

Art Call issued for 6th Small Stones Festival in Grafton

BY DANA WILSON

An Art Call opened on July 15th for submission of work to the Small Stones Festival of the Arts, a regional juried fine art and photography exhibition that has become a fixture in Grafton, the Blackstone Valley and Central Massachusetts.

Fine art artists and photographers are encouraged to join the area's finest painters, photographers, water colorists and other two-dimensional artists for the sixth year of the Festival.

A number of local artists are participating this year, including Megan Fedigan, Al Weems and Kristi Cromwell of Sutton, Mary Jo McKeon, Scott Nelson and Michael Wackell of Millbury, and Jennifer Behymer, Kevin Shattuck, Amanda Conyers, Bonnie Frederico, Carolyn Kinloch-Winkler, Natassia Hunt and James Hunt of Grafton.

The Festival's opening ceremony and reception to announce the winning artists is scheduled for Friday, October 20th at 6:30 p.m. at the Grafton Public Library, 35 Grafton Common. The Blackstone



"Rockport Motif" by Scott Nelson was exhibited in last year's Small Stones Festival of the Arts.

Valley Art Association and the Worcester County Camera Club have collaborated to showcase the art exhibition for extended hours from October 20th through the 29th in the Community Room of the GPL. Additional weekday and Sunday hours have been added.

Photography and all forms of two-dimensional artwork are

welcomed, with a maximum of four entries per artist. The Art Call will remain open until midnight of the day five hundred entries are received. All artwork meeting acceptance criteria will be displayed online. Visit <https://smallstonesfest.com>

FESTIVAL
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Tom Hansen and Ted Goulet are the "TNT guys" with Cruise Planners; they discussed their franchise at Panera Bread in Webster on June 12th.

'TNT guys' having a blast as a Cruise Planners franchise

BY ROD LEE

Michelle Fee is living proof that such a thing as the urge to travel—the so-called "travel bug"—exists.

Ted Goulet and Tom Hansen

are too.

Ms. Fee was a mother of young children when she launched Cruise Planners in 1994, joined in that initiative by industry veterans Lynn Korn and Marvin Davis, both of whom have since retired. Michelle Fee remains CEO of the organization, which is based in Coral Springs, Florida.

Talking about their own experience during a conversation that took place at Panera Bread in Webster on June 12th, Mr. Goulet said he was in a shop in Key West when an American Express sign caught his eye. "That's what drew me in," he said. Of what happened next, Mr. Goulet says "we took eleven months to look into it and said 'maybe this is something we can do.'"

Both had jobs in the corporate world, prior to obtaining a Cruise Planners franchise, approximately ten years ago.

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CRUISE PLANNERS

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Cruise Planners is different than other such operations for a few reasons. For one thing, it is home-based. “We are the No. 1 home-based travel agency for twenty-seven years running, and one of the Top 10 to buy (as a franchise) according to Forbes,” Mr. Goulet said.

He noted that “the vast majority of travel agents are not storefronts anymore.”

Also, Cruise Planners is dedicated to providing its clientele with “unforgettable, stress-free and affordable vacations that exceed their every expectation,” the company says on its website.

With that, Cruise Planners is devoted to offering franchise owners like Mr. Goulet and Mr. Hansen the chance to be their

own boss and have “a rewarding and fulfilling business that is built on enriching people’s lives” and making customers’ dreams “a reality.”

Cruise Planners has even coined a word for the state of mind it tries to create. It’s called “Cruisitude.”

A married couple with two daughters and three grandsons, Mr. Goulet and Mr. Hansen call themselves the “TNT guys” and they love their work, especially when it comes to establishing a rapport with their clientele.

“We’re old-fashioned, we like to meet our customers,” Mr. Hansen says.

As one of numerous Cruise Planners franchisees, they say “we are not well-traveled but we have travelled.” Indeed, they have been around the world, so to speak, and are ardent advocates



for the cruising life.

“Cruising is a great value, you get all the destinations,” they say. “We are connected with every cruise line. We do more business

CRUISE PLANNERS

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FESTIVAL

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tival.org to submit artwork.

A distinguished panel of six jurors will select one hundred forty-four works to appear in the exhibit and cash prize winners in the fine art and photography categories. Awards include first, second and third cash prize winners and juror’s choice (six awards). A popular choice award for each category will be voted by viewers. Cash awards are \$500 for first, \$250 for second and \$100 for third. The hardbound exhibition catalog will feature the juried artwork and will be sold online.

Festival co-chairs are Carolyn Kinloch-Winkler of the Blackstone Valley Art Club and Sue Cardosi of the Worcester County Camera Club. They are working with a committee of eleven to provide a free fine art and photography festival for the greater

Central Massachusetts community.

The mission of the Small Stones Festival of the Arts is to elevate the practice and appreciation of fine art and photography in the Blackstone Valley and beyond. Grafton Arts Inc., a 501(c)(3) organization, is the financial sponsor of the Festival.

The Festival organizers appreciate the donors to last year’s Festival including the Cultural Councils of the towns of Grafton and Millbury;

Homefield Credit Union; The Town House Tavern, One Grafton Common; and Yesod Foundation Inc.

Additional financial support from community businesses has come from Gaudette Insurance, JCSI Corporate Staffing, Jubilee Chocolate, Pepperoni Express, Roney Funeral, Sydney Padgett



“Mediate” by Al Weems was among the works entered in last year’s Small Stones Festival of the Arts.

of Mathieu Newton Sotheby’s, Theroux Dental Associates and Touchstone Crystal.

Sponsorships are available to support the 2023 Small Stones Festival of the Arts. Contact Sean Padgett at sean@smallstonesfestival.com or for more information visit <https://smallstonesfestival.org>.

Dana Wilson is an organizing member of the Small Stones Festival of the Arts. Contact Dana at danawilson586@gmail.com.

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Xpressly Yours ... a letter from the editor

A beginning for The Pewter Pot; an ending for an editor

Application of the old adage “the neighborhood isn’t what it used to be” is of course not limited to the place of residence



BY ROD LEE

my wife and I have known for more than thirty years. Change inevitably alters the look and feel of locales that were thought to be familiar and so not subject to any particular upheaval or transformation.

Time proves otherwise, as it has in my hometown of Endicott, New York, as it has in Grafton Hill where home was Cohasset Street in the mid-1980s (upon first arriving in Massachusetts), and as it has in the little corner of the town of Northbridge known as Linwood.

The standing joke around these parts is that Linwood doesn’t even really exist. This, because often when reference is made to the zip code 01525, be it at the Registry, upon ordering computer equipment online (for instance), or in offering an address to a visitor who is depending on GPS to find you, the message comes back “not recognized.” In such cases, the solution is to use 01534 or 01588.

This has been a longstanding problem, which explains why many occupants of Linwood switched from post office boxes in 01525 to street delivery of their mail using 01588—given the chance.

The headache of being associated with a neighborhood that was virtually an indistinguishable sliver of “the whole” was eliminated, for these citizens.

The Linwood of 2023 bears some of the hallmark features by which it was known in 1988; notably, the railroad tracks that run behind the building on Providence Road (Rt. 122), a one-story structure that used to house Friendly Discount Liquors and then a Salvation Army store. Now it is a Dollar General, with space to one side still available for lease.

The Linwood Laundromat remains where it has been but Brenda McAuliffe’s popular convenience store, the Cellar Sooper, is gone.

Brian Snay’s restaurant is now Grille 122.

Oil, next door, is doing the same.

The Linwood Mill, which once housed the Lavoie family’s furniture business, is now residential.

And the outbuilding in front of the Linwood Mill, which has hosted several businesses over the years, is now home to The Pewter Pot.

Recently, a ribbon-cutting ceremony was held for The Pewter Pot, which the owners describe as “a good old-fashioned Primitive Country Store” with an accent on “Amish furniture obtained from Pennsylvania Dutch country, crafts, handmade personal items (candles, soaps, home décor,

natural dog treats), antiques and collectibles.”

There is every indication that The Pewter Pot, because of its impressive array of merchandise, tastefully arranged on two floors, will last, and that is the hope.

“I love the store,” Jeannie Hebert, president and CEO of the Blackstone Valley Chamber of Commerce, told me. “I have purchased several items for my home and for gifts. It is a great addition to the Valley that offers unique, high-quality, well-made products, many from Amish companies. I highly recommend The Pewter Pot. I dare anyone to leave without

a purchase!”

As I end my writing and editing career with the Xpress newspapers—this is my farewell column—there will be ample opportunity to keep an eye on goings-on in Linwood.

And at The Pewter Pot, the official address for which is 670 Linwood Ave., Whitinsville—not Linwood.

In case you are looking to visit the store.

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.



Where there’s a ribbon cutting, there is Jeannie Hebert, here shown officiating at the ribbon-cutting ceremony for the grand opening of The Pewter Pot on Linwood Ave.

Paul Menard’s service station, operated after his death by his brother Dennis, is now a maintenance garage for Don Menard’s Foxy Travel business.

A hair salon next to Foxy has been turned into a pet-care operation.

The China Pacific on Linwood Avenue has held onto its spot but has suffered for customers, post-Covid 19.

Hank Nydam is still doing business at Nydam Oil; and Peterson

CRUISE PLANNERS

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on land than on water. We specialize in custom itineraries. Italy, France, Ireland, those are huge.”

