded and positioned themselves to surveil the lot. Within a minute, Officer Phinney observed the male get into the passenger side of a car and reach for something on the driver's side.

As Officer Phinney approached the vehicle, the male attempted to flee, and a scuffle ensued. With the assistance of Officer White, the male was subdued and placed under arrest. Brendin Akusis, 24, of East Wareham is charged with breaking and

entering in a vehicle with intent to commit a felony and resisting arrest.

This is the second time in less than a month Mr. Akusis has been arrested by Wareham Police. On August 19, he was arrested after being suspected of breaking into the Mass Coast Railroad office and stealing from that building.

Acting Chief John Walcek said, "I am proud of Officer Wilkes, one of our seasonal officers, for his keen observations which resulted in this arrest by members of the evening shift."

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## **Father and son touched by compassionate act of New Bedford Police officer**

"Earlier today I was walking down Acushnet Ave with my 8-year-old nonverbal autistic son. As we were crossing the entrance to the CVS parking lot, something triggered a meltdown and my son flopped to the ground. He's a very solid 100 lbs, and when he has a meltdown, he can be nearly impossible to get off of the ground against his will.

As I was trying to help my son calm down and get out of danger, a New Bedford Police Officer stopped and blocked the entryway to the parking lot with his cruiser.

At that point, Officer Gerry Harris came over and asked if my son was alright. When I explained the situation, he offered to assist in moving my son to my car which was parked in the lot. Together, we picked him up, and then something amazing happened. My son grabbed on to his uniform, and let him carry

him in his arms to the car.

Officer Harris asked me his name and then spoke to him kindly and compassionately, saying "Hey, Jeffrey. Are you ok? We're just going over to dad's car."

His patience, kindness, and compassionate attitude made all the difference in my son's world today. I just want the City of New Bedford Police Department (Official), the people of New Bedford, and Officer Harris to know how grateful I am."-David Whynot.

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## **The tragic story of Massachusetts' leper colony and the "lights of Penikese Island," Dr. Frank Parker and wife Marion**

The term "leper" typically conjures up images of people in India or biblical stories, but beyond that, there is not a heck of a lot known about the disease, its history or even that it has a connection with Massachusetts.

Leprosy, or Hansen's disease named after the Norwegian doctor Dr. Gerhard-Henrik Armauer Hansen who first identified it in 1873, is an infection by the bacteria, *Mycobacterium leprae*. While 95% of the world has a natural immunity to it, 200,000 new cases are reported each year with about 150 of those cases here in the USA. Approximately, 60% of those are in India due to the isolation of many communities from medical facilities,

poverty, lack of education leading to its identification by someone infected, and the stigma associated with it.



Leprosy is not only mildly contagious, but curable if caught early enough. If not recognized, or treatment is not sought out in a timely manner the bacteria spreads from the nose and mouth of an infected person to the skin and nerves of the body. The feet and hands are the first to suffer the effects and the nerve damage leads to numbness, loss of sensation, and muscle paralysis. This lack of sensation removes feedback the brain gets to things like heat and/or pressure, and in everyday life or the workplace, this can lead to loss of those digits – what most people associate with the disease.

Interestingly, there is only one other animal in the animal kingdom besides humans that can host the bacteria, armadillos. In places like Brazil, reports show that half of the nation's population carry leprosy and here in the US, particularly in the south, the rate of armadillos hosting the bacteria is on

the rise.

While today you can find a leprosarium or what is colloquially called a "Leper Colony," in only a few countries, in the 19th century, they were found throughout the world including Europe and the U.S.A. In fact, one of the Elizabeth Islands right here in Buzzards Bay – just a dozen miles from New Bedford – was home to a leprosarium, the state's only one. The 75-acre Penikese Island first discovered by Bartholomew Gosnold in 1602, was the site of the leprosarium from 1905-1921 – a site chosen because of the stigma associated with the disease and the general populace's unfounded fear that it was highly contagious.

State hospitals simply weren't interested in housing those afflicted with the condition because the trustees were more concerned about the "optics" of housing "lepers" so close to communities – that would hurt their "bottom line." The idea of an isolated farm was bantered about but ultimately fear played a role in the locals and they did their darndest to make sure that wouldn't happen.



No one, whether those in institutionalized medicine or the general populace, was interested in having lepers within their community. An "I wouldn't touch him with a 10-foot pole." was the sentiment and policy with everyone.

