

State education head talks high school education at BVCC breakfast

BY PATTY ROY

Speakers at the Blackstone Valley Chamber of Commerce (BVCC) breakfast held on Sept. 27 focused on innovation and pathways to student success through the intersection of education and opportunities for young people to gain the technical skills needed to get a job and create a career pathway.

The breakfast celebrated the fifth anniversary of the Blackstone Valley Hub for Workforce Development. The "Hub" for Workforce Development is the non-profit arm of the BVCC. Established in 2018, is pledged to serving the workforce training needs of the community, schools and businesses.

Business, educational leaders and non-profit program developers were the attendees at the event held at VFW Post 3329 in Millbury.

The morning kicked off with an intro to the program from Hub chair Mike Rubin, Uxbridge High School principal about providing tracks from high school to workforce.

"We're now offering technologies that are cutting edge," Rubin said. "Virtual welding, if you haven't tried it, it's seriously one of the coolest things you'll ever do. Advanced manufacturing robotics, cutting edge stuff that most of us in our individual silos couldn't do."

Much of the instruction is provided by onsite learning in actual businesses.

Rubin followed his introduction to the program with a startling story, but one that felt familiar to the educators in the room.

There was a boy from Guatemala who walked from his country of birth to Texas.

"He got to Texas with a piece of paper in his coat that was basically this notarized document that said 'my parents can't take care of me anymore, but I have an uncle in Uxbridge,'" Rubin related.

Guatemala is in turmoil and the teen's father had been shot and his brother had been shot. At nine years old, he had been pulled out of school to work the coffee fields. He was unable to read or speak English subse-

quently was classified as a student of limited formal education.

He showed up in Uxbridge at 15 years old, learned English, got an Applied Manufacturing Technology Pathway certification as well as an OSHA certification.

"He did all that in partnership with some of our teachers, counselors and staff," Rubin said. The teen was so motivated, he rode his bike to the Hub every day.

The young man is now going into a job on a manufacturing site and he's teaching his uncle what it means to be a manufacturer, so he doesn't have to mow lawns every day," said Rubin.

The teen is just one success story. Others were students that were undecided what to do after high school and the program gave them much appreciated direction.

The Hub innovation center considers "things like durable skills, we think about things like determination. Resilience. Breaking down barriers, getting support from other people in the community, asking for help,"

EDUCATION

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Victory! Eric Shrayer at the completion of his swim. Photo submitted

Distance swim marks a milestone birthday

BY PATTY ROY

Eric Shrayer celebrated his 50th birthday in August, but decided to add a challenge to the festivities by making a long swim around Manchaug Pond.

Rather than setting distance goals, Shrayer headed for landmarks as he rounded the circumference of the lake.

"I swam point to point around

the perimeter of the lake," he said. "The channel where the dam is, and on the other side by old Holbrook Campground, there's a sandbar, Blueberry Island and there's conservation land on one point, the South Cove." Those were the markers he used, familiar to him from boyhood.

He wore no fins, no goggles, no swim shirt, just kept it simple with swimming trunks. Shrayer guessed the water temperature was about 70 degrees. "It was nice, it was a warm night the night before."

He also noted it was cloudy and rainy on the day of his swim "So that lowered the chances of me getting hit by a boat."

Shrayer completed the swim in under two hours, but claims the kudos must be shared.

"My wife Karen really deserves the credit here because she sat next to me in a kayak so I didn't get hit by a boat. She's the real star here," Shrayer said.

Shrayer grew up on the lake and always loved swimming and spending time there. "There's a lot of good people on the lake. The Manchaug Pond Foundation does a good job raising money and things like that."

He muses that maybe he caught the competitive swim bug from his daughter Allie, a senior who swims with the Grafton High School Gators and is a team MVP.

"She would critique my form and tell me how I could do it better," he laughed.

Shrayer did some light training

SWIM

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EDUCATION

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Rubin said.

The featured speaker for the group of innovative educators was Patrick Tutwiler, PhD, the state Secretary of the Executive Office of Education and Gov. Maura Healey's top advisor on education.

Tutwiler offered a driving principle: "that we can all connect to reform for a brighter future in Massachusetts for all students."

"Stabilize, heal and transform. I submit to you that these principles may serve as our framework as we forge ahead," he said.

Education is in a recovery period; stabilization and healing are enabling conditions and foundational to sustain transformation, Tutwiler said.

Having been a superintendent of schools in the city of Lynn, he said he was "deeply familiar the present day challenges with school experience, staffing and mental health."

"Our first budget, which Gov. Healey signed into law last month, includes fully funding the student opportunity act, and designated investments toward mental health, and increased staffing and retention options," Tutwiler said.

He also offered another piece of healing advice "that's not wrapped up on budget or policy." Everyone needs to partner to improve the narrative around the teaching profession, he said.

"This is a profound workforce issue," Tutwiler said.

The extraordinary increase in and availability of technology should involve reimagining high school in the state, he noted.

There have been changes in the past decade on how folks view shifts in early education through grade 8, but there has been no corresponding change in high school.

With respect for the perspectives and life experiences of all students, high school needs to redesign its learning experiences for deeper student engagement.

Class relevancy could be increased with deeper hands-on instruction and advising models to empower all students to make informed career and college choices.

Systems should take into account the historically marginalized, personalizing their course work.

Earning college credits in high school helps student learn the skills to get ahead in their careers without being saddled with debt, Tutwiler said.

Through innovative career pathways students gain real world experience in high demand fields that maximize career and technical education resources, including Chapter 74 programs that meet the definition of vocational technical education and After Dark education initiatives.

"That will be invaluable when they enter the workforce," Tutwiler said, adding that it is also clear that Chapter 74 capacity needs to be extended throughout the state.

"High school is the launching point for students into their adult lives. And we have to realize the full potential of what that educational experience should be," he said. In fact, we want to stabilize you and transform the system from start to finish or as some have put it, from cradle to career."

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 Jennifer Schofield, Advertising Director: jschofield@theyankeeexpress.com
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 Laura Gleim, Billing & Sales: lgleim@theyankeeexpress.com
 Bill Cronan, Blackstone Valley Sales: bcronan@theyankeeexpress.com

Kimberly Vasseur, Production Manager
 Sally Patterson, Graphic Artist
 Contributing Writers and Columnists: Tom D'Agostino, Christine Galeone, Amy Palumbo-Leclair, Mark Marzeotti, John Paul, Janet Stoica, Christopher Tremblay

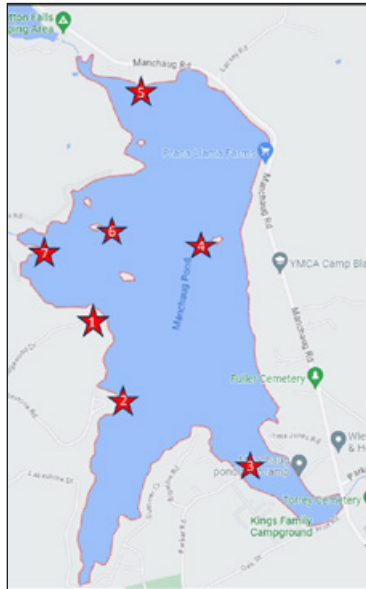
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SWIM

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over the summer, extending his swims every time he went in. "I started from where my family's house is and just kept upping the distance" he said, "until I thought I could do it without drowning." Reflecting on his long distance

Right: Shrayer's entrance to the Channel Below, Manchaug Pond map showing Eric Shrayer's point to point 50th birthday swim. Photo submitted



swim, Shrayer modestly described his achievement as "nice." "Yeah, I guess if I'm going to turn 50, I figured I might as well get out there and do something I'd like to do," he said. Shrayer also gave credit to The Manchaug Pond Foundation for the healthy, clear condition of the water. They raise funds for tending to this precious resource by running events like the DAM Race 5K and 3K Health Walk on Oct. 14.