As an example of the lengths they go to in taking care of their customers, when “the world shut down” because of Covid-19, they stayed busy with “re-bookings,” they said. “One of our clients got stuck in Australia. We worked to get her the hell out of there. You won’t get that kind of service online. When our clients travel we are available 24/7.”

Popular destinations with customers of the TNT guys are “Europe—it’s hot. Alaska, Tom’s favorite (‘it was life-changing for me’), the Grand Canyon, D.C., Mexico, the Dominican Republic



Clockwise from above: biking to a castle in Bernkastel, Germany, the Hubbard glacier and a view of houses from the canal in Amsterdam are all richly rewarding images left from trips Mr. Hansen and Mr. Goulet have been able to take as owners of a Cruise Planners business.





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and always the Caribbean. We are hosting a river cruise in the fall for twenty-one, twenty-two people,” Mr. Goulet said.

Mr. Goulet and Mr. Hansen gain great satisfaction in sharing many of the trips they offer with their customers.

“Not yet,” they say, of taking an African safari. Morocco, “I’ve only seen it as we cruise past,” Mr. Goulet says. Australia and New Zealand are on the wish list.



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They tell people “try the Azores.”

Hawaii and Iceland are “very popular.”

A benefit of purchasing cruising packages from them, they say, is “we don’t charge fees. We are paid by the vendors.”

They love that they have “100% operational control” of their business. It keeps them busy, planning for and participating in bridal shows, travel shows and putting together cruise packages; but, they note “it has come back tenfold” in the gratification they feel in putting smiles on customers’ faces.

“Customer service, it’s always there,” Mr. Hansen says. “We stay up to date with changes, we’ve given it our due diligence, which is why we have repeat customers.

Hand-written thank you cards” are a staple of their approach to their vocation.

For more about the “completely personalized vacations” Mr. Goulet and Mr. Hansen offer as travel advisors and franchise owners with Cruise Planners, visit tntguystavel.com.

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.

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Retirees: Talk finances with your grown children



Mark Freeman

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When you're retired, you'll likely have some financial concerns — just like all retirees. However, if you've invested regularly and followed a long-term financial strategy, you should be able to address most issues that come your way. But there's one important action that's sometimes overlooked by retirees: sharing their financial situation with their grown children. And this knowledge can benefit everyone in your family.

You might be surprised by the concern your children have for your financial well-being. Consider these findings from a 2023 study by Age Wave and Edward Jones:

- 66% of millennials (generally defined as ranging from 27 to 42) worry that their parents or in-laws may not have enough money to live comfortably in retirement.
- 83% of millennials would rather know their parents are financially secure in their retirement, even if it means their parents pass on less money to them.

If you have children in this age range or older, or who soon will be, how can you address their concerns and potentially improve your financial outlook? Communication is the key. By openly communicating with your family about your financial status, you can reduce anxieties and misperceptions. If you're in good

financial shape, your adult children may be reassured that you won't be needing their assistance. And if you are feeling some financial pressures, you can inform your children of the steps you are taking to improve your situation.

One such step may be to reduce your cost of living — the less you spend day to day, the better your ability to preserve your investment and retirement accounts. You may be able to reduce costs in many small ways, such as ending streaming services you no longer use, but you could make an even bigger impact by downsizing your living arrangements. In fact, 72% of today's retirees have downsized or are willing to downsize to reduce their housing costs, according to the Age Wave/Edward Jones survey. Downsizing isn't for everyone, but if it's a possibility for you, it may be worth considering because the savings could be significant.

You may also be able to re-

duce or consolidate your debts. Start by understanding how much and what kinds of debt you have. Then, consider ways to lower your payments, such as refinancing. For example, if you're carrying a balance on multiple credit cards, you might be able to transfer the amounts you owe onto a single card with a more favorable interest rate.

Here's another move to consider: Adjust your investment mix to possibly provide you with more income in retirement. During your working years, you may have invested primarily for growth — after all, you could be retired for two or more decades, so you'll need to draw on as many financial assets as possible. But once you're retired, your investment focus may need to shift somewhat toward income-producing opportunities. Keep in mind, though, that you'll still need some growth potential to help keep ahead of inflation.

One final suggestion: Let your children know if you already have a strategy in place to meet the potentially high costs of long-term care, such as a nursing home stay. This burden is certainly something you won't want your children to take on.

By informing your children about your financial picture, and how you're trying to improve it, you can ease everyone's minds — so keep the lines of communication open.

If you would like to discuss your personal situation with a financial advisor contact:

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Cars in the Park and more, courtesy of the Whitin CC

The Whitin Community Center's popular Cars in the Park, a benefit golf tournament and the Greenway Challenge will add more sizzle to a red-hot summer in the Blackstone Valley, starting August 19th.

The 9th annual version of Cars in the Park will take place on Saturday, August 19 from 10:00 a.m. to 3:00 p.m. in 7.5-acre Whitin Park, 60 Main St., Whitinsville. The car, truck and motorcycle show will feature Best in Show, twenty-five trophies, door prizes, Show Dash Plaques and Goodie Bags for the first fifty pre-registered vehicles, food trucks, event vendors, a 50/50 raffle, entertainment and more.

Admission is free for spectators. Money raised for this year's

event will support the Whitin Community Center, a nonprofit 501©(3) organization that is committed to the health and well-being of individuals and families and to building a strong community in the Blackstone Valley. "The Gym" has been serving the Blackstone Valley for one hundred years and offers social, recreational, educational and outreach programs that bring residents of all ages and backgrounds together.

Persons who volunteer to help with the event receive free refreshments and a free T-shirt. Volunteer tasks include volunteer coordinator, ballot input (must be experienced in Excel), park cleanup, setup, take down, collecting vehicle fees, collecting donations, handing

out programs and fliers, running the 50/50 raffle and park maintenance.

To sign up as a volunteer, go to <https://app.racereach.com/event/cars-in-the-park/> volunteer.

Tammy Bodwell is Committee Chair for Cars in the Park, according to Emily Day, a communications intern with the WCC.

BENEFIT GOLF TOURNAMENT IS BACK AUGUST 28TH

The Whitin Community Center's Benefit Golf Tournament returns on Monday, August 28th at Whitinsville Golf Club on Fletcher Street. Registration starts at 10:45 a.m. with lunch served from 10:45 to noon Tee off is at 12:00 p.m. and dinner will be served immediately following the event.

The tournament will also feature a Hole-in-One contest, shootout contest, putting contest, and gifts.

Register online at www.WhitinCommunityCenter.org (programs>Golf) or in person at the WCC Member Services Desk. Cost is \$800 per foursome or \$200 per golfer and includes lunch, eighteen-hole play and "loads of fun."

Sponsorship opportunities are also available. Contact Events@OurGym.org for more information.

The Whitin Community Center is the Blackstone Valley's most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park.

GREENWAY CHALLENGE COMING IN SEPTEMBER

The Whitin Community Center announces that registration is now open for the 2023 UniBank Greenway Challenge, New England's premier adventure race to promote



the recreational quality of life in the Blackstone River Valley.

The first Greenway Challenge was run in 2001 as an offshoot of "Expedition 2000" sponsored by the Blackstone River Valley National Heritage Corridor. Expedition 2000 was comprised of a group of men and women who by canoeing the entire length of the Blackstone River put a spotlight on the emerging recreational opportunities in the region.

The purpose of the UniBank Greenway Challenge is to further this initiative.

This year's event will be held on Saturday, September 30th and will feature fun and exciting run, bike and paddle segments, which will take athletes from Diamond Hill Park in Cumberland, Rhode Island up through the Blackstone Valley to the finish line at the Whitin Community Center—approximately fifty-one miles later.

Street running, trail running, paddling, street bike and mountain bike components are all part of the event.

Teams will be comprised of one to eight individuals with team members doing just one or two portions each, up to persons con-

quering all segments themselves! Athletes can compete in any of the following categories: Individual Participant (Male or Female); 2-4 Person Team (Male, Female and Co-Ed); and 5-8 Person Team (Male, Female, Co-Ed and Corporate).

Anyone seeking a team can register as such at www.greenwaychallenge.org/register.

The Greenway Challenge is looking for volunteers to staff the start and finish lines, transition sites, and for photographers to take pictures on the course. Go to www.greenwaychallenge.org/volunteer or contact Monique Boucher-Adams at 508-234-8184 Ext. 121 or visit volunteer@OurGym.org.

The WCC thanks these sponsors for supporting the event:

UniBank; Koopman Lumber & Hardware; The Osterman Family Foundation; NEDT Inc.; Gaudette Insurance Agency; Ski With Charlie; Massachusetts DCR; Rhode Island D.E.M. and BV New England Mountain Bike.

Contact Tammy Bodwell at 508-234-8184 Ext. 118 or Tammy-Bodwell@OurGym.org for more information about sponsorship opportunities.

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Harvest in Grafton will honor memory of Maria Remillard

This has been a summer of relaxation for the Blackstone Valley Chamber of Commerce, with events such as “Blackstone Valley Day at Polar Park” and “Craft Beer Night at the Worcester Bravehearts” and “Steamers at Sunset” on the schedule, replacing breakfast meetings and after-hours networking.

On Saturday, September 23rd, Chamber life takes a more serious turn into fall with a Community Service Event at the Community Harvest Project on Wheeler Road in North

on ovarian cancer, which will affect just under 20,000 American women this year alone.