Fortunately, not everyone is driven by greed, intolerance, and fear – choosing compassion and kindness instead. In 1905, Penikese Island was purchased by the Commonwealth for \$25,000 and those with leprosy were rounded up: Jose Rogeriquez, Goon S. Dub, Frank Pena, Mary Barros, and Yee Toy. The five were placed on a Fairhaven Branch Railroad train, brought to Fairhaven before setting sail to the island aboard the sloop, “Keepsake.”

Rudimentary housing was erected along with a clinic run by one man who was bold and brave enough to go against the tide, a Dr. Frank Parker. He arrived with his wife Marion and a modest staff to tend to the colonists. The colony would then grow over the years to take in more people inflicted with the disease and at its height, the island had just shy of 40 patients.

Considering that both Dr. Parker and his wife were living a well-to-do lifestyle in Boston and the doctor had a thriving practice, he sacrificed much to the poor ignored souls desperate for help, pain relief and hopefully a cure. The vast majority of those interned at the colony were immigrants reflecting a potpourri of ethnicities and nationalities, e.g. Portugal, Spain, Italy, Greece, China, Japan, Russia, etc. What they all had in common was the affliction, poverty, being immigrants, and speaking little to no English. The doctor and staff sure had their work cut out for them!



*Photo by Spinner Publications*

Imagine what it must have felt like to not speak the language, not understand the nature of your disease and the prognosis, be ostracized by the medical community, despised by your neighbors, incapable of maintaining a source of income, own a home, start a family, and along comes a light like Dr. Parker, wife Marion, and staff – a staff that could easily work anywhere else in the state.

The residents would not only receive medical attention, housing, and food but they would receive an education, work on the island doing light farming, landscaping, and doing leisure activities.

Often it is within humanity's darkest moments that people rise to the occasion, step up to the proverbial plate. It is a shame that Dr, Parker's work and that of his wife and staff don't get the recognition in the state and nation's history for what they did. They, in essence, ruined their reputation and income for a humanitarian cause.

In spite of the work being done on Penikese Island the

Commonwealth never softened to the colony and preferred to end funding and shut it down. Dr. Parker had to frequently return to Boston to campaign and lobby for the colony to survive. However, there is little one can do when the powers-that-be have made up their minds. The governor of Massachusetts at the time, Channing Cox, fought hard to have the colony closed. He was likely heavily influenced by organized medical boards throughout the state, the majority of who did not want a leper colony anywhere in the state, even out of view.



A large federal hospital was being erected in Carville, Louisiana and the governor made the order to shut the colony down and ship all its last 16 residents to the unfinished facility. He couldn't even wait for it to be finished – he wanted them gone. They were ferried to Fairhaven aboard the sloop "Keepsake" again before being brought to the Philadelphia & Reading Coal Wharf in New Bedford where they

were greeted by news reporters and a curious crowd clamoring to get a glimpse.

Ironic considering that a group of people who were shunned by a society who wanted them out of sight, out of mind, now quit everything they were doing to now place them in their sight and mind. The Mercury reported that Dr. Parker and his staff openly wept as they made their goodbyes.

Here is a goodbye letter handed to Dr, Parker by a colonist as he departed for Louisiana. Keep in mind as you read it that it is written by a person who is not only poor, had little schooling beyond what he learned at the colony, and had Greek as his first language, but likely had missing digits.

Having said that, he still writes better than half the people on social media that have English as a first language.

*"My dear Mr. Parker,*

I am here now 15 months with you, and now I go away from her I am sorry, very much, because I can't repay that help you did for me. I thank you very much for your benefit you do to me and my sister. We never forget your noble feeling for us unhappy people.

I wish the God to help you and all your people as you desire, and I wish to meet you again outside some day. I say again I thank you very much. Excuse me because I can't write very well to write you a few line words pleasant to you.

Farewell, Dr. Parker. Good-bye.

Gratefully yours,  
John Marketakis"



*Photo by Spinner Publications*

Devastated and heartbroken, Dr. Parker's final assignment was to fumigate and raze all the structures on Penikese Island. All that is left is a small cemetery (containing the 16 that died while living there) and a few stone gate posts which you can still be viewed from Google Maps. Dr. Parker was very vocal with news reporters about the entire process and his feelings about the medical industry's greed and lack of compassion – a compassion that is supposed to be driven by a Hippocratic Oath.