The Manchaug Pond Foundation, is a 501c3 non-profit public charity. Race registration begins at 8:30 a.m. with the runners taking off at 9:30 a.m. The route is a scenic one, skirting the lake, with the start at 19 Hole Road near King's Campground. There is parking at both the start and finish line. Hang around for refreshments after. \$20 to enter. Register at manchaug-pond.org/events-info/damrace/

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Sheriff's organic farm delivers produce to Uxbridge Senior Center

While New England has experienced record periods of rainfall this year, the staff and inmate work crew at the Worcester County Jail and House of Correction have managed to maintain adequate growing conditions for the Department's Organic Farm program. The inmates who are eligible to opt into the farm program, pick and wash the produce daily before it is distributed throughout Worcester County.

This year, over 60 food pantries and non-profit organizations across Worcester County have benefitted from the Worcester County Sheriff's Organic Farm. Nearly 500 pounds of fresh organic vegetables and fruits are harvested every day on the grounds of the proudly displayed farm in West Boylston.

From squash to corn and can-

taloupe to eggplant, the 15-acre farm grows a wide variety of healthy produce that is provided to those in need or used for meals in the correctional facility.

Recently, the Worcester County Sheriff's Office Community Outreach team visited the Uxbridge Senior Center and delivered over 100 pounds of fresh organic produce. These fruits and vegetables were used in meal programs and distributed to those whom the organization serves.

"The Uxbridge Senior Center sincerely appreciates the contribution of fresh vegetables provided by the sheriff's department," commented Lisa Bernard, Director at the Uxbridge Senior Center. "Some of the vegetables are used by our chef in our hot lunch program at the center, which is open to residents



Worcester County Sheriff's Office Community Outreach team delivers fresh organic produce to the Uxbridge Senior Center.

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Monday through Friday. We also distribute the organic vegetables from the sheriff's farm to folks in our community. This program helps make a difference to so many. Thanks again Sheriff Evangelidis for always thinking of us!"

Since taking office in 2011, Sheriff Lew Evangelidis has remained committed to developing the organic farm and serving the communities he represents. The Worcester County Jail and House of Correction boasts the largest organic farm on a correctional facility in Massachusetts.

"The Sheriff's Office's Organic Farm is a tremendously positive program," commented Sheriff Evangelidis. "The farm allows our department to give back to



Freshly picked produce from the Worcester County Sheriff's Office's Organic Farm ready for distribution all over the county.

the communities that we work to keep safe. It also teaches select incarcerated individuals a structured lifestyle, the importance of constructive community involvement, and the dignity that comes along with a steady job or

purpose."

The department will continue their 2023 distributions as long as the growing season will allow.

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Should you invest ... or speculate?



Mark Freeman

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You'll find some big differences between traditional and speculative investments — and knowing these differences can matter a great deal when you're trying to reach your financial goals.

To begin with, let's look at the basic types of traditional and speculative investments. Traditional investments are those with which you're probably already familiar: stocks, bonds, mutual funds, government securities, certificates

of deposit (CDs) and so on. Speculative investments include cryptocurrencies, foreign currencies and precious metals such as gold, silver and copper.

Now, consider these three components of investing and how they differ between traditional and speculative investments:

The first issue to consider is risk. When you own stocks or stock-based mutual funds, the value of your investments will fluctuate. And bond prices will also move up and down, largely in response to changing interest rates. However, owning an array of stocks — small-company, large-company, international, etc. — can help reduce the impact of volatility on your stock portfolio. And owning a mix of short- and long-term bonds can help you defend yourself somewhat against interest-rate movements. When interest rates fall, you'll still have your longer-term bonds, which generally — but not always — pay higher

rates than short-term ones. And when interest rates rise, you can redeem your maturing short-term bonds at potentially higher rates.

With speculative investments, though, price movements can be extreme as well as rapid. During their short history, cryptocurrencies in particular have shown astonishingly fast moves up and down, resulting in huge gains followed by equally huge, or bigger, losses. The risk factor for crypto is exacerbated by its being largely unregulated, unlike with stocks and bonds, whose transactions are overseen by well-established regulatory agencies. There just isn't much that investors can do to modulate the risk presented by crypto and some other speculative investments.

A second key difference between traditional and speculative investments is the time horizon involved. When you invest in stocks and other traditional investments, you ideally should be in it for the long term — it's not a "get rich quick"

strategy. But those who purchase speculative investments want, and expect, quick and sizable returns, despite the considerable risk involved.

A third difference between the two types of investments is the activity required by investors. When you're a long-term investor in traditional investments, you may not have to do all that much, once you've built a portfolio that's appropriate for your risk tolerance, goals and time horizon. After that point, it's mostly just a matter of monitoring your portfolio and making occasional moves — you're not constantly buying and selling, or at least you shouldn't be. But when you speculate in crypto or other instruments, you are constantly watching prices move — and then making your own moves in response. It's an activity that requires considerable attention and effort.

One final thought: Not all speculative instruments are necessarily bad investments. Precious metals, for instance,

are found in some traditional mutual funds, sometimes in the form of shares of mining companies. And even crypto may become more of a stable vehicle once additional regulation comes into play. But if you're investing for long-term goals, such as a comfortable retirement — rather than speculating for thrills and quick gains, which may disappear just as quickly — you may want to give careful thought to the types of investments you pursue.

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Explore and learn about a variety of printmaking techniques, including woodcut, engraving, etching, collagraphy, lithography, monoprint, and some experimental techniques by artists Susan Johnson, Woldemar Neufeld, Grace Bentley-Scheck, Janet Baker Swearer, Morgan Tartakoff, and Andrew Volpe. Most prints will be displayed with their respective plates and all printmaking processes will be explained. There will also be printmaking demonstrations at the opening reception and workshops offered in conjunction with the exhibit. For more information and links to each artist's website, visit open-skycs.org/news-events.

ValleyCAST's Spaulding R.



Detail of print and plate by Uxbridge, MA artist Morgan Tartakoff

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Thursday, October 19th @ 11:30am Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. We will also touch on how to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Space is limited, sign up with Amy.

F.I.N.E. NEWS 120 CLUB

Stop by Plummer Place to purchase your ticket for the new cycle of our 120 Club. Thanks for supporting our largest fundraiser with your chance to win a weekly cash prize of \$20 and grand prizes of \$500, \$400, \$300, \$200, and \$100 which will be drawn on November 16th. The next 120 Club cycle will begin on July 6th and run through November 16th. \$20/ticket and may be purchased at the Plummer Place front desk.

F.I.N.E. Oktoberfest Banquet F.I.N.E. Oktoberfest Banquet, originally scheduled for October 13, 2023, will be rescheduled for a later date to be determined. We are hoping for a Spring 2024 event and will keep you apprised.

New Women's Group. Women, let's meet and have meaningful discussions, let's focus on our mental & physical health,

let's enjoy each other's company and have fun! Our first meeting will be a meet and greet at 9:30 a.m. Oct. 16 with a focus on what you want this group to be. What topics interest you? And then each month we will have a guest speaker to help us navigate this thing called life! Coffee, tea, snacks will be served, call Michelle to sign up.

WEEKLY ACTIVITIES

Mondays: Pitch: 9:00 Chair Ex: 9:00 Tai Chi: 11:00 Cribbage: 12:30 Mahjong: 1:00 Aqua @ Wcc: 1:30
Oct. 9 Closed
Tuesdays: Shuffleboard: 9:00 Yoga: 9:45 Painting: 10:00 Yoga: 10:00 Muscle Mix: 11:00 POKE-NO: 12:30 Bridge: 12:30 Oct. 10 VA rep 10:30 a.m.; Blood pressure clinic 11a.m. – 12 p.m.
Wednesdays: Low Impact: 10:00 Strummers: 10:00 Ukulele: 2:00 Tap: 2:30 Oct. 18 – Book Club 10:30 a.m.
Thursdays: Chair Yoga: 11:15 Lunch: 12:00 Mahjong: 12:30
Fridays: Stretch & Strength: 9:00 Dull Men's Club: 9:30 on Oct. 6 only

COMING IN NOVEMBER... THE ART OF BOWMAKING

Thursday, November 2nd, 1-2:00pm Join us for a bow making class for everyday use for your home and/or package. Learn to make simple and elegant bows to the more elaborate ones too! We will also teach you how to embellish your bows and packages. Come ready to make bows for birthdays, weddings, anniversaries, showers and more. You will take home your own bows at the end of the class. Please bring your own sharp scissors! Space is limited.