“Maria was very passionate about the Community Harvest Project and its commitment towards hunger relief so we would

have a “community educational breakfast” at the Charles F. Minney VFW Post 329 in Millbury. As Secretary of Education, Mr. Tutwiler directs the Executive Office of Education, which oversees early education, K-12, and higher education. He sits on each of the



The Community Harvest Project in Grafton, where the Chamber will meet to work in honor of the memory of Maria Remillard. Left, Massachusetts Secretary of Education Patrick Tutwiler.

like to honor her as we roll up our sleeves and volunteer our time to the community,” Chamber staffers say.

The morning will begin with a continental breakfast and a sharing of information about women’s health. The hours 9:00 a.m. to noon will be devoted to “crop and harvest.”

Ed Secretary Patrick Tutwiler is guest speaker

On Wednesday, September 27th, the Chamber returns to its regular lineup with an appearance by Massachusetts Secretary of Education Patrick Tutwiler, PhD., to an “edu-

boards governing the Commonwealth’s education agencies, as well as the University of Massachusetts system. He is Gov. Healey’s top advisor on education and helps shape the state’s education agenda.

The educational breakfast is being sponsored by the Chamber, the Blackstone Valley Hub and the Blackstone Valley Education Foundation. In his remarks as keynote speaker, Mr. Tutwiler will focus on creating regional educational partnerships for work skills learning within the public school system.

Grafton “in honor of our friend and colleague Maria Remillard,” who passed away from ovarian cancer in February.

The Chamber’s Women’s Success Network is hosting the activity, which will take place from 8:00 a.m. to noon. It marks the start of Ovarian Cancer Awareness Month, a time to support current patients and educate the general public

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Hello Summer! Eight weeks to tackle proposed projects at BVT

It was a beautiful day to be outside. On June 16, teachers, administrators, and support staff at Blackstone Valley Regional Vocational Technical High School gathered under a bright blue sky to mark the official start of summer vacation by waving goodbye to students. There was a sense of excitement, smiles, and best wishes for a safe and happy summer before embarking on their sabbatical.

The last-day wave, held on the last day of the school year, is an annual tradition at BVT. It signifies that another school

year has successfully come to an end. While students and teachers enjoy their well-deserved downtime, administrators, support staff, and the Facilities team are prepared to tackle many projects during the eight-week summer vacation.

"It's a lengthy and ambitious to-do-list," said BVT Facilities Manager Robert Dolegiewicz. "Some of the proposed summer projects include: painting the old gym and the Construction Technology shop; a tank removal project; building new storage and workstations for the Tech-

nology department; replacing grease traps in the Culinary Arts and the Cafe area; replacing a dishwasher in the Cafe; planning for a Welding shop update; Central and Business Office floor replacement; baseball infield replacement; circuit breaker testing; replacement of the center of the football field; and tech server room wall cut in addition to other annual summer projects, routine maintenance, and inspections."

Blackstone Valley Tech will welcome the Class of 2027 freshmen and parents at the Freshmen



The last-day wave, a tradition at Blackstone Valley Tech as the school year comes to a close.

Cookout on Wednesday, August 16. Freshmen Orientation Days are August 17 and 18. The first

day of school for all of BVT is August 21. Until then, have a fun, sun-soaked summer!

BVT named a PLTW distinguished high school for sixth straight year

The nationally recognized nonprofit organization Project Lead the Way (PLTW) has named Blackstone Valley Regional Vocational Technical High School (BVT) a 2022-23 PLTW Distinguished School. It is the sixth consecutive year that the school has

earned this national recognition. "It is an impressive honor to be recognized for our continuous commitment to empowering student access, engagement, and achievement in our PLTW programs," said Superintendent-Director Dr. Michael F. Fitzpatrick. "I am im-

mensely proud of our students and staff who always aspire to achieve in all aspects of the curriculum. This credential is a testament to the quality of cross-curricular instruction and those willing to do the work." BVT is one of 262 high schools

to receive this honor for providing broad access to transformative learning experiences for its students through the PLTW Computer Science, Biomedical Science, and Engineering pathways. PLTW is a nonprofit organization that serves millions of PreK-12 students and teachers in over 12,200 schools nationally.

To be eligible for this designation, the school had to meet the following criteria: offer at least three PLTW courses; of those who participated in PLTW, at least 33% took two or more PLTW courses during their high school tenure; and at least 95% of students completed the PLTW End-of-Course assessments; have strategies and procedures in place to support reasonably proportional representation regarding race, ethnicity, poverty, and gender.

The school offers a total of ten PLTW courses; five courses from the Engineering Pathway, three courses from the Computer Science Pathway and two courses from the Biomedical Science Pathway.

The PLTW Engineering courses empower high school students to step into the role of an engineer and adopt a problem-solving

mindset. Students engage in collaborative, real-life activities like working with a client to design a home, program electronic devices or robotic arms, and explore algae as a biofuel source.

The PLTW Computer Science interdisciplinary courses engage students in compelling, real-world computer science challenges. As students work together to design solutions, they learn more than just how to code, developing computational thinking and communication skills for success in an increasingly technology-based economy. PLTW Biomedical Science introduces high school students to medicine and human body systems and the vast array of biomedical science careers. Students take on the same real-world challenges as biomedical science professionals throughout the program, preparing them for careers in medical and health-related fields.

BVT is proud to be part of a community of PreK-12 schools, colleges, universities, and corporate and philanthropic partners across the country united around a passion for providing students with inspiring, engaging, and empowering learning opportunities through its PLTW course offerings.



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HEALTHY BAKING

Toaster Oven Triple Berry Crisp is a summer treat

BY CHRISTINE GALEONE

Have you done much baking lately? If you're like a lot of people, you might keep your treasured recipes safely tucked away somewhere until fall. Or at least until cooler weather arrives. But you certainly don't have to.

No matter how high the outdoor temperatures reach, you can keep your kitchen comfortable – and your energy bills lower – by baking smaller batches of your favorite desserts or pastries in a toaster oven. This recipe for Toaster Oven Triple Berry Crisp is as quick and easy to make as it is healthy. And it's a dessert that you may want to make all summer long, especially when you want to whip something up quickly for a summer evening on the patio or lunch with friends or family.

As I've mentioned in previous columns, blueberries are a heart and brain superfood. Raspberries and blackberries are also brimming with vitamins, especially vitamin C. And all three berries are particularly rich in antioxidants, in-

cluding anthocyanins, which have many anti-inflammatory properties as well as many anti-microbial properties. These antioxidants may help protect people from a range of diseases. The high fiber content of all the berries also promotes good health.

This dessert is also void of unhealthy fats. The walnuts,



which contain healthy fats, are heart-healthy and brain-healthy nuts that are excellent sources of omega-3-fatty acids, protein and magnesium. And the oats are an abundant source of fiber, vitamins, minerals and antioxidants. Both ingredients can also help fuel your energy.

TOASTER OVEN TRIPLE BERRY CRISP

Ingredients for Crisp Filling:

- ¾ Cup of Blueberries
- ½ Cup of Raspberries
- ½ Cup of Blackberries
- ½ tsp. of Cinnamon
- 1 tbsp. of Flour

Ingredients for Crisp Topping:

- ½ Cup of Quick or Old-Fashioned Oats
- ¼ Cup of Chopped Walnuts
- ¼ Cup of Brown Sugar
- 2 tbsp. of Light Olive Oil for Baking
- 1 tsp. of Cinnamon

Directions:

Rinse all the berries. Mix together the blueberries, blackberries and raspberries with the rest of the filling ingredients. Spread the mixture evenly in two mini pie plates.

Mix together the crisp topping ingredients, adding the olive oil last, so it can coat the mixture.

Sprinkle the crisp topping over the filling in each mini pie plate.

Bake at 350 degrees in a pre-heated toaster oven for about 20 minutes.

Remove from the oven and let cool for about 15 minutes. Enjoy! Makes about two to four servings

If you enjoy baking, there's no

need to take a vacation from it in these stickier months. Just pour yourself a tall cool glass of lemonade, and give your little countertop friend the workout it needs. Happy (healthier) baking!

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Opportunities abound for summer fun in town of Grafton

BY CHRISTINE GALONE

For many people, summer is a season to slow down, spend time with family and friends, and take in the beautiful but fleeting sights, scents and sounds of the great outdoors. It's also a good time for everyone to explore new

opportunities. In Grafton, there are an abundance of opportunities this summer. People can even embrace opportunities to enhance or share their artistic skills, broaden their cultural horizons, and improve their health. To begin with, there are excit-

ing opportunities for artists and photographers. Grafton Arts, Inc. is calling for entries for its 2023 **Small Stones Festival of the Arts**. Two-dimensional art/photography submissions will be accepted until the night that the 500th entry is received. For more information about the festival,

which was supported last year by local businesses including **Gaudette Insurance, Homefield Credit Union, JCSI Corporate Staffing, Jubilee Chocolate, Sydney Padgett of Mathieu Newton Sotheby's Realty, Pepperoni Express, Roney Funeral Home, Kathleen Schaker of Touchstone Crystal, Theroux**

Dental Associates and Town House Tavern, visit the festival's website, smallstonesfestival.org. This summer, ice cream and coffee lovers have even more places to visit. Just before the season began, the **Grafton Grill & Crust** owners Steve and Lori Belfiore opened a new ice cream and coffee



café. **Uncommon Cow** is located at One Grafton Common. Among other menu items, including Acai bowls, it serves ice cream by **Bliss Dairy** in Attleboro and coffee from **Armeno Coffee Roasters** in Northborough.