Because he dared speak against the medical community and what Governor Cox had done, he angered a lot of people. Governor Cox being a petty, vindictive individual decided that crushing Dr. Parker's colony and breaking his heart wasn't enough so he refused to give him his last few paychecks, cut off his pension, and even threatened to veto any attempt by legislators to pay Dr. Parker or re-institute his pension.

At 65-years of age, a social pariah, jobless and destitute, Dr. Parker and his wife relocated to Montana where one of

their sons lived. Sadly, he would succumb to whooping cough shortly after. In 1996, the Massachusetts Statehouse held a ceremony where Dr. Parker was honored with a paltry plaque.

Today the Commonwealth still owns the island where it is used as a bird sanctuary. From 1973 to 2011 the island was a colony of sorts: it housed a school for troubled, special-needs juvenile boys, most recovering from opiate or alcohol addiction. You can view a documentary about the school called *Castaways: The Boys of Penikese Island* [here](#).



In 2015, an opioid-addiction treatment facility named Penikese was opened but in little more than a year, it closed its doors because of a lack of funding.

The story of the Penikese Leprosarium is both a story of tragedy, cruelty, and apathy and one of loving-kindness, compassion, and service to fellow man. It is also one of insight into societal behavior, an insight that is crucial to remember lest history repeats itself. People who were devalued, dehumanized and stripped of their dignity and livelihood as well as their families and friends found solace in Dr. Parker, wife Marion, and staff who reminded them of their value, humanity, and dignity.

For every Governor Cox and callous, apathetic groupthink mob that rears its head within society, there is a Dr. Parker and his ilk waiting in the wings to restore our faith in humanity.

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## **Who remembers ... 5 Candy Bars from the 70s and 80s?**

The candy bar is as American as apple pie and baseball. If you ask any red-blooded American what their favorite things to eat were growing up, you're likely to hear candy bars in their reminiscing.

The candy bar has been around forever and each decade scores of new ones are added to the vast variety. So, it comes as no surprise that the candy business is a \$5 billion dollar a year business. Amazing considering that when companies first began to mass market their nougat, caramel, chocolate, peanut creations in the 1950s the average candy bar was a...nickel!

I'm not sure you can even buy anything in America for a nickel anymore. If a penny candy store exists anywhere, maybe a single piece would cost a nickel. I don't like the sound of a "nickel candy store."

The candy bar has been around since the 1840s England believe it or not. A man named Joseph Fry put sugar and cocoa and formed it into the common shape we see so often today. A few years later a Quaker businessman who had been selling tea, coffee, and hot cocoa since the 1820s came along and jumped into the candy bar market. You might have heard of this guy...John Cadbury.

Both Cadbury and Fry would soon join forces and mass produce a

few types of sweet concoctions, Cadbury launched his business into the stratosphere with the introduction of the Cadbury egg in 1875. By 1905 Cadbury had a production facility, the first of its kind in the burgeoning industry with names like Hershey, Nestle, Necco, Mars and Luden throwing their hats in the ring.

Every since then America's has had a deep-seated love affair with the candy bar. Who doesn't like to grab one for a quick snack, at a movie theater, or just to treat yourself?

Here are 5 Candy Bars from the 1970s and 1980s that have come and gone:



## 1. Marathon Bar

This large candy bar was promoted as “Nobody eats a Marathon fast!” because of its size, which is where it got its name. The candy bar was so large for the time that the wrapper had a ruler on the inside. If the size didn't grab your attention, the bright red wrapper did.

If only the Mars company knew what was coming for America – super sizes, Double Gulps, and upsizing would become such an American way of life that car manufacturers would have to double their cup holders.

What stood out to me growing up was not just the size of the candy bar, but its “Swiss cheese” look. It was a wavy bar of milk chocolate drizzled in caramel and had lots of holes in it. A sneaky way to save money?

Sadly the bar would lose its popularity and be discontinued in 1981.



## 2. Reggie! Bar

The Reggie! bar made by Clark was clearly a way to draw in the kids – what boy didn’t play or watch baseball? Slap a popular sports figure like New York Yankees right fielder Reggie Jackson on the wrapper and it wouldn’t take long to have a best seller.