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Sutton Historical Society Annual Cemetery Tour



The Sutton Historical Society will host its 3rd Annual Cemetery tour as part of the Oh My Gourd Event on Saturday, October 28, 2023 from 5 pm - 8 pm in the Town Center Cemetery, 4 Uxbridge Road. This free tour highlights the history of some of Sutton's earliest settlers in a unique way. The tour is appropriate for all ages and does require walking along the uneven terrain of the cemetery. The General Rufus Putnam Museum will also be open during this event. The current exhibit celebrates the 200th anniversary of the construction of this building, which was used as a Masonic Hall, Town School, Town Library, Daughters of the American Revolution Hall, and currently, the home of the Sutton Historical Society.

The Oh My Gourd event, which takes place at the Town Common and the Sutton Elementary School, includes a scarecrow and jack-o-lantern contest, several dance performances, trunk or treat, and more. Check out the event at (www.thesuttonfourth.org).

Membership in the Society is open year round. Membership information, event updates, and much more can be found at suttonhistoricalsocietyinc.org.

The Upton Veterans of Foreign Wars (VFW) will hold the last of this summer's series of flea markets from 8 a.m. to 1:30 p.m. on Saturday October 14 at Post headquarters, 15 Millford St., (Rt. 140) in Upton next door to the new Community Center. There is no rain date. Parking is free.

Spaces are \$10 each or, for an additional \$5 a banquet sized table can be provided by the Post. Reservations are not required, although further information can be provided by contacting the VFW Facebook page or member David Kennedy at 508-529-3314.

Generally coffee and donuts are available in the morning, then hot dogs, chips, and cold drinks at noon.

The post wishes to thank the vendors, crafts people and the bargain hunters who have made it possible over the years for the Post to benefit local veterans, the post itself, and the community.



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International Fellows Impressed by Vocational Education: National Defense University Tours BVT

Students, staff, and administrators at Blackstone Valley Regional Vocational Technical High School (BVT) recently welcomed members of the National Defense University International Fellows program to their campus. The visiting group of veterans and active-duty military officials representing 83 countries were excited to tour the school and speak with students about their education.

The National Defense University in Washington, D.C., provides senior international civilian and military leaders with graduate learning opportunities. Its International Fellows program

is a one-year intensive program focused on educating, inspiring, and developing national security leaders. As part of their studies, the International Fellows Class of 2024 visited Upton, Massachusetts, on September 20th to gain a better understanding of the American education system.

At BVT, the group received a first-hand look at career technical education. They walked the hallways, observed teachers and students at work in 18 modern vocational shops, and peeked into classrooms. The tour ended with tasty treats professionally prepared and arranged by students in the

Culinary Arts program for the visitors to enjoy before participating in a question-and-answer session with administrators and students.

Having observed the hands-on training students receive in their vocational classrooms, the group was interested in learning how students balance their vocational and academic coursework. They also wanted to know how students decided which vocational program to study during high school and their plans to continue pursuing their chosen fields.

"BVT has incredible resources," said International Fellow Edward of the United Kingdom while

touring the school. "It was a great opportunity to observe students putting theoretical learning into practice at a young age."

"During the comprehensive tour, I saw students working with modern tools and equipment they'd use in the industry," said International Fellow Alex of Romania. "It's impressive that the students have technical skills that will allow them to compete and work anywhere in the world. Very cool."

The recent visit exemplifies how BVT works to expand its student's knowledge by sharing perspectives. Interacting with the Interna-

tional Fellows allowed the students to learn about the aspects of a military career. Our students were proud to speak about their experience and showcase what education is like at a regional vocational high school in the United States.

About Blackstone Valley Regional Vocational Technical High School (BVT):

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge.

October 2023 Events at Purgatory Chasm State Reservation

All programs are free and open to the public. Bring water, wear sunscreen/bug spray,

and dress for the outdoors. Sturdy footwear is strongly recommended for hiking events. An adult must

accompany all children. Hiking programs are canceled in inclement weather. For more information call 508-234-9610 or visit: mass.gov/locations/purgatory-chasm-state-reservation

Purgatory Chasm State Reservation is located at 198 Purgatory Road, Sutton MA 01590.

Please note that public programming may be affected by construction projects taking place within the park.

MEET SMOKEY THE BEAR SUNDAY, OCT. 8 1-2 P.M.

For 79 years Smokey has helped park goers understand the importance of using fire responsibly. Help us kick off Fire Prevention Week by meeting Smokey Bear and our Department of Conservation and Recreation firefighters!

Join us at the Pavilion near the chasm's entrance. The event will happen rain or shine, though will cancel for hazardous weather.

CHASM HIKE FRIDAYS 11 A.M. - 12 P.M., SATURDAYS 2-3 P.M., SUNDAYS 3-4 P.M.

Scramble around boulders while taking in the mystery of Purgatory Chasm. Find out about the park's history and cultural influence, the chasm's rock formations, or the wildlife that call the chasm home. Meet at the pavilion at the mouth of the chasm. Appropriate for ages 8 and above. About a half mile over moderate terrain.

CHASM PRIMER SATURDAYS AND SUNDAYS 11:30 A.M.

Find out the chasm's history in just 15 minutes. This is the perfect primer before your hike through the chasm. Meet at the mouth of the chasm. Appropriate for ages 8 and up.

GLACIAL GEOLOGY HIKE MONDAYS 2 - 3:30 P.M.

Discover our glacial past on this one mile hike to Little Purgatory. Meet at the Visitor Center. Suitable for ages 8 and above. About one mile over moderate terrain.

OFF THE BEATEN PATH FRIDAYS 2:30 - 3:30 P.M.

Hiking trails are the heart of our park system and getting outdoors is a great way to exercise. Join us on this recreational hike with other like-minded people. Meet at the Visitor Center. Appropriate for ages 8 and above. About one mile

over easy terrain.

ROCK DETECTIVES SATURDAYS 10 - 11 A.M.

Have you ever wondered where rocks come from? See a bunch of different rocks and find out more about where they have been and where they are going. Stay for five minutes or an hour. Meet in the pavilion near the entrance to the chasm. Appropriate for ages 4 and above. The program will be held in the Visitor Center during inclement weather.

SECRETS OF THE SKULL SUNDAYS 10 - 11 A.M.

We can learn many things about how an animal lives by looking at its skull. Join us to look for clues about how different animals survive by examining their skulls. Stay for five minutes or an hour. Meet in the pavilion near the entrance to the chasm. Appropriate for ages 4 and above. The program will be held in the Visitor Center during inclement weather.

TIME TRAVELER TOUR MONDAYS 11 A.M. - 12 P.M.

Take a step back in time! Get an introduction to this unique park as we walk among the historic structures and geological features, jumping around the park's history all the while. Meet at the Visitor Center. Suitable for ages 8 and above. Approximately one mile over easy terrain.

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Daughters of the American Revolution Presents Community Service Award to UniBank

The Captain Job Knapp Chapter of the Daughters of the American Revolution

recently presented a Community Service Award to UniBank for their support of the Chapter's

Good Citizens Awards. Chapter Regent Noveline Beltram presented the certificate

to Vice President and Relationship Branch Manager Karen M. Yacino at the Douglas branch of UniBank. The award recognizes the philanthropic support that UniBank provides to the community aligning also with the mission of the Daughters of the American Revolution to promote historic preservation, education and patriotism.