The **Nipmuc Nation Pow Wow** will be held Sunday July 30 with the gates opening at 10 a.m. It will be hosted by the **Hassanamisco Band of Nipmuc Nation** at 25 Main Street in Grafton. The Nipmuc event, which features songs and dance in a celebration of Nipmuc culture, draws thousands and welcomes the general public.

Dr. Mary Ellen Curran Rancourt, an audiologist who's celebrating her business's fourth anniversary in South Grafton this month, has been offering her patients more appointment options. **Hear Joy Audiology**, which opened in July 2019 at 43 Main Street, offers a variety of hearing services and products for all ages (including infants). Now, if a patient has a broken hearing device, the patient has the option of scheduling a quick 10-minute appointment to have the device cleaned, checked and fixed. For appointments or more information, you can visit the business's website, www.hearjoyaudiology.com.

Finally, from 5 p.m. to 8 p.m. on the grounds adjacent to the **Grafton Police Department** on Tuesday August 1, the GPD will join with many police departments across the country to hold a **National Night Out** block party to further strengthen the bond it has with residents. There will be family-friendly displays, activities (including a dunk tank that will benefit the GPD UMASS Cancer Walk team), kids' activities, safety tips, free food and music. Past sponsors of the event include:

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Summer may fly by as quickly as the hummingbirds that visit New England during these warmer months. But the opportunities it brings can last well beyond their return flight.

Contact Christine with your business news items at cmgaleone15@gmail.com.



The Nipmuc Nation Pow Wow, Grafton Grill & Crust with an expanded menu and the Grafton Police Department's National Night Out event complete with a dunk tank will keep summer hopping in Grafton this year.

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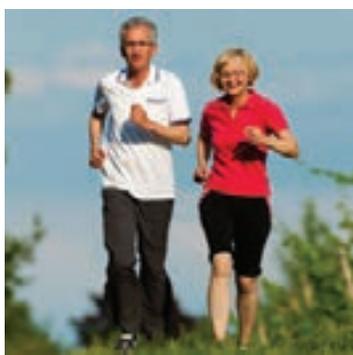
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August is a time for adventure at Southwick's Zoo

August brings three major happenings to Southwick's Zoo in Mendon, starting with EARTH Awareness Day on Saturday, August 5 from 10:00 a.m. to 5:00 p.m. and continuing with Sounds of Africa on Sunday, August 13th and

up around the zoo.

Sounds of Africa will give visitors a chance to experience modern and traditional African music, drumming and dancing in the zoo, a dynamic event.

Summer Safari Scavenger Hunt



Summer Safari Scavenger Hunt on Sunday, August 20th.

On Earth Awareness Day, learn about a variety of topics relating to animals and conservation. The zoo's interns will be presenting their research projects, and visiting exhibitors and vendors will be set

will give visitors a chance to show off their zoo knowledge, with scavenger hunts available for all ages! You may even win a prize!

Giraffe Encounters are back! The Giraffe Habitat is open daily during the season. Giraffe Encounters include a short presentation followed

by the chance to get up and close and personal and feed these beauti-

ful creatures.

Rhino Encounters, Sloth En-

counters are also regular features at Southwick's Zoo.

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Sutton COA provides update on MassHealth eligibility renewal process

The Sutton Council on Aging and Senior Center recently shared word with residents that as of April 1st, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following twelve months. Members who need to provide information to MassHealth will receive a redetermination package in a large blue envelope.

In preparation for this, it is important that you:

- Report any address changes or status updates to MassHealth as soon as possible.
- Update MassHealth by calling the Customer Service number at 800-841-2900.

- Remember! If MassHealth can't reach you they will drop you!
- Open and read any communications from MassHealth as soon as they arrive in the mail.
- Follow the instructions in the letter and return any forms and required documentation.
- Make sure you reply well in advance of the deadline.

MEDICARE PREVENTIVE BENEFITS

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, COVID shots, screening for various health conditions (for instance,

heart disease and certain types of cancer), and options to help you stop smoking.

Preventive care may help to keep you healthier by preventing illness or detecting medical conditions. For more information on covered preventive benefits, see Section 2 of the Medicare & You 2023 Handbook or call your local SHINE office with questions. Also, talk to your health-care provider about how Medicare preventive services can help you.

HEALTH & WELLNESS FAIR IS SCHEDULED

A first-ever Health & Wellness Fair will be held at the Grafton Senior Center on September 22nd from 10:00 a.m. to 2:00 p.m. Vendors are being sought for this event. To register, go to <https://forms/gle/BYya/oXRPy8jJh7H6>.

ELDERS, DAISY/BROWNIE GIRL SCOUTS SHARE TIME

Plummer Place, home of the Northbridge Senior Center, recently hosted another intergenerational program, "Growing the Generations," for older adults in the community and local Daisy/



Growing the Generations, an activity hosted at Plummer Place, home of the Northbridge Senior Center.

Brownie Girl Scout Troop #65224. Amy Cowen, program and volunteer coordinator at Plummer Place, and Krista Kugler, Daisy/Brownie troop leader, coordinated the event, where the girls were able to enjoy a morning with some elders

planting many different kinds and colors of flowers, appreciating each other's company and sharing some light refreshments while swapping stories with another of summers to come and summers past.



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Wayside welcomes equity-minded applicants whose values align with our goal of being a child welfare and behavioral health agency committed to anti-racism, social justice, and advocacy. Successful candidates are asked to be engaged in Wayside's dedication to diversity, equity & inclusion. Bilingual/bicultural and LGBTQ+ applicants are encouraged to apply!

Samuel Slater Experience adds Thursday hours, August Adventures

Samuel Slater Experience is now open on Thursdays! The museum began special new hours on July 13th and is now open Monday-Wednesday by appointment, Thursday, Friday and Saturday 10:00 a.m. to 4:00 p.m. and Sunday noon to 4:00 p.m.

With Thursdays added, Samuel Slater Experience is now poised for Highland Street Foundation's August Adventures, which will provide access and opportunities to new and old partners highlighting the geographical and cultural diversity of the Massachusetts arts and culture community.

Visit Samuel Slater Experience for free on Saturday, August 19th. Tours take about an hour and a half. Due to the large number of anticipated participants, only ten people will be allowed per time slot.

Email admin@samuel Slater Experience

rience.org or call 50-461-2955.

The Samuel Slater Experience comprises more than twenty unique, immersive exhibits that make the history of the American Industrial Revolution and its



people come alive.

First off, during the Orientation, visitors learn about the beginnings of a mill economy, with examples of the spinning and weaving tools that predate the American Industrial Revolution.

Other exhibits as visitors make

their way through the museum include "Meet young Samuel Slater in Belper, England;" "Samuel Slater's Shipboard Immersive Theater Experience;" "Slater arrives in NYC—was that a rat I just saw?";

"Slater settles in Rhode Island;" "Master of Industry—Samuel Slater's office;" "A tough life—mill worker's bedroom and kitchen;" "Waterwheel and Slater's Mill;" "Create your own textile;" "Mill workers' working life and community life;" "Why this Place? Webster 1820 to 1900;" "Town of Webster Streetscape;" "The Trolley Car 4D Experience;" "Maanexit Hotel;" "Mannexit Hotel Speakeasy;" "The Liberty Theater interior;" "Webster Times interior;" "Make your own Webster Times newspaper;" "Racicot Bros. general store;" "Dugan's drug store;" and "Webster Then and Now."

To make a donation in support of one of the region's coolest happening place this summer, go to samuel Slater Experience.org.

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<p style="font-size: small;">5 CU. FT. CHEST FREEZER</p> <p style="font-weight: bold; color: red;">\$249⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$299.99</p>	<p style="font-size: small;">FRIGIDAIRE DISHWASHER #7150</p> <p style="font-weight: bold; color: red;">\$399⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$509.99</p>	<p style="font-size: small;">SAMSUNG WASHER</p> <p style="font-weight: bold; color: red;">\$699⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$899.99</p>	<p style="font-size: small;">MAYTAG DISHWASHER #MDB4949SKZ</p> <p style="font-weight: bold; color: red;">\$549⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$649.99</p>
<p style="font-size: small;">FRIGIDAIRE SIDE-BY-SIDE REFRIGERATOR</p> <p style="font-weight: bold; color: red;">\$1199⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$1,599.99</p>	<p style="font-size: small;">AMANA WASHER OR DRYER #NED4655EW</p> <p style="font-weight: bold; color: red;">\$439⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$599.99</p>	<p style="font-size: small;">MAYTAG DRYER #VEDC46HW</p> <p style="font-weight: bold; color: red;">\$579⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$699.99</p>	<p style="font-size: small;">WHIRLPOOL FRENCH DOOR BOTTOM FREEZER</p> <p style="font-weight: bold; color: red;">\$1699⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$2,699</p>
<p style="font-size: small;">MAYTAG TOP FREEZER 18 CU. FT.</p> <p style="font-weight: bold; color: red;">\$699⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$899.99</p>	<p style="font-size: small;">AMANA GAS RANGE #AGR1530CBAS • Stainless Steel</p> <p style="font-weight: bold; color: red;">\$599⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$699.99</p>	<p style="font-size: small;">GE FRONT LOAD WASHER #GFWS5065NWW</p> <p style="font-weight: bold; color: red;">\$799⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$999.99</p>	<p style="font-size: small;">20 CU. FT. CHEST FREEZER</p> <p style="font-weight: bold; color: red;">\$899⁹⁹</p> <p style="font-size: x-small; color: gray;">WAS \$1099.99</p>

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BY ROD LEE

A fixture in downtown Douglas since its founding in 2000, Gregory's Restaurant & Pizzeria is a busy operation. Gregory's is open for lunch and dinner with a varied menu that includes not only pizza but salads, sandwiches, beer, wine, chicken wings, buffalo wings, chicken tenders, fried calamari, steak grinders, wraps, calzones and a number of parmesan dishes.