The “bar” would deviate from the traditional candy bar shape in that it was a patty. a patty covered in chocolate and peanuts with a caramel center.

And every kid would unwrap that patty and make poop jokes and we’d all laugh, chomp it down and perhaps actually play some baseball.

While it died out in 1982, Clark would try to revive it in the 90s with a peanut butter center instead of caramel, but it wasn't enough and it died within a year.



### 3. PB Max

Another candy bar that strayed from the traditional shape but still called a candy "bar" was the PB Max. This wasn't a "poop" patty but it was a large square bar. It did deviate from the standard ingredients of chocolate, peanuts, and caramel in that it was made of peanut butter and oats on a cookie base, then covered in milk chocolate.

When the bar first came out Mars company who manufactured them did not state what PB stood for in their commercials, a part of their marketing campaign. Mars company would have fun with that and produced commercials saying it meant various things like portly ballerina, penguin black-belt, plow boy, pure bliss, parachuting buffalo, or pink baboon.

Every kid would have a blast coming up with variations of what PB meant, some were rather crude. But what kid would want more than a delicious candy bar that came with a little fun? At one point the bar would leave its paper wrapper and be sold in a small box.

There are rumors that the company will begin making the discontinued bar again this year (2019).



## 4. Sky Bar

This was my favorite on the list. First manufactured by Necco in 1938, it was marketed with a brilliant gimmick: you got four sections of caramel, vanilla, peanut and fudge all covered in chocolate. It was brilliant not just because you got such a variety in one bar, but because if you didn't like one of the sections you could have fun and swap one out with a friend's Sky Bar.

Unfortunately, Necco would close their doors in 2018 putting an end to one of the longest-running candy bars on the planet. There are also rumors that this candy bar will be revived this year (2019).



## 5. Seven Up

Trying to outdo Necco's Sky Bar, in 1951 Pearson's Candy produced two variants of their Seven Up bar in which had seven pillows or segments. One bar had mint, nougat, butterscotch, fudge, coconut, buttercream, caramel and the other had cherry, coconut, caramel, fudge, jelly, maple, and Brazil nut centers in each of its seven segments. It was like having the candy bar version of a Whitman's Box of Assorted Chocolates. The bar would die out in 1979.

*Which candy bar on this list was your favorite? Which one should have been on the list? Comment below or inbox us at [info@newbedfordguide.com](mailto:info@newbedfordguide.com).*

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# **West Nile Virus detected in latest mosquito sample in Oak Grove area of New Bedford**

The Massachusetts Department of Public Health (MDPH) has notified the New Bedford Health Department of the finding of West Nile Virus in a primarily bird-biting mosquito sample obtained in the vicinity of Oak Grove Cemetery in New Bedford. The mosquito is of the *Culex pipiens/restuans* complex species and is mainly bird-biting.

## **Second Round of State Aerial Sprayings Planned**

MDPH and the Massachusetts Department of Agricultural Resources announced plans today for a second round of aerial sprayings in certain areas of Bristol and Plymouth counties overnight on Wednesday, August 21.

For more information:  
<https://www.mass.gov/news/state-officials-announce-plans-to-conduct-second-round-of-aerial-spraying-for-mosquitoes-in>.

## **Dusk Closures Continue**

The City of New Bedford recently began closing parks and other open public spaces at dusk in response to the risk of Eastern Equine Encephalitis (EEE). Multiple positive tests of mosquitoes with EEE in New Bedford and surrounding municipalities have led the state's Department of Public Health to classify the risk level in Greater New Bedford as 'critical' for EEE. Closures will continue until Friday, September 13; park lights will be turned off at dusk (approximately 7:30 p.m.). The park closures will be reevaluated and the City will announce its plans from September 13 onward. Athletic leagues and other organizations utilizing the park should not continue their activities beyond dusk, due to the increased risk of EEE.

## **Ground Sprayings Continue**

Ground spraying for mosquitoes will continue through the summer in the early mornings of Fridays and Tuesdays. Friday rounds of spraying will target areas including Buttonwood Park, Brooklawn Park, Fort Taber, Hazelwood Park, Riverside Park, Clasky Common Park, Ashley Park, the Poor Farm area, Custom House Square and the downtown area. Tuesday rounds of spraying will target the far North End of the city, including the areas surrounding the New Bedford Business Park, New Bedford Regional Airport, Sassaquin Pond, and Acushnet Avenue north of Phillips Avenue. Ground spraying occurs place between 2:00 am and sunrise on Friday and Tuesday morning, weather permitting. Residents in the vicinity of the targeted areas may wish to close their windows this evening prior to the spraying.