UniBank supports the chapter's annual DAR Good Citizen Award and Scholarship. A senior from four area high schools, Douglas, Northbridge, Blackstone Valley and Whitinsville Christian, is selected from each high school. Through UniBank's generous support the chapter awards each of these students with a scholarship. UniBank also recently

joined with the DAR to provide necessary grants to fund the recent renovations to the Jenckes Store in Douglas. UniBank's commitment to the improvement of our communities is numerous. The DAR commends UniBank for being a valued organization in the community.

The National Society Daughters of the American Revolution, founded in 1890 and headquartered in Washington, D.C., is a volunteer women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education for children. It is a nonprofit, non-political, volunteer women's service organization. Any woman who has an ancestor who fought in or rendered aid in the American Revolution may be eligible for membership in DAR. For more information, please contact Chapter Regent Noveline Beltram at noveline@verizon.net.

Chapter Regent Noveline Beltram an award from the DAR to Vice President and Relationship Branch Manager Karen M. Yacino at the Douglas branch of UniBank, in thanks for the support the bank provides to promote historic preservation, education and patriotism.



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Peter Amorello Construction & Demolition Inc. & Concrete? Yes...Concrete!

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Peter Amorello Construction & Demolition, Inc. has a simple mission – To provide quality and professional construction services.

Having his first job at 12 years old – Peter Amorello’s father would drop him off on the job site of the Worcester Galleria on Franklin Street. His job was to count trucks that would drop off material. At 9am break, his dad would bring him a donut and at noon he would send the lunch wagon to his location to make sure he was fed (and awake and doing his job), a fond memory for Peter. Fast forward to 1988 - learning all he could from the Amorello family business - Peter struck out on his own and opened Peter Amorello Construction & Demolition Inc. A growing company with trucks, excavators, and wonderful employees. Peter Amorello Construction & Demolition, Inc. is constantly bidding on site jobs and demolition projects. When asked what his biggest accomplishment was, he replied “I am not done yet”.

Business spotlight

When Peter Amorello started his career in construction, I don’t think he ever dreamed of adding concrete to his repertoire. But here we are some 55 years in, and he not only owns one concrete company, he owns two. It started when Peter saw a need for smaller concrete pours for not only commercial use but for homeowners as well. “I was on a night job site in Boston and got a volumetric mixer to deliver small batch concrete and found it was cheaper than barrel trucks” he said. “I loved the concept, so, in 2011, I bought my first volumetric truck and Small Load Concrete, LLC. was born.”

“Small Load Concrete uses the finest blend of materials, sourced locally, and can deliver as little as 1 yard. It is mixed onsite to control slump (amount of water) reduce waste and save you time and money! And the result has been very favorable.”



In 2020 – during the height of the pandemic – New England Ready Mix LLC, which is a concrete batching plant in East Brookfield that services the Central and Western Massachusetts areas opened its doors.

When Peter purchased the plant, it needed a complete overhaul. In 3 short years he has transformed the property into a proper working plant and has started ramping up pours using add mixtures to alter the properties of the concrete for project specifications, New England Ready Mix, LLC. offers

concrete in strengths from 2000psi to 5000psi as well as flowable fill.

“Now running three trucks on a daily basis we would like to get the word out to keep this operation running and expand into being the region’s leading concrete provider.” Peter said. “I intend to add more trucks and expand our Sales & Marketing team in the spring of 2024. We are on track to have another great year!”

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In-person support groups for new parents return to Milford Regional

The Milford Regional Medical Center will host two, in-person support groups for new parents beginning in October. Pre-registration is required as space is limited.

POSTPARTUM GROUP

A free postpartum mental health support group is available for postpartum parents with babies under 12 months of age. The group will meet the second and fourth Tuesday of the month from 10 - 11 a.m. Participants will be required to complete an emergency contact form. The group is facilitated by Sarah Baroud, LICSW – a therapist and social worker who specializes in perinatal mental health. Each group will include a discussion topic and time for questions and mutual support.

PARENT TALK

Milford Regional is also hosting a free Parent Talk support group the third Tuesday of each month from 10 - 11 a.m. This discussion group is designed for parents of infants, age newborn to eight months. The forum provides mothers and fathers an opportunity to meet and connect with fellow parents, discuss concerns with caring for a newborn, and share parenting ideas. The group is facilitated by Laura Laird, BCCE, Milford Regional's childbirth education instructor. Topics to be discussed could range from sleep schedules, allergies, breast and bottle feeding, introducing new foods, or knowing when to call the pediatrician, to name a few.

To register or for more information, visit milfordregional.org and select "Classes and Events" on the homepage.

Educators invited to tour the Samuel Slater Experience museum for free during October

Massachusetts educators are invited to visit the Samuel Slater Experience museum in Webster with no admission charge during the month of October.

The history museum opened last year to tell the story of Samuel Slater and his impact on the American Industrial Revolution. It explores technological innovation, the economics of child labor, mill communities, education, immigration, and industrialization as colonial life moved from the farms to towns.

The museum uses multimedia technology with immersive video and interactive exhibits to create a unique experience that is both educational and entertaining.

Teachers, curriculum develop-

ers and administrative staff are all welcome to tour the museum and speak with staff about school field trips, logistics, and transportation funding.

Regular museum open hours are Friday and Saturday from 10 a.m. to 4 p.m. and Sunday from noon to 4 p.m. The museum will also be open on Monday, October 9, from 10 a.m. to 4 p.m. Other touring times can be arranged.

For more information, email admin@samuel Slaterexperience.org or call 508-461-2955. Samuel Slater Experience is located at 31 Ray Street, Webster, Mass. The website is <https://samuel Slaterexperience.org>.

Nutritious & Delicious

Fueling Students for Success with Healthy Meals Incentives Grant

The Blackstone Valley Regional Vocational Technical High School (BVT) Food Services program is fueling its students for success through high-quality breakfast and lunch offerings that are nutritious and delicious. As a proud recipient of a \$65,800 Healthy Meals Incentives grant from Action for Healthy Kids (AFHK), the funds will support their efforts to enhance the nutritional quality of school meals. The grant is part of an allocation of nearly \$30 million by the USDA Food and Nutrition Service to 264 schools across 44 states and the District of Columbia.

"We're committed to creating restaurant-quality school meals that contain fresh, nutritious ingredients. Having continued access to nutritious meals promotes student learning and lifelong healthy eating behaviors,"

said Chef Eric Carlson, BVT's Director of Food Services, who works alongside BVT's Nutrition-



As part of the USDA's Healthy Meals Incentives grant program, AFHK and with the support of its partners, the Chef Ann Foundation and Rocky Mountain Center for Health Promotion and Education, will provide BVT's Food Services staff with in-depth, individualized assistance and opportunities to collaborate during the school year on topics such as menu planning, recipe development, and food safety. With this grant, the school will also modernize its operations with a walk-in refrigerator and meal prep workstations for its cafeteria.

BVT is proud to partner with Action for Healthy Kids and USDA to strengthen its school meal program. To learn more about the Healthy Meals Incentives grant and the tasty items on this month's lunch menu, visit valleytech.k12.ma.us/foodnutrition.

ist Martha Pellegrino and the Food Services staff. "To help our students and staff manage their healthy eating habits, our lunch menu includes each item's nutritional value."



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LIVING WITH LUKE

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Luke Brightens a Morning

BY AMY LECLAIRE

I don't know what's better, coming home to Luke or waking up to him. In all fairness, the latter stands out. Typically, I awaken before he does. We sleep on different floors; he downstairs and me, up. Luke outgrew his crate when he was about five months old. He was a big pup that needed more space. We heard him jostle in bed throughout the night. After one too many collar jingles, we cursed the bed. "Luke can't get comfortable in that stupid crate." The dog crate, designed to appear a piece of furniture, was anything but stupid. Expensively plush with a thick orthopedic mattress and mahogany-stained frame, the crib could charm the most colicky of infants. Still, our pup was uncomfortable, and that was all that mattered in

making the decision to follow. "Good night, Luke. We kissed his head and left him, uncrated, downstairs on a bright summer night. What about the next morning? Would Luke feel safe in an open downstairs that had become his new apartment? Was he ready for independence at only six months old? Would he crack open a beer? My mind wandered while lying in bed that first night.