Gregory's also serves breakfast on Saturday and Sunday.

Gregory's, which is owned by Gregory Pantos, is part of an industry with sales exceeding \$45 billion in the U.S. in 2021. More than 800,000 people work in pizza shops across the country.

One of the things patrons of

Gregory's in Douglas known for pizza, and much more

Gregory's like best is the attention paid to children. Crayons and paper are available, as are booster seats.

Check out Gregory's full menu at www.gregorys-restaurant.com.

ENTERTAINMENT IS A FIXTURE AT POINT BREEZE

Summer is an especially eventful time of year at Point Breeze Restaurant on Webster Lake. In addition to the seafood-oriented menu, which can be enjoyed in the dining room or at the edge of the water, there is the entertainment, which has been a staple at Point Breeze almost from its founding as a private men's sailing club in the late 1800s. Tuesdays are Open Mic Night, Wednesdays are Karaoke and there is live music on Thursdays and Fridays. At the turn of the century in the early 1900s, Point Breeze became a destination for weekend exhibitions and entertainment and in

the Roaring 20s a favorite location for summertime weddings. Point Breeze is open seven days a week for lunch and dinner. Go to www.pointbreezeonwebsterlake.com for more details.

TO-GO COCKTAILS' FUTURE HANGS IN BALANCE

Lawmakers have extended a COVID-era bill that allows to-go cocktails through March of 2024, but the Massachusetts Restaurant Association (MRA) is pushing for the feature to be made permanent. One thing legislators are watching as they weigh voting yes or no is how sales of to-go cocktails do in coming months, and what kind of regulatory practices restaurants are willing to put in place to assure a manageable situation.

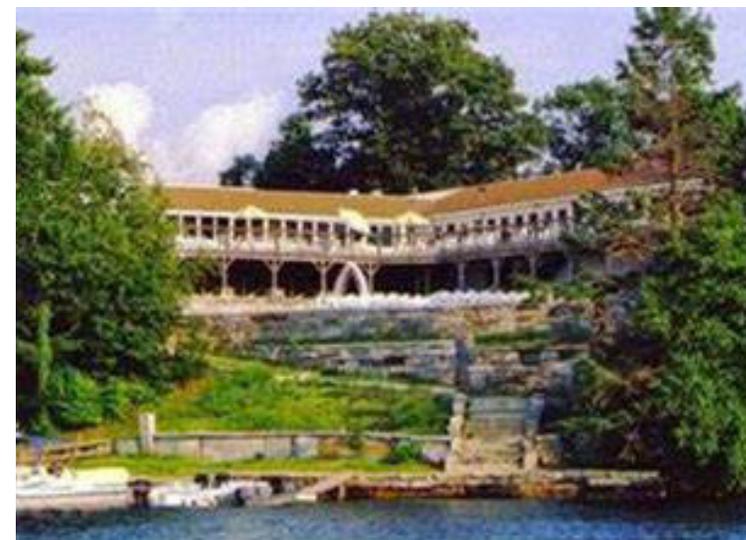
Jessica Muradian, who is director of government affairs for the organization, said the MRA will continue to advocate for making to-go cocktails a lasting ingredient for restaurant patrons.

Takeout has become that, and to-go cocktails should too, she says.

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.

Right, Mark Morgan begins his day in the kitchen at Gregory's Restaurant & Pizzeria in Douglas.

Below, Point Breeze Restaurant, on Webster Lake.



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SUNDAY, JULY 30

• Yachtley Crew performs at Indian Ranch, 200 Gore Road, Webster, 1:00 p.m. <https://indianranch.boxofficeticketsales.com>.

THURSDAY, AUGUST 3

• The Millbury Summer Concert Series continues with a performance by 4EverFab at the Millbury Senior Center. Showtime is 6:00 p.m.

• Valley Cast's Free Summer Concert Series continues on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. with a performance by Country Wild Heart Band. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

FRIDAY, AUGUST 4

• ABBA The Concert-ABBA Tribute takes the stage at Indian Ranch, 200 Gore Road, Webster, 7:00 p.m. <https://indianranch.boxofficeticketsales.com>.

SUNDAY, AUGUST 6

• The New England Country Music Club will host the Rhode Island Rednecks at the Uxbridge Progressive Club, 18 Whitin St., Uxbridge. Doors open at 12:15 p.m. with live music and dancing from 1:00 to 5:00 p.m. www.facebook.com/NECountryMusicClub for further info.

Dylan Scott performs at Indian Ranch, 200 Gore Road, Webster, 1:00 p.m. <https://indianranch.boxofficeticketsales.com>.

THURSDAY, AUGUST 10

• "Of Farms and Factories:" Tour a history farm and homestead in beautiful Sutton at Waters Farm, 53 Waters Road, at 6:30 p.m. Presented by the Blackstone River Valley National Heritage Corridor, this walkabout will show the important role local farmers have played in the evolution of industry in New England. The program is being presented in collaboration with Waters Farm Preservation Inc.

• The Millbury Summer Concert Series continues with a performance by DJ and the Preachers at the Town Common. Showtime is 6:00 p.m.

NOTE: Community bulletin board-type items are welcome for inclusion in the Happenings! section of the Xpress newspapers. Please allow enough lead time for publication. Email your calendar or event notice to news@theyankeeexpress.com.

THROUGH JULY 31

• Summer at the Beach, paintings and drawings by Laura Burnett, will be on display and for sale in the café gallery at Book-lovers' Gourmet, 72 E. Main St., Webster. The show consists of things that you can do, or that you may see while at the beach. Ms. Burnett lives with her family in Woodstock, Connecticut. She is a self-taught painter and crafter who has been drawing from a young age. "I love what I do, when I make a piece for anyone I love to see the joy that it brings to them," she says. "My inspiration comes from people and places I have been to and from drawings and doodles I have done."

THROUGH OCTOBER 1

• Daniels Farmstead in Blackstone is open for its 13th season of Farmers' Markets, every Sunday from 11:00 a.m. to 2:00 p.m. Email info@danielsfarmstead.org for further details or visit the Daniels Farmstead Foundation website at www.danielsfarmstead.org.

FRIDAY, JULY 28

• Blackstone Valley Day at Polar Park will feature a game between the Worcester Red Sox and the Rochester Red Wings. Game time is 6:45 p.m. with Friday Night Fireworks to follow. Admission is \$27 for members of the Blackstone Valley Chamber of Commerce and \$37 for future members. www.blackstonevalley.org.

SATURDAY, JULY 29

• Northbridge Author Rod Lee will talk about and sign copies of his new novel "Gil Christopher," a reflection on aging, at Book-lovers' Gourmet, 72 E. Main St., Webster, from 11:00 a.m. to 1:00 p.m.

• Fitz and the Tantrums perform at Indian Ranch, 200 Gore Road, Webster, 1:00 p.m.

HAPPENINGS!

continued on page 18

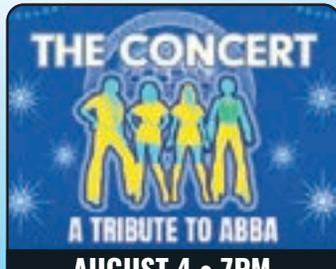
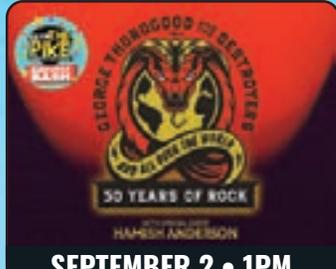
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 SEPTEMBER 9 • 12PM	 SEPTEMBER 24 • 12PM	 SEPTEMBER 30 • 1PM SOLD OUT! OCTOBER 1 • 1PM SOLD OUT!

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MARGARITAVILLE CRUISE AUG 3 / 6:30PM	LAKE TOUR AUG 18 / 10AM	100 FM THE PIKE 80'S CRUISE HOSTED BY CHUCK PERKS AUG 19 / 6:30PM
LAKE TOUR AUG 4 / 4PM	LAKE TOUR AUG 6 / 10AM	SUNSET LAKE TOUR SEP 16 / 6:30PM
LAKE TOUR AUG 6 / 10AM	SUNSET LAKE TOUR AUG 11 / 7:15PM	SUNSET LAKE TOUR SEP 22 / 6PM
SUNSET LAKE TOUR AUG 11 / 7:15PM	SUNSET LAKE TOUR SEP 8 / 6:30PM	SUNSET LAKE TOUR SEP 29 / 6PM

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BOX OFFICE HOURS: Monday-Wednesday (10am-4pm), Saturday-Sunday, (10am-4pm) and Friday (10am-5pm). Tickets are also available by phone: 1-800-514-ETIX (3849). All events are rain or shine. No refunds. For ticketing and group sales, contact tickets@indianranch.com or call 508.943.3871. For information on private events, banquets and renting the Indian Princess Paddlewheel Boat, contact banquets@samuelslaters.com. Indian Ranch is less than an hour's drive from Boston, Providence, Hartford and Springfield. Indian Ranch is located at 200 Gore Road in Webster, MA.