## **Precautionary Measures**

The same precautionary measures are advised for EEE, West Nile Virus, and the Zika virus. These include the following:

### **Avoid Mosquito Bites**

Ø Be Aware of Peak Mosquito Hours – While mosquitoes are out at all hours of the day, their peak biting times are from dusk to dawn. Consider rescheduling outdoor activities that occur during evening or early morning. Otherwise, take extra care to use repellent and protective clothing, especially if you work or spend a lot of time outdoors.

Ø Clothing Can Help Reduce Mosquito Bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Ø Apply Insect Repellent when you go outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), IR3535 or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product

label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

### **Mosquito-Proof Your Home**

Ø Drain Standing Water – Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.

Ø Install or Repair Screens – Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

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## **Six rarely ordered items to try at an Italian restaurant**

In the first article of this series, we talked about Chinese cuisine. In this one, we'll talk about perhaps the most popular cuisine on earth: Italian.

Unless you grew up in an Italian or Sicilian household a typical American's experience of those cuisines rarely goes past things like pizza, lasagna, spaghetti, ravioli, calzone or bruschetta. Even with dessert, not much is known beyond the big "four" of tiramisu, cannoli, biscotti, and gelato. But there are hundreds of dishes that most Americans haven't tried

and if we go regional,

Think about this: if Americans have made those things a part of their lives and in some cases are very passionate about it, what else in Italian and Sicilian cuisine are they missing out on? If those things are so delicious and mouth-watering and only known through popularity, you would do yourself a disservice to not investigate to discover dishes that are just as delicious if not more so.

Italian and Sicilian food has an astounding regional variety and even among nationals, there is an unawareness of dishes. For example, while we in Massachusetts consider cherrystones, coffee milk, and linguica as common as water, there are swaths of America that haven't a clue what they are.



Having grown up in a Sicilian household I've eaten a large number of dishes that my Portuguese, French-Canadian, African-American, Hispanic friends in the community thought were exotic or even downright strange. This is the case for all

ethnicities when it comes to their food – what is ubiquitous, normal and every day for one is brand new for another ethnic group.

I don't know about you, but as a hardcore foodie, I actually get excited when I have the opportunity to try food I've never heard of. I have a bucket list of foods that I have heard of but haven't tried yet, e.g. durian, balut, shark fin soup, bird's nest soup, Hákarl, Casu Marzu, et al. and I'd love to check off as many as I can before I die.

Anyhow, blah, blah, blah. Let's talk food.



*Arancini with peas, ground beef, tomato. Photo by Catfisheye.*

## **1. Arancini**

For those who are only a little adventurous and need some coaxing to try something beyond the standard Italian dishes *Arancini* is probably the best to start with. There's nothing out of the ordinary about it to scare anyone away. Arancini is a Sicilian classic that has been mentioned as far back as the 10-th century.

Simply put they are rice balls rolled in bread crumbs with various centers that alternate with mozzarella, sausage or ground beef and tomato sauce, or even peas and tomato sauce. They are then deep-fried until golden brown – crispy on the outside, piping hot on the inside. Serve with some dipping red sauce and you have a great appetizer or starter.

In Italy, they are popular street food and you can find vendors selling large versions place in a protective cardboard or dense paper envelope so you can walk around enjoying the vistas while chomping on one of Italy's most delicious foods.



## 2. Cacio e Pepe

If you take a close look at Italian food it is typically a few main ingredients, using the freshest possible ones, and using perfect portions cooked for an exact length of time. Spaghetti Bolognese is as simple as it gets, but guess what? Ask 10 people to cook it and you taste some awful versions and some mind-blowing versions. The difference? The afore-mentioned freshness of ingredients and cooking it just right.

The problem with this is that if you don't have a lot of experience making the dish, the tiniest mistake will make the

difference between bad and great. That's a dish with core three ingredients.

With *Cacio e Pepe* this theme is brought to an extreme level. Often, *Cacio e Pepe* is a benchmark for a chef demonstrating what can be done with a few ingredients. Mess up one step, one ingredient, cook it a few seconds too long or short and it will be forgettable. Do it all right and your face will light up and your belly will sing with joy.