"Good boy, Luke!" Our pup, instead, chose solitary confinement beneath the kitchen table. Despite having the option to roam the house, he curled up in a ball, as though to make himself smaller. "Good morning, Luke! What a good boy! I praised my pup.

However convenient, his confidence grew with his maleness. Before long, he puffed out his chest and ventured outside of the kitchen table to explore other options. He'd fall asleep on the kitchen floor, at the foot of the couch and, finally, at this favorite spot—on top of smelly sneakers at the front door.

Luke isn't ready to get up yet. I look down the staircase and

whisper to myself. Meanwhile, my one-and-a-half-year-old dog sleeps on his side like a lion. Outstretched, side of head pressed against sneakers, he sleeps soundly at the threshold of our front door. The clock reads 7:30 a.m. My son has already left for Boston and I'm getting ready to teach a dance class. Something about the fact that my dog sleeps while I'm getting ready for the day comes as a comfort.

I'm an energetic person. But I need my first cup of coffee. The house is quiet. All is well. Until my phone drops by accident. Baboom. I sense Luke's attunement. He knows I'm up now. A part of me doesn't want to gaze down the staircase. I need a few more minutes of freedom. I need to attach false lashes to tired eyes. The other part of me can't wait to see Luke's big head. We've been apart for a whole eight hours. I face the mirror and realize I am nothing without my dog. The decision is made.

"Hi Luke!" I glance downstairs. He stares up at me, starstruck, as though it's the first time he's seen a human. His head squares. The



Good morning, Luke!

creases in his expression deepens with curiosity. "It's you—my Person! You're up there and I'm down here!"

One foot socked, I trot down the stairs to greet my dog. "Hi Luke!!" He rolls onto his back for a tummy-rub, and our routine begins. He rests his head back on a smelly sneaker. "Luke, do you want to go back to sleep? Are you still tired?" He twists himself back to a standing position and looks at the door. "No. Time for me to go pee-pee, then eat."

I let him out. He accomplishes the fastest pee of all time and

dashes back to the door. He rushes through the opened doorway, finds his spot, and awaits his breakfast. "Momma. Time to feed me." His discipline and positive attitude, be it to be eat, inspires me. I scoop his food into the stainless-steel bowl and add water. Luke watches my every move. "Don't forget, Momma. It's time for breakfast."

I place his bowl down in its stand and the pie-eating contest begins. "Go easy, Luke." His quest to ingest as many kibbles as possible betrays my advice. By the time my Keurig has made its first gurgle, Luke's bowl is empty. Then comes the most endearing part of our routine.

Now that he's eaten (a top priority) it's time for him to be present for what exactly has happened in a dog's world. A new morning has happened and, along with that, the potential for so many new beginnings including stuffed tacos, a messy home, a doting family, and green grass. Luke couldn't be more grateful. He rushes to his toybox, grabs his taco, and wiggles back to the kitchen. He whimpers with joy. "It's a new day! I love you! I am so thankful for my stuffed home! Did I mention it's a new day!"

It's a new day, I'm reminded, and smile down at my dog.

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REAL ESTATE

The many non-financial benefits of homeownership

Over the past many months, I have written about the many financial benefits of buying a home. The most important being the ability to lock down the continued rising costs



BY MARK MARZEOTTI

with a fixed cost loan etc. Now, let's look at the non-financial! Buying and owning your home can have a big impact on your life. It's essential to think about the non-financial benefits that make a home more than just a place to live. Here are some of the top non-financial reasons to buy a home.

Having control over what you do with your living space is a top reason to own. Your home is truly your own space. If you own a home, unless there are specific homeowner association requirements, you can decorate and change it the way you like. That means you can make small changes or even do big renovations to make your home perfect for you. Your home is uniquely yours and by buying, you give

yourself the freedom to tailor it to your individual style.

Homeownership is the knowledge that you own your little corner of the world. You can customize your house, remodel, paint, and decorate without the need to get permission from a landlord. When you rent, you might not be able to make your place really feel like it's yours. And if you do make any modifications, you might have to change them back before you leave. But if you own your home, you can make it just the way you want it. That level of customization can give you a sense of pride in where you live and make you feel more connected to it.

Studies have shown, having a good place for your family to raise your children tops the list of why it's better to buy a home. Another important factor to think about is what stage of life you're in. For those with young children, buying a home and putting down roots is a major driver. You don't want the impact or fear of a massive rent increase or a non-renewed lease to impact your sense of stability.

No matter which of life's milestones you're in, stability and predictability are important. That's because the one constant in life is that things will change. And, as life changes around you,

having a familiar home and not worrying about moving regularly helps you and those who matter most feel more secure and more comfortable.

Lastly, feeling engaged in your community is another key motivator to own. Owning your home also helps you feel even more connected to your neighborhood. People who own homes usually live in them for an average of nine years, according to the National Association of Realtors (NAR). As that time passes, it's natural to make friends and build strong ties in the community. Homeowners also tend to be more active in their local communities. When you care deeply about the people you live near, you'll do what you can to contribute to your local area.

In summary, owning your home can make your life better by giving you a sense of accomplishment, pride, stability, and connectedness. If you're thinking about becoming a homeowner and want to learn more, reach out to The Marzeotti Group or your local real estate agent today.



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

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

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SPORTS

Northbridge's Derek Lewis Signs With The Eastern Hockey League

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Northbridge defenseman Derek Lewis has signed a one-year contract to play junior hockey with the Worcester Railers of the Eastern Hockey League (EHL). Lewis was scheduled to begin training camp in late August with the 40-game season beginning on September 17.

Prior to training camp getting underway, the Northbridge resident has been working out at the Worcester rink and is looking forward to his career on the ice getting started.

"I am hoping that this is the start of my career. I'll play one year and if I like it as much as I think that I will, I'll come back for another year," Lewis said. "The Railers are a team that is really good at getting kids into college and although I'm not sure where that will be, this is a great place to start that journey."

The Railers' mission states that their program is dedicated and committed to finding the best

academic and athletic fit for their student athletes. They educated and guided all their players in the hockey and college recruitment process on how to advocate and represent themselves to scouts and coaches.

It was earlier this year that Lewis realized that he could actually play the game so he began skating at the New England Sport Center where his skating coach happened to know the Worcester head coach. She reached out to him regarding Lewis and at the same time his high school coach was doing the same thing trying to get him an interview with the team.

Before he even entered the New England Sports Center Lewis had been putting in the work with the Worcester Junior Crusaders, where he had played up until the eighth grade. It was here that George Maris saw him play and invited him to play for his summer team the Canadian Hockey Club.

"Maris saw something in my game. I put in the work, but I really didn't think that I could make it," Lewis said. "I saw myself as being

terrible compared to the other kids on the team and while Maris told me that I had talent I just didn't see it until this past season."

With a newly founded confidence and an in with the Worcester Railers things were beginning to change for the Northbridge hockey player. After skating a few times with the Worcester Coach in February and March, Lewis was eventually asked to come back for another skate and eventually an invite to play the upcoming season with the team.

Growing up hockey was not a sport that anyone in his family had played, so he found it weird that at the age of five years old he was suddenly interested in the sport.

"I had a friend who was playing hockey and I got his father's telephone number to give to my mother to call him to get the information on how to go about getting involved with the sport," he said. "My mother didn't believe that my friend was playing hockey at such a young age so she wouldn't call. Eventually, after a lot of continuous nagging on my part, she called him



and got me into a learn to skate program."

Lewis was unsure of what really pulled him in to play the sport, but he was intrigued by it. He recalled being on the ice was totally different than anything he ever did, and he was enthralled in every aspect of the game, including the Zamboni that cleaned the ice.