HAPPENINGS!

continued from page 17

• Valley Cast's Free Summer Concert Series continues with a performance by the Blackstone Valley Bluegrass Band on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

AUGUST 12 & 13

• The American Heritage Museum, 568 Main St., Hudson, presents "Centuries of the Soldier," a timeline living history exhibition from as early as the Revolutionary War, 9:00 a.m. to 5:00 p.m. both days. www.americanheritagemuseum.org or call 978-562-9182.

SUNDAY, AUGUST 13

• Commemorate the Blackstone Valley's involvement in World War II by attending an informative and interactive afternoon of history presented by the Blackstone River Valley National Historical Park and Valley-CAST from 11:00 a.m. to 3:00 p.m. at 30-70 Douglas Road, Whitinsville. The program is

being offered in partnership with Open Sky Community Services. The event is free and open to all.

WEDNESDAY, AUGUST 16

• The Blackstone Valley Chamber of Commerce's annual Steamers at Sunset event will be held at The Barn at Blissful Meadows Golf Club, 801 Chocolog Road, Uxbridge, from 5:30 to 7:30 p.m. To register or for more information about this signature event, email Liz O'Neil at loneil@blackstonevalley.org or Kristen Kearnan at kkearnan@blackstonevalley.org.

THURSDAY, AUGUST 17

• A "Hoppin' Hoedown Concert & Luncheon" will be held at Plummer Place at the Northbridge Senior Center, 20 Highland St., Whitinsville, from noon to 2:00 p.m. Roger Tincknell will entertain with a variety of early Country & Western songs from such greats as Jimmy Rodgers, Hank Williams, Gene Autry, Roy Rogers along with traditional cowboy songs and yodeling. The event will also feature 50s and 60s rockabilly, western swing and popular country pop tunes by such artists as Johnny Cash, Ray Price, Bob Wills, Loretta Lynn, Patsy Cline, Merle Haggard and Glen Campbell. A

themed lunch will be served. Cost is \$10 per ticket with a limit of two tickets per person. Sign up in the main office. This event is supported in part by a grant from the Northbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

• "Adaptive Reuse in Manchaug:" This program is scheduled for 6:30 p.m. at Manchaug Mills, 9 Main St., Sutton, and it will show how the creative adaptation of an old industrial complex can take shape. Attendees will meet local historian Christine Watkins who will discuss the opportunities and challenges of working in a restored mill space. The program is being presented by the Blackstone River Valley National Heritage Corridor in partnership with Deb Dunleavy of Manchaug Mills Inc.

• The Millbury Summer Concert Series continues with a performance by Dan Gable & the Abletones at the Asa Waters Mansion. Showtime is 6:00 p.m.

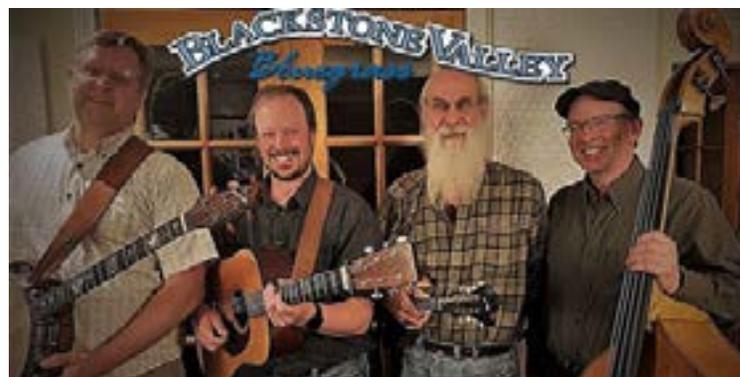
• Valley Cast's Free Summer Concert Series continues with a performance by Clafin Hill Summer Winds on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

SATURDAY, AUGUST 19

• The Whitin Community Center will host "Cars in the Park," 60 Main St., Whitinsville.

THURSDAY, AUGUST 24

• The Silver Club of the Uxbridge Senior Center is planning a trip to The Theatre by the Sea to see the show "Jersey Boys." There will be a sit-down lunch at Bravo by the Sea with meal choices of haddock, chicken or pasta. Bus pickups will be at the Millbury



The Blackstone Valley Bluegrass Band performs in Whitinsville on August 10th as part of Valley Cast's Summer Concert Series.

Park and Ride in Millbury and at the Dollar General in Whitinsville. The cost including driver gratuity is \$150. Call Sue at 508-476-5820 for more details about this trip and a five-day trip in September to Penn Dutch to see the brand new show "Daniel" at Sight and Sound Theatre.

• An Alzheimer's Association Lunch & Learn Program is being offered at Plummer Place at the Northbridge Senior Center, 20 Highland St., Whitinsville, at 11:30 a.m. The topic is "Effective Communication Strategies." Space is limited. Sign up in the main office.

• The Millbury Summer Concert Series continues with a performance by Belit at the Town Common. Showtime is 6:00 p.m.

• Valley Cast's Free Summer Concert Series continues with a performance by Dynamite Rhythm on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

SATURDAY, AUGUST 26

• The 2nd Annual Parking Lot Craft Fair sponsored by the Auburn Historical Society & Museum will be held at 41 South St., Auburn, 8:00 a.m. to 2:00 p.m., rain or shine. Vendors are welcome. Contact Helen at auburnmuseum@verizon.net to reserve a space for \$15.

THURSDAY, AUGUST 31

• The Art of Bow Making will be offered at Plummer Place at the Northbridge Senior Center from 1:00 to 2:00 p.m. This class will demonstrate how to make bows for use in your home and/or for packages. Space is limited. Sign up in the main office.

• Valley Cast's Free Summer Concert Series continues with The Eagles Experience on the Dennis H. Rice Community Plaza, 60 Douglas Road, Whitinsville, from 6:00 to 8:00 p.m. On a Roll food truck will be on the premises. In the event of rain, the show will move indoors to the Singh Performance Center.

TUESDAY, SEPTEMBER 5

• The Sutton Historical Society welcomes Andrew Noone, author of "Bathsheba Spooner: A Revolutionary Murder Conspiracy," at the First Congregational Church, 307 Boston Road, Sutton, at 7:00 p.m. Go to www.suttonhistoricalsociety.org for further info.

WEDNESDAY, SEPTEMBER 6

• A Scam Alert Program presented by the Worcester County DA's office will be held at Plummer Place at the Northbridge Senior

HAPPENINGS!

continued on page 19

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HAPPENINGS!

continued from page 18

Center, 20 Highland St., Whitinsville, at 12:45 p.m. Kevin Donohue returns to help attendees recognize and learn about what scams are out there. Sign up in the main office. Light refreshments will be served.

SATURDAY, SEPTEMBER 16

• Bethel Lutheran Church/Grace Ministries will host a Community Yard Sale from 9:00 a.m. to 1:00 p.m. at 90 Bryn Mawr Ave., Auburn. Rent a table for just \$25. Contact Jackie Walsh at 508-769-0879 for jackmae@charter.net to register for this event. This organization is under the umbrella of the Auburn Historical Society and has just



ABBA The Concert-A Tribute Band takes the stage at Indian Ranch in Webster on August 14th.

completed a year-long fundraising project to restore the Green Dome, which sat atop the 1935 original Auburn High School building. When the seventy-two year-old building was demolished, the Green Dome was able to be removed and saved. It had fallen into disrepair as it passed from several town departments, the Historical Commission and the Town Manager's office. It now sits on Auburn HS property where it has been restored and renovated, thanks to a dedicated "Save the Dome" Committee.

SEPTEMBER 16 & 17

• The American Heritage Museum, 568 Main St., Hudson, presents "World War I/Early Aviation Weekend," showcasing the original 1917 Nieuport 28—America's first and oldest fighter aircraft, 9:00 a.m. to 5:00 p.m. www.americanheritagemuseum.org or call 978-562-9182.

SUNDAY, SEPTEMBER 24

• The UMass Cancer Walk and Run, celebrating twenty-five years of the community's commitment to cancer research, will take place at Polar Park in Worcester. Go to umasscancerwalk.org or email cancerwalk@umassmed.edu for further details.

SATURDAY, SEPTEMBER 30

• The Greenway Challenge takes place in the Blackstone Valley and around the region.

THURSDAY, OCTOBER 5

• The 7th Annual New England Electrical & Alarm Expo takes place from 1:30 to 7:30

p.m. at Twin River Casino, 100 Twin River Road, Lincoln, Rhode Island. The Exhibitor Show Floor opens at 3:30 p.m. More than 400 manufacturers will be represented. Visit neeae.com for further details.

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 in Douglas's fourth annual online auction begins. Donations for the event will be accepted through September 14th at 8:00 p.m. 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.

TUESDAY, NOVEMBER 7

• The Sutton Historical Society welcomes Mark Savoio of the Thompson Historical Society for the presentation "The Mass 15th of the Civil War and Wilder Holbrook, Sutton," at the First Congregational Church, 307 Boston Road, at 7:00 p.m. Go to www.suttonhistoricalsociety.org for further info.

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, MARCH 16

• 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.