Ready for the ingredients on this one? Un-sauced spaghetti, parmesan, fresh ground black pepper, and butter or extra virgin olive oil. Are you laughing? I hope so because I want you to scoff at the concept of this dish being incredible. I want you to make fun of me as some rube. Then I want you to order it at a restaurant and when you get it at the right place you will think about this article and thing "That Joe was right! He's still a stupid rube, but he was right!"

Doubt me? Ask yourself how many bad pizzas you've had? How many amazing ones? Even with just cheese pizza, the difference between 2 places on the same street can be night and day, right?

### **3. Osso Buco**



If you are a meat lover, especially when it comes to beef and/or steak this is about as *umami* or savory a dish you will find in any cuisine. *Osso Buco* is on any serious foodies' bucket list of "must try" dishes. *Osso Buco* is cross-cut veal shanks braised in white wine and natural *au jus* style broth accompanied with cubed potatoes, carrots, celery, parsley, and garlic. You may find some variations that throw in tomatoes and/or onion.

The key here is the temperature and time the dish spends braising. When done right the meat can be attacked using a fork, no knife is needed. Because it is cooked with bone in the shank the richness that comes from that bone and the marrow raises *Ossobuco* to another level. A life-changing level. I kid, I kid. Ok, I'm not kidding.

## 4. Caponata



Meat not your thing or looking to take a break and get some vegetables? another Sicilian classic, *Caponata*, will right up your alley. Like red sauce, you will find minor variations from town to town, even household to household with each claiming their version to be the best.

*Caponata* is a slightly sweet, slightly sour eggplant based salad. Married with the fried or grilled eggplant are olives, tomato, onion, capers, celery, raisins, basil and pine nuts. A kiss of honey, perhaps some red pepper flakes and you have a bowl of happy. You can find variations on some menus that have anchovies to add an element of richness. If you are a vegetarian or vegan, just be aware of that.

This *insalata* is one of that I love so much that I make it at home. Of all the dishes on this list, this is one that you allows some leeway – you can make some minor mistakes and it will still come out good. Give it a go and let us know how you make out in the comments.

## 5. Gnocchi



*Gnocci* or “knots on wood” is one that sort of snuck on the list. I have come across a few people, even stubborn ones who prefer that hot dog, pizza, hamburger life, that have heard of *gnocchi*. Although, trying it is another thing.

*Gnocchi* is another dish I make at home, both potato and semolina/pasta versions. In essence, they are small love lumps or tiny dumplings made from the aforementioned pasta or potato but can be also made with egg, cheese, cornmeal or even breadcrumbs.

It is incredibly versatile because the *gnocchi* itself is there to supply texture to the dish and to sponge up the sauce you accompany it with. For that reason substitute soups that call for pasta with *gnocchi*. The sauce can be simple alfredo, a red sauce, a bolognese, some freshly grated parmesan, or even used to make *cacio e pepe*.

They are so popular that you can find variants in French, Croatian, Austrian, Polish, Brazilian, Argentinian, even Portuguese cuisines. For the curious, in Portugal they are called *nhoque*.

## 6. Saltimbocca



Last but not least is one that even those who are about the hot dog, hamburger, steak and potatoes life may have heard of or tried because it is, in essence, steak. *Saltimbocca* means “jumps in the mouth” because it is so incredibly life-altering delicious that you will go into auto-pilot when eating it. Have you ever gone out with friends who talk a lot and food comes to the table that is so delicious that suddenly everyone is quiet? Yes, that’s *saltimbocca*.

Ready for some taste buds to fire up? *Saltimbocca* is pan-fried, thinly sliced veal lined or wrapped with *prosciutto* and sage; marinated in dry white wine, olive oil or saltwater. Veal on its own is delicious, *prosciutto* on its own is delicious, wine on its own is delicious, so hey why not put them all together?

It is not uncommon to come across versions that utilize steak or chicken instead and if you are squeamish about using veal because you can look for this version or even ask a waiter if you can substitute it.

So, head out into the world foodie explorers and the next time you eat at an Italian restaurant and want to try something new or are feeling adventurous try one of these dishes.

If you end up finding something you really like, then let us know in the comments. If you don't like it at all and you are now mad at me, let me have it in the comments. Let us know where you had and what you took issue with or really enjoyed about the dish.