However, while his mind was totally into the sport, he was quickly finding out that he may not be right for the sport itself.

"The learn-to-skate program was tough and I wasn't even sure that I'd graduate. I was bad and kept falling, coming off the ice soaking wet," Lewis said. "Watching me my mother and grandmother both figured that it was only a matter of time before I quit, but I didn't and kept going."

As he entered high school and made the varsity squad at Northbridge he was still somewhat skeptical of his game as he was this little scrawny kid only getting a few shifts a game.

Once Lewis hooked up with Maris, he found out that his mentor was very big on deception and started to help this youngster take his game to the next level. Maris taught Lewis to become elusive on the ice because every second counts and with his teachings the

Northbridge skater was not only improving his game, but he was also become mature as a player. In addition to going to the gym more and working out seriously, Maris became a very big part of Lewis' development over his high school years and played an important role in getting him onto the Railers roster this fall.

"I knew that I wanted to play hockey for the rest of my life, it is my soul passion," Lewis said. "I am not sure where I'd go to play college hockey, but to do so is a dream of mine and it is a really big step for me to be playing in the EHL with the Worcester Jr. Railers."

Playing in the Central Division of the Eastern Hockey league Worcester went 30-14 last year to finish first in their division. They were the third best team, record wise, in the league and eventually lost to the Eventual EHL Champion, the Boston Jr Rangers, in the third round of the playoffs last year.

While it would be amazing for Lewis and his Railer teammates to once again make another deep run through the play-offs, he is really only looking to improve upon his skills and someday play hockey for a college program. That's the immediate dream, at least for now.

Orthopedic Surgeon Accepting New Patients

Milford Regional Physician Group is proud to welcome **C. Brittany Boisvert, MD**. Dr. Boisvert comes to Milford Regional from Emerson Health Orthopedics in Littleton.

Dr. Boisvert is a board certified orthopedic surgeon with over 20 years of experience in general orthopedics and sports medicine. She specializes in ACL and rotator cuff tears, shoulder dislocation, meniscus problems, knee replacements, fracture care, sprains/strains, and ligament and tendon injuries.

Dr. Boisvert received her medical degree from UMass Medical School in Worcester, where she also completed her post-graduate training in research and orthopedic surgery.

A sports medicine fellow at The Rothman Institute at Thomas Jefferson University Hospital in Philadelphia, Dr. Boisvert worked as a member of the orthopedic staff for many professional sports teams, including the Philadelphia Phillies, Philadelphia Eagles and the Philadelphia Flyers. She looks forward to taking care of patients with a variety of orthopedic issues.



C. Brittany Boisvert, MD

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Artist presentation and exhibit

The Samuel Slater Experience hosted artist Richard Moninski on Saturday, September 23.

Moninski fabricates his artwork with acrylics on textiles to depict historical images that reflect the often-complex relations between New England's native peoples and English colonizers during the 1600s. He juxtaposes indigenous flora and fauna with stylized European decorative arts.

The artist, a native of Webster, now lives in Wisconsin.

Mr. Moninski combines his interest in the natural world, pre-colonial history, and patterned textiles to create unusual and dramatic images that "pay tribute to the region where I was born and raised, and to recognize some aspects of cultural continuity that make New England a special



Artist Richard Moninski speaks to the gathering about his local ties to the area and how his art reflects this.

place."

A graduate of Bartlett High School, Mr. Moninski received a Bachelor of Fine Arts degree from UMass Amherst, a Master of Fine Arts degree from SUNY Albany, and studied surface design at the Fashion Institute in New York City. His paintings and drawings have been exhibited nationally.

Awards include a grant from the American-Scandinavian Foundation for research in Norway, and artist residencies at the Vermont Studio Center, the Virginia Center for Creative Arts, the Ragdale

Foundation, the Roger Tory Peterson Institute and Cuttyhunk Island.

An educator with over twenty years of experience, he has employed diverse media and approaches in both his teaching and his studio practice.

The Fabrication exhibit has been made possible by a grant from the Janet Malser Humanities Trust.

Moninski's exhibit will be on display at the museum during regular hours until October 9. Samuel Slater Experience is open Friday and Saturday 10 a.m.-4 p.m. and Sunday 12-4 p.m.

Halloween Bash to Benefit Manchaug Park Revitalization

The "Witches of Sutton" invite you to celebrate the spooky season and help raise much-needed funds for the American Legion Park Revitalization Project in Manchaug Village at their Halloween Bash on Friday, Oct. 20, from 7 -11 p.m. This one-of-a-kind event will be held at the Dudley Gendron Post 414 American Legion Post, 156 Boston Road, Sutton. The "Witches" are an informal civic group formed this year by Halloween enthusiasts who are united in a love of exercising through dance, participating in local events as an entertainment attraction, and giving back to local charitable organizations.

Tickets are \$35 per person and limited to 150 attendees. They can be purchased through UNIPAY - Sutton Recreational Resources -Legion/Manchaug - Witches Ball (unipaygold.unibank.com/transactioninfo.aspx). Questions can be directed to thewitchesofsutton@gmail.com. Gather your friends or local coven, and join us for a fun night! Costumes are strongly encouraged, but not required.

The event includes a silent auction, costume contest, musical bingo, dancing with DJ Joe T, and light refreshments. Net proceeds will be directed to Sutton Recreational Resources, Inc. (SRR), a local 501(c)3, that is leading the fun-

draising effort for the park project. SRR was organized in 2019 with a mission of enhancing the quality of life for the residents of Sutton by creating, renovating, and maintaining public recreational spaces. Information about the American Legion Park Revitalization Project and past projects completed or in process by SRR can be found at suttonrec.weebly.com.

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TALES FROM BEYOND

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Burial Hill, Plymouth, Massachusetts

BY THOMAS D'AGOSTINO

This story comes from our latest book, *New England's Haunted Route 44*.

If you are looking for somewhere to visit this fall, Plymouth, Massachusetts may be the perfect destination for history and mystery. One of the most visited places in Plymouth is Old Burial Hill where many of the town's founding families lie in repose; mostly. The graveyard sits on the site of what was once Fort Hill where the Pilgrims erected a meetinghouse and fortress. Many of the graves date back to the 1600s, but most are lost, as they were carved from

wood or were in the form of grave rails. These were burial markers that spanned the length of the grave in the form of a rail set on two posts. While strolling through the paths soaking up the history of the burial ground, you might just come across a Victorian couple slowly making their way to visit the grave of their long lost daughter. They appear to be very heavy-hearted as they wander down the path past the ancient burials before stopping at a certain grave. The grave is that of Ida Elizabeth Spear who was born September 19, 1856 and died January 23, 1860.

The ghosts of her parents, Thomas Spear and Elizabeth Rus-

sell Raymond Spear have apparently never let go of the fact that she is dead and probably do not realize they are as well. The ghostly couple are seen entering the burial yard from Summer Street, solemnly floating up the path to the site of her burial. Witnesses have noted that they are invisible from the knees down. Ida Lizzy Spear is buried behind her sister. She was born on June 1, 1865 and died August 20 in the same year. It was common for parents to use the same name over and over in hopes one of the children would reach adulthood and pass on that family moniker.

Another area of paranormal activity is the monument for the sailors who perished aboard the *General Arnold* in December of 1778. Although Captain James Magee survived the ordeal, he still requested to be buried with his men when his time came. People report hearing voices and screams in the area of the grave. Some have witnessed the visage of who they think may be Captain Magee wandering around the monument.

One of the legends of Plymouth concerns a descendant of the original Mayflower company,

Thomas Southward Howland. In the 18th century, Howland evicted an old woman who was living in a rundown cabin built on land he owned. The old woman, who was thought a witch, by the name of Mother Crewe, placed a curse on him, "Make your peace because you will not live to see another sunset. They'll dig your grave on Burial Hill." Although he did live to see the sunset, the next day he was thrown from his horse and killed, and yes, was interred at Burial Hill.