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568 Main Street, Hudson, MA www.AmericanHeritageMuseum.org (978) 562-9182

Scan QR for Event Page

SPORTS

Four senior standouts taking Grafton baseball to the next level

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

This past season was not the type of season that Grafton was hoping for on the diamond. Grafton went 11-9 during the regular season to earn a berth in the Division 2 State Tournament, unfortunately as the 33rd seed falling in the preliminary round to North Quincy and the season was over.

When next fall rolls around the Gators will be looking to their senior core to bring this team to the forefront of the high school baseball world. According to Gator Coach Brian Andersen the four incoming seniors all began playing baseball together at a young age and around the sixth grade they all stepped up to play summer ball at the same time.

"I'll be looking for these guys to lead the team next year," Andersen said. "They all grew up in front of my eyes; they're a breath of fresh air and they're locked in and ready to take this program to the next level. They

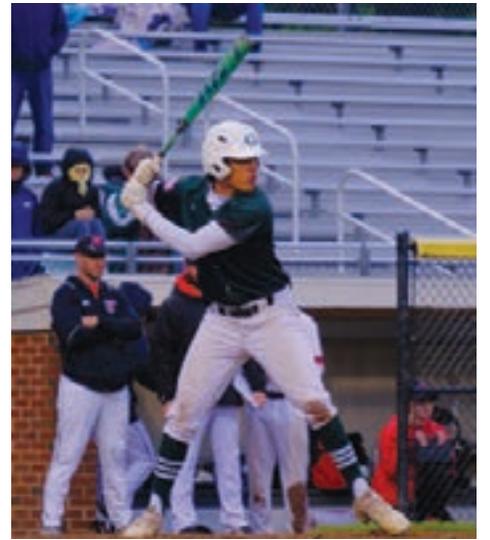
laid the foundation for the future of Grafton baseball."

The seniors looking to guide the Gators into the future are catcher Tyler Warren, third baseman Nick Gouveia, shortstop Jake Mayerhauser and outfielder AJ Parlente. The foursome all pretty much arrived on the varsity squad at the same time, outside of Parlente who was there the year prior. In addition to baseball, they all play other sports as well: Warren and Gouveia play hockey, while Mayherhauser also graces the football field and Parlente played football and basketball. Although they all enjoy playing other sports, baseball seems to be the overwhelming favorite and the one sport that they all got started at an early age.

"My dad was really into baseball, and he began training me for the sport when I was 3-years old," Parlente said.

Gouveia noted that his dad and

Clockwise from top left: Tyler Warren., Jake Mayerhauser, Nick Gouveia and AJ Parlente.



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SPORTS

older brother were into the sport, and he has been playing it his entire life.

Parlente earned his spot on the varsity roster his freshman season and has been playing the corner outfield positions since then. Although he can play both sides of the outfield, the now senior prefers right field as he feels more comfortable there.

“Coming into tryouts that year my goal was to make the varsity team as a freshman,” Parlente said. “I had also hoped to someday play college baseball, but I’m not too sure if that will still happen or not but it’s still a goal.”

This past season the right fielder put together an impressive season with 24 hits, 17 RBI, batted .369 and had 10 stolen bases for the Gators.

Gouveia found himself starting at second base in his inaugural year with the varsity but didn’t have that great of a season and was moved over to third in his junior campaign where he flourished with 23 hits, 8 RBI and a batting average of .359.

That same sophomore campaign Mayerhauser just wanted to be on the team and fulfill a role to help the team to success. Grafton defeated East Longmeadow in the preliminary round but then had

to go up against the number one seed in Milton and didn’t fare too well. Mayerhauser, however, had himself a good season this past year with 19 hits, 13 RBI and 7 stolen bases while batting .306.

“I wasn’t looking to be a stand-out player with impressive stats,” he said. “I just wanted to win and I’d do anything that I could to help the team accomplish that goal.”

Warren was hoping that he could be part of a State Championship before he left the Grafton diamond for the last time. However, in order to capture that elusive title, the seniors all know and agree that things must change going into next season.

“This past season we did not play as a team, a lot of people were not thinking team first,” Mayerhauser said. “Next season I’m hoping that we can play together and if we can it should be our best year ever as we’ve all been playing baseball together now for ten years or so. We’re all friends on and off the field and the underclassmen seemed to be joining in.”

Gouveia echoed his teammates’ sentiments.

“We didn’t have the best of seasons this year,” he said. “If we want to improve we need to play more like a team, a lot of guys were just playing for individual stats,

you can’t win that way.”

The only senior who has been on the team all four years also noted that if the Gators want to be successful things definitely need to change.

“The biggest thing is that the team attitude needs to change, and we need to focus, especially at practice,” Parlente said. “We hit our goal of making it to the tournament this year but not with the best of records, we defiantly need to improve upon that.”

All four athletes want to desperately help this team win and

advance as far into the Division 2 State Tournament as they can. With a full year behind the plate under his belt Andersen Warren (who had 16 hits, 14 RBI and batted .271 this past year) should be ready to help guide this team into the future.

“Next year I’m looking to help get this team back into the playoffs and go at least a few rounds,” Warren said. “I’m hoping that my leadership can help the younger kids out and improve their game.”

The other three seniors are all in the same boat; hoping to be

effective on the field while helping the younger players improve upon their game.

“You always want to win,” Gouveia said. “We just need to take to the field and play our roles and do whatever we can to help the team.”

Mayerhauser concluded that it will be a successful season if the squad can get better overall and win more games than this past season, while doing their parts in getting the younger players up to speed to take over the team and continue the success when they leave.

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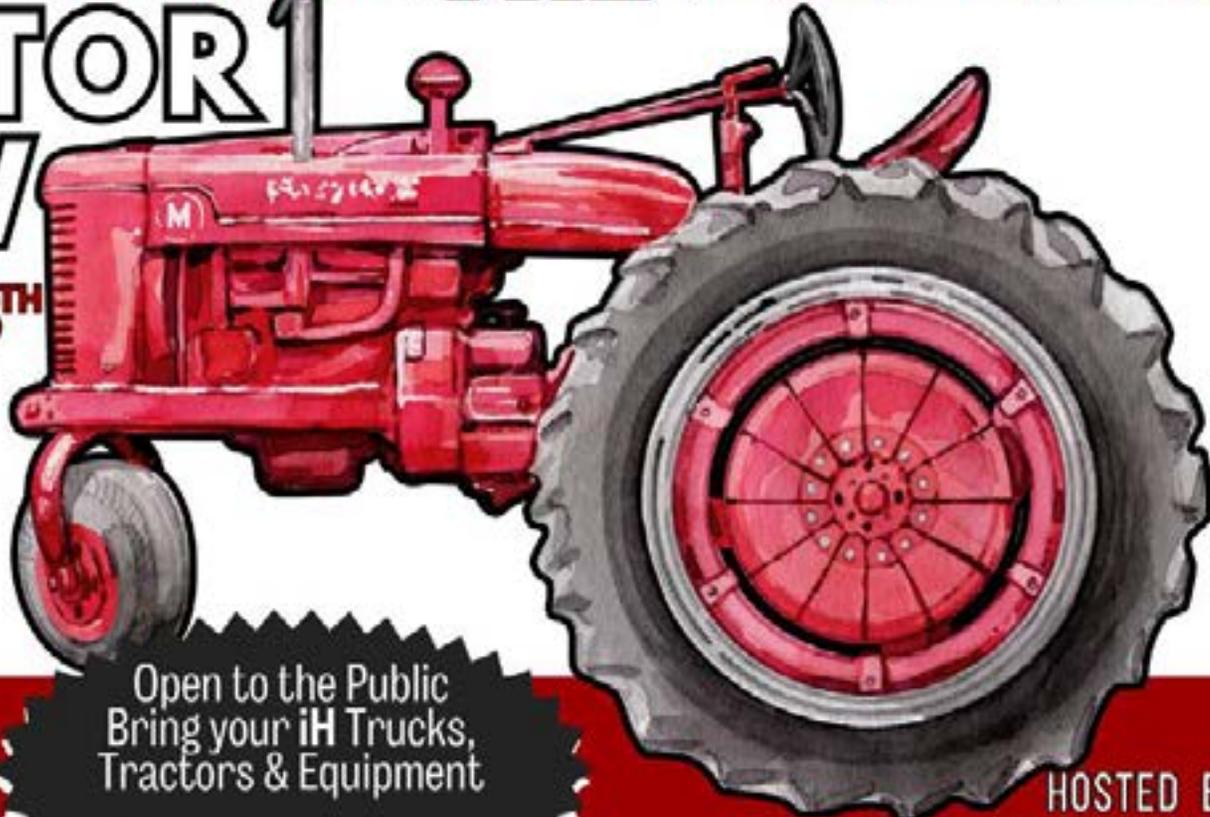
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Corridor brings accessible biking to Massachusetts, Rhode Island

The Blackstone River Valley National Heritage Corridor (BHC) is partnering with All Out Adventures (AOA) to offer a series of accessible cycling events in September on the Blackstone

An additional ride will be held on Wednesday, September 13, on the Blackstone River Bikeway in Lincoln, RI. All events will run from 11:00 a.m. to 3:00 p.m. by reservation only.



River Bikeway/Greenway in both Massachusetts and Rhode Island. Two rides will be at the Blackstone River Greenway in Blackstone, on Wednesday, September 6 and 20.

The September 6th ride is presented in partnership with Universal Access Program, and there is a fee of \$5 per participant. The rides on September 13 and 20

are free and funded by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Cooperative Agreement Number

UG4LM012347 with the University of Massachusetts Chan Medical School, Worcester.