There is a certain tree in the burial ground that cannot be missed. The ancient natural wonder has roots rising from the ground that resemble fingers. Legend has it that this tree is occupied by Native American spirits and anyone who enters the graveyard that is not held in favor of the spirits, become very overwhelmed with a sudden panic and fear, causing them to want to leave at once.

The indigenous ghosts may be those of King Philip, Annawon, and Tispaquin. After the death of Philip, thus ending (for the most part) King Philip's War, Philip's head was brought back to Plymouth where it hung on a pole

for about a quarter of a century. A short time after Philip's head was put in the town square, the heads of Annawon and Tispaquin were also displayed in the same manner. Tispaquin was married to the daughter of Massaisoit and therefore, brother-in-law to Philip. He claimed he was a powwau (wizard) and that he was impervious to bullets and his men also believed his assertion. Unfortunately he was proven wrong when a single bullet felled him during his execution. If the ghosts of any of these three men should haunt a certain area, the town square just below Burial Hill, and its surrounds would be a major candidate for the haunting.

The John Carver Inn near the town square is also rumored to be haunted by some very active spirits. Burial Hill is to the immediate north and west of the inn, but it is the permanent residents of the inn that may make a nights stay a bit more exciting.

Other ghosts continue to roam the graveyard and can be seen any time of day or night. Most are unknown, yet they seem to linger in a place where history continues to live, one way or another.

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THE CAR DOCTOR

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Key question (\$600?) and timed service advice

Q. I have a 2018 Honda Accord and recently hit 100,000 miles. The dealership recommends replacing the spark plugs, valve cover gasket and a valve adjustment. Do you think those items are necessary, the car runs great.



BY JOHN PAUL

A. Typically spark plugs usually get changed around 110,000 miles. If the valve cover gasket is leaking, then certainly change it and

if you have the valve cover off it makes sense to check the valve adjustment. Other than if there is a visual issue (oil leak), follow the maintenance minder on the dash and adjust the valves when submenu 4 comes up. Here is what Honda states about early valve adjustment: "Adjust the valves during services A, B, 1, 2, or 3 if they are noisy." So, if the engine is quiet wait until the car tells you it is time-service 4.

Q. About six months ago I had AAA install a battery in my 2015 Honda CRV in my driveway, a very convenient option. Because of the high temperatures this past summer do I need to check the water level in the battery? During the heat of the day the car is parked about 70% of the time in a garage.

A. Years back car batteries had removable caps and a good technician would check the

electrolyte level when doing an oil change and add distilled water, as necessary. Today most batteries are sealed and require almost no maintenance other than keeping them fully charged, connections clean and battery hold-down tight. That being said continued hot weather can take a toll on a battery. Here in the northeast batteries last five years or more, in Florida, Arizona or other hot weather states battery life is two to three years.

Q. I have a leaky sunroof with my older Kia Sorento, and I am trying to find out how much it would cost to fix it.

A. When it comes to vehicles there are no truly watertight seals on every opening. Doors have drains that allow water that gets in between the glass and door to drain. The sunroof also has drains that allow water to drain. If these drains are clogged water can leak into the car. You first need to determine if it is the sunroof gasket and seals or if the sunroof drains are clogged. Carefully inspect the rubber seals on the sunroof opening and clean any accumulated dirt and debris. If the gaskets are in good condition, then using low pressure air check that the drains are clear. At a shop you could expect to pay about an hour's labor to inspect and clean the sunroof. From that point what the technician finds will determine the cost of the repair.

Q. I have to schedule my 2009 Cadillac Escalade and my 1998 Honda CRV for air bag replacement. I also have a 2002

Honda Accord and unannounced, a Honda tech showed up at my door offering to replace the airbag in my driveway. Have you heard of Honda doing this?

A. Some older Honda vehicles were much more likely to have serious issues with faulty airbags injuring drivers than other cars. In fact, Honda hired private detectives to find owners of Honda vehicles to get the airbags replaced. Readers, if you have any recalls on your vehicles get them in for service. If you are not sure download the NHTSA app. It is easy to use, you enter in your vehicles 17-digit serial number and the app will list if there are open recalls that need attention.

Q. Recently, I purchased a 2018 Mercedes Benz E300, I was under the impression in negotiating with the salesman that I would be able to get a second key as the vehicle came with only one. I was told that they had a key, but it would need to be programmed by a Mercedes dealer, which I can understand. However, I was shocked when told the cost to me would be \$600.00! I was

caught off guard by that and did not quite know what to say other than "I don't just have \$600.00 lying around". I have been told that a reputable automotive locksmith could do the work for less, any cost reduction would be great as I am just getting over the initial costs of all this. Do you know of any or could you refer me to an automotive lock smith who could program the key for me?

A. Some vehicles key programming is relatively easy, but others although possible (with the proper tools and security clearances) seem to be a dealer only service. I called three

full-service locksmiths and got the same answer, they could not clone any Mercedes fob after 2014. Sounds like you are headed back to the dealer. Readers, prior to buying a used car, insist it comes with two keys.

John Paul is AAA Northeast's Car Doctor. He has over forty years' experience and is an ASE-certified master technician. He will answer readers' questions each week. Email your questions to jpaul@aanortheast.com. Follow John on Twitter @johnfpaul and friend him on Facebook at mrjohnfpaul.



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SATURDAY AND SUNDAY, OCTOBER 7 & 8

• The American Heritage Museum, 568 Main St., Hudson, presents "Battle for the Airfield WW II Re-Enactment Weekend," with over 350 re-enactors from branches of the Allied and Axis military participating in encampments and battles, 8:30 a.m.-5:00 p.m. both days. www.americanheritagemuseum.org or call 978-562-9182.

OCTOBER 9-23

• The Friends of the Simon Fairfield Public Library as Douglas's fourth annual online auction begins. Proceeds benefit the library's capital campaign to renovate the building and make it handicapped accessible. The Friends are also accepting sponsorships from community members or businesses.

SATURDAY, OCTOBER 14

• The Upton Veterans of Foreign Wars Post 5594 (VFW) will hold the last of this summer's series of flea markets from 8 a.m. to 1:30 p.m. on Saturday, Oct. 14 at Post headquarters, 15 Milford St., (Rt. 140), Upton, next to the new Community Center. There is no rain date. Parking is free. Spaces are \$10 each or, for an additional \$5

a banquet sized table can be provided by the Post. Reservations are not required, although further information can be provided by contacting the VFW Facebook page or member David Kennedy at 508-529-3314. enerally, coffee and donuts are available in the morning, then hot dogs, chips, and cold drinks at noon. The Post wishes to thank the vendors, crafts people and the bargain hunters who have made it possible over the years for the Post to benefit local veterans, the post itself, and the community.

SATURDAY, OCTOBER 14; SUNDAY, OCTOBER 22; FRIDAY, OCTOBER 27

• Book signing with Thomas D'Agostino, author of "A Guide to Haunted New England" from 5:50 – 8 p.m. at Miner Grant Store, Sturbridge Village. You must have ticket to Phantoms by Firelight at Sturbridge Village to access the bookstore.

THURSDAY, OCTOBER 18

• The Blackstone Valley Chamber of Commerce will host Ignite Success: A Professional Development Conference from 8 a.m. – 4 p.m. at the Community Harvest Project Barn, 37 Wheeler Road, North Grafton. This one-day workshop will give you the tools to help drive your interactions with co-workers, your decision-making and add to your success. For school administrators, business leaders, C-Suite, small businesses, non-profits and sole proprietors. Members \$200, future members \$275.

THURSDAY, OCTOBER 19

• The Blackstone Valley Chamber of Commerce will host Business After Hours from 5:30-7:30 p.m. at the Spicy Water Distillery, Millbury. Join BVCC Food, Beverage and Hospitality Network and Business Network for a business after hours networking event hosted by Spicy Water Distillery, 108 Elm Street. Enjoy a cocktail and a few bites while engaging, meeting and forging new business relationships with other local area business professionals.

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SATURDAY, OCTOBER 21

•St. Patrick's Church Recycling Event, 7 East St. Whitinsville from 8 a.m. – 1 p.m. Accepting gently used books (no encyclopedias); gently used textiles/clothing; electronics for a fee (no propane, batteries or lightbulbs); rinsed bottles/cans returnable in Massachusetts (no glass); gently used media (video games, dvd's, cd's, etc.). Paper shredding at \$8 a box, 9 – 11 a.m. only. Please keep items for each station separate. For more information and pricing, email officesupport@mystpatricks.com or call 508-234-5656.

• The Blackstone Valley Crop Hunger Walk will start at 9 am at the Village Congregational Church in Whitinsville with registration at 8:30 am. For more information, contact the Blackstone Valley United Methodist Church office at 508-234-2275.

SATURDAY, OCTOBER 28

• Historic Cemetery Tour at Sutton Center Town Cemetery, 4 Uxbridge Rd. at 7 p.m. Ree-enactors will tell the tale of early settlers buried in the cemetery.
• Join the "Witches of Sutton" on Saturday, October 28, 2023 for the 3rd Annual "Oh My Gourd Event" hosted by the Sutton Fourth Committee, a local 501(c)3 responsible for the Sutton Fourth of July parade. Information can be found at thesuttonfourth.org. This community event includes:
4- 10 p.m. Oh My Gourd Pumpkin and Scarecrow Display (Sutton Common). Display will remain on Common until November 2nd.

4- 6 p.m. Boo Bash (Sutton Library)
5 – 8 p.m. Historic Graveyard Tours (Cemetery behind Town Hall)
5- 8 p.m. Halloween Display (Rufus Putnam Museum located next to Fire Station)
5 p.m. Murphy Academy of Irish Dance (Common)
5:30 p.m. Witches of Sutton (Common)
The Sutton Lions Club will be serving food on the Common starting at 5 p.m. on the common.

WEDNESDAY, NOVEMBER 15

• The Blackstone Valley Chamber of Commerce's 45th Annual Meeting & Awards Ceremony will be held at Pleasant Valley Country Club on Armsby Road in Sutton from 7:30 to 9:00 a.m. Do you know a business or individual deserving of recognition, or a business that is celebrating a milestone anniversary? Submit your nomination to Liz O'Neil at loneil@blackstonevalley.org.

SATURDAY, DECEMBER 2

•Chain of Lights, Sutton's annual town-wide Christmas event. Free trolley rides from 10 a.m. – 4 p.m. to participating locations. Food, children's activities, shopping and lots of holiday cheer. Tree lighting with Santa and the Sutton High School Band at 5 p.m. on the Town Common.

TUESDAY, DECEMBER 5

•Christmas Potluck at 6:30 p.m. First Congregational Church, 307 Boston Road,

Sutton.

SUNDAY, DECEMBER 31

•Midnight, Last Night Cannon firing, M.M. Sherman Blacksmith Shop, 6 Singletary

Ave., Sutton.

SATURDAY, MARCH 16 2024

•The Blackstone Valley Chamber of Commerce's Home & Community Expo will be

held at the Northbridge High School Field House on Linwood Avenue in Whitinsville from 10:00 a.m. to 2:00 p.m. Registration will occur late summer, early fall.



JOIN US FOR A COMMUNITY CORNHOLE TOURNAMENT

OCT. 14, 2023 12PM

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Pleasant Valley bridal show in renovated Grand View Ballroom

Pleasant Valley Country Club will host a bridal show to introduce its newly renovated Grand View Ballroom, function spaces, and glamorous Bridal Suite on Sunday, Oct. 15, from 12:00pm – 5:00pm. This 7000 sq. ft. space is highlighted by its new wood flooring throughout, new white quartz bar tops, new lobby furniture and enhancements that will surely impress any couple and your wedding guests. The Grand View Ballroom offers a wall of windows with views of the pristine golf course, floor to ceiling fireplace, fantastic cuisine as well as a gorgeous outdoor ceremony area. While here viewing the beautiful new facility you will have the opportunity to meet many local vendors that would love to help with all your wedding needs. You will meet: The Bean Counter Bakery; Gerardo's Bakery; Herbert B. Berg Florist;

77 Blossom Shop; HJM Photography; Joe Dolen Photography; Annandale Photography, Champagne Toast DJ Services; XTREME SOUNDZ DJ; Mimi's Weddings; Mary Kay; Bonardis Formal Wear; Homewood Suites; Residence Inn; Jen Lagan's Airbnb; LeLimo, Knights Limousine Services; Brides by Rochelle, Balloons All Over, Diaz Digital Discoveries, Brides by Rochell, Penny Jane Bridal Carbonneau Bridal, Jennifer Dupre Artistry and Balloons All Over. This Bridal Show is open to the public with no charge to attend. Please see our website www.pleasantvalleycc.com on our events page for more information or should you have questions please contact Donna Libby in the sales office; she would love to help and hopes to see you there!

43rd ANNUAL Waters FARM

Farm Days

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10a-4p
2023

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Old Sturbridge Village events

Come celebrate the harvest season at Old Sturbridge Village! This time of year, early 19th-century New England farmers worked tirelessly to harvest corn, potatoes, apples, squash, and other produce from their fields. Families also put time into preserving the harvest by drying, pickling, and sugaring never knowing quite how

long the winter would last. As the growing season winds down, come see our gardeners and farmers hard at work harvesting and preserving crops, putting fields and gardens to rest, and thinking ahead to the next growing season. For details and to purchase tickets visit: www.osv.org/event/celebrating-the-harvest-2/.

FALL HOURS

In October, Old Sturbridge Village will be open Wednesday–Sunday from 9:30 a.m.– 4:00 p.m. and then re-open at 4:30 p.m. for “Phantoms by Firelight.”

Select weekends throughout October standard daytime admission to the Village features:

19TH-CENTURY AGRICULTURAL FAIR (OCTOBER 7–9, 9:30 A.M.–4 P.M.)

New England agriculture fairs began in the early 1800s and were held to exhibit and share new technologies, improved farming techniques, and show off their finest in livestock and harvest.

During this three-day weekend event, guests will see an “Exhibition of Domestic Manufacture” throughout the Village with craftspeople displaying handwoven cotton and woolens, knitted items such as stockings and shawls, and items from our trades shops such as tinware, pottery, brooms, baskets, and books! Also on display are the finest of the harvest including vegetables, fruits, butter, cheese, and other consumables.

See the work of our talented artists and explore the “fair” as part of standard daytime admission. Agricultural Fair Weekend is sponsored by UniBank. For tickets visit www.osv.org/event/agriculture-fair-weekend/.

OX WEEKEND (OCTOBER 14–15, 9:30 A.M.– 4:00 P.M.)

Oxen are domesticated cattle trained to work as draft animals. A “yoke” of oxen was often cheaper to buy than horses and that made them the farm machinery of the

1830s. Farmers used them to haul goods to town in wagons, haul lumber for building, and round the farm and to do the heavy work of plowing fields.

On this weekend the oxen team at Old Sturbridge Village will display their talents as they host visiting oxen teams from other farms and compete in plowing matches, obstacle courses, and parades. Guests can even try hand plowing with the oxen. All activities are part of standard daytime admission. To buy tickets go to <https://www.osv.org/event/ox-weekend/>.

OX & YOKE MERCANTILE

Open 10:00 a.m. – 9:30 p.m. Fridays, Saturdays, Sundays.

Extended hours at the Ox & Yoke Mercantile and Café begin in October for your holiday shopping! Stop by for seasonal gifts, home décor, and Village-made crafts and pottery. You can shop online for select items from our store at shop.osv.org Located outside the Visitor Center and right next to the parking lot, the Café offers tea, coffee, delicious soups, sandwiches, and delectable sweet treats and snacks. During these extended hours, guests can also enjoy wine and beer, pumpkin-flavored coffees, cookies, and more!



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