To register for these events, call All Out Adventures at 413-584-2052 or email info@allout-adventures.org. All Out Adventures

will spend time talking with each individual to learn about their disability to select the proper piece of equipment ranging from single and tandem recumbent trikes to two-wheel tandem and upright and low-style handcycles. Cycling opportunities will also include the wheelchair tandem bicycle BHC acquired in 2020 through a grant from the Network of the National Library of Medicine, New England Region.

To learn more about All Out Adventures and other recreational programs it offers, visit AllOutAdventures.org. To learn more about the Blackstone River Valley National Heritage Corridor, visit BlackstoneHeritageCorridor.org.

About the Blackstone River Bikeway/Greenway:

The Blackstone River Bikeway/Greenway is a multipurpose, recreational resource and an alternate mode of transportation for commuters. Part of the East Coast Greenway, the Blackstone River Bikeway/Greenway will extend 48 miles (24 miles are currently constructed), connecting 14 cities and towns, from downtown Worcester, MA, to Providence, RI. BHC champions the Blackstone River Bikeway/Greenway as one of its top priorities. To learn more about the Blackstone River Bikeway/Greenway, visit BlackstoneHeritageCorridor.org.

About the Blackstone River Valley National Heritage Corridor:

Blackstone River Valley National Heritage Corridor, working with community partners, provides strong leadership to preserve, promote, and celebrate the Valley's historic, natural, and recreational resources for current and future generations. To learn more, visit BlackstoneHeritageCorridor.org.

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AHM readies 'Centuries of the Soldier' weekend, August 12-13

On the weekend of August 12 and 13, the American Heritage Museum in Hudson will be presenting a time-line living history exhibition, "Centuries of the Soldier."

This extraordinary program will feature multiple historical



encampments laid out chronologically over the great expanse of the museum's grounds. Starting as early as the Revolutionary War to the Civil War, World War I, World War II, the Korean War, up to the Vietnam War.

There will be several demonstrations and battle re-enactments involving a variety of re-enactors representing soldiers over the last many years. Gates open at 9:00 a.m. and close at 5:00 p.m. each day. Demonstrations will be ongoing throughout the weekend.

All three of the AHM's museums will be open: the American Heritage Museum, the Historic Aviation Hangar and the Classic Automobile Barn.

This is a unique opportunity to see some of the world's most rare aircraft, extraordinary American cars, historic tanks, armored vehicles and much more.

Advance sale tickets are \$25 for adults, \$20 for seniors and veterans and \$15 for children under twelve. Members, WWII/Korean War veterans and children under three are free. Admission discounts cannot be used for special-event weekends.

Tank driving experiences and tank rides will also be available over the weekend. Registration can be done online or by telephone. Tanks featured will include the M24 Chaffee Light Tank and the M4 Sherman Medium Tank.

Visit www.americanheritagemuseum.org or call 978-562-9182 for more information.

Early Aviation Weekend is in September

The American Heritage Museum will present a World War I and early aviation event the weekend of September 16 and 17. The original 1917 Nieuport 28, America's first and oldest fighter aircraft, will be showcased. "We will also pull out the 1909 Curtis Pusher for an operation exhibition," ANH staff said. "There will be other organizations bringing

and displaying their accurate World War I artifacts, equipment and replicas."

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- **Tuesdays**
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5:30 pm - 6:30 pm Vinyasa Yoga
- **Wednesdays**
9 am - 10 am Barre Sculpt
5 pm - 6 pm Barre Strength Cardio
6:30 pm - 7:30 pm Hatha Restorative Yoga
- **Thursdays**
9 am - 10 am Barre Strength Cardio
6 pm - 7 pm Slow Flow Yoga
- **Fridays**
9:15 am - 10 am Curls & Crunches
- **Saturdays**
8:30 am - 9:30 pm Weekly Rotate Between Barre and Yoga

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LIVING WITH LUKE

amyleclaire@hotmail.com

Luke Valentino, a bashful pup gone spunky

BY AMY PALUMBO-LECLAIRE

Luke Valentino has grown so much in the past year and a half. Puppies are cute, but they are also a tremendous amount of work. Directly proportional to the energy expended on a puppy seems the reward of a full-grown dog who understands how to live with us. Luke has learned that we can't cater to his every whim. He has a toy box. He has a bone. He has a life!

Luke came into my life in March of 2022. He was the darker-hued of three other Golden males, the one nestled in the warmth of his brother, the guy uninterested in me or a new home for that matter. Of the Seven Dwarfs, Luke was Bashful. "That's Luke," I said to myself. "I'll take the one in the back," I said aloud, fighting to ignore Happy, who sat staring at me with a heart-breakingly small smile. "I'll be your forever friend." My heart had already settled on Luke a few days back. He caught my eye in a picture sent me by his breeder. He seemed to look into my eyes as though to say, "My name is Luke Valentino.

I'm not Lincoln, but you'll love me just the same, and I'll love you back." He looked like a Luke. He was Luke! Fate had brought us together.

Do we ever love our new pets in the same way we do those we've lost? I don't believe so. Rather, I think we love them differently or perhaps individually. I loved Lincoln for his athletic, robust spirit. He was up for a new adventure on the ball field. He was my partner in crime; with me to share in my love for people and life. He was a dog who viewed the world with rose-colored glasses until his last day. He didn't focus on the pain of his tumor, but on being together. Why complain when we can play? He seemed to understand that our journey is paved with highs and low—and that it helps to focus on the highs. He was my dog.

What about Luke?

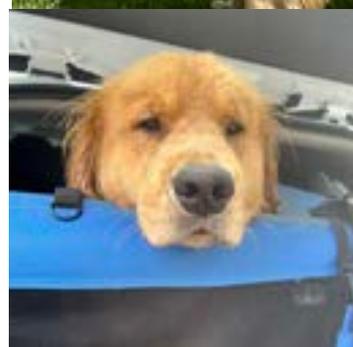
Bashful dashed like a bunny into the comfort of his plush crate on his first day home. He cried for me at three a.m. with a miniature puppy howl. "Arooooooo! Help! Help! I somehow pooped on myself!" He was careful to explore only sections of our home at a time and tackled the deck stairs with trepidation and a shrill bark. "I know I'm supposed to walk down the stairs but it's easier for you. Your legs are bigger!" Weeks turned into months

and little Luke grew into his big, boxy head. In the process, he began to trust us. He may have been the most docile puppy I've owned, the only one I could trust to be alone on the front steps, but he was developing confidence and attitude. The mane of his chest puffed out like a lion's—and so did our love for a bashful pup gone spunky. There's so much to celebrate about Luke. Where to begin?



HE'S A SUGGLER

A dog is therapeutic, scientifically, and remarkably so. Research shows that petting a dog lowers the stress hormone, cortisol. Moreover, the social interaction between people and their dogs increases oxytocin, a feel-good hormone, the same one which bonds a mother to her baby. More simply put, snuggling feels good. "Do you want to snuggle, Luke?" My grown pup is more a thinker than a jumper. He'll look up at me or my husband at the edge of the couch as though to say, "I was thinking of snuggling with you, but I don't want to bother you." We scoop him up and he makes the big, clunky transition from floor to chest. Then he tucks his big head against one of our chests. Luke's coat is soft and extremely thick. Snuggling with him is like hugging a brand new, expensive teddy bear. He'll gaze up at the television and tilt his head in curiosity to the sight of a dog on film. Occasionally, he'll find himself hooked on a scene. "There's



a dog who looks like me! Now he's walking on the grass like me! Hey, there's a car. I ride in cars, too! A person is swimming. I know how to swim, too!" I'm not particularly fond of watching television. Unless Luke is beside me.

HE TRAVELS LIKE A CHAMP

I used to travel everywhere with Lincoln, but rides were not easy. He was a backseat pacer, and far more high-strung than Luke. In some ways, I created the monster in the backseat. I acclimated him to Dunkin Donuts drive-throughs and tossed him one too many donut holes. He came to attach car rides with indulgence. Luke, on the other hand, lays down patiently in his travel dog crate (highly recommended) and will sleep through long rides. He'll pop his head out of the sunroof upon arrival. "We're here already?" Luke has already been to Vermont, New Hampshire, and numerous central MA destinations. He's sat beside me in cafes, restaurants, and bookstores. He's not a Service Dog and I've never claimed him to be. "I'm a columnist. He's working" is what I say, instead, when questioned. I write lots of stories about Luke. I need to be with him, my companion and muse.

HE AIMS TO PLEASE

Admittedly, food rewards have been a central part of this equation. Still, nothing warms my heart more than the expression on Luke's face when he has made a good choice and knows it. "Hi

Momma! I really, really wanted to chase after that shaggy mutt but you've worked so hard to help me stay in the yard. How about putting something in my dish so I'll remember to do it again? Aren't we a great team?" I've learned that consistency matters the most when it comes to training a dog. Luke's consequent behavior is no exception (barring a few erratic bunny chases; every dog needs to chase a bunny now and then).

HE'S ONE OF A KIND

Luke Valentino is unique. He doesn't like the game of fetch like most dogs. Instead, he prefers Tease and Chase, a game involving a stuffed animal pushed into our butts (a subtle nudge) to initiate an intense game of chase that goes on with unathletic slides and raucous unfairness. Luke positions himself to win every time, finding the perfect angle around the coffee table to prevent us from grabbing the stuffed lamb from his mouth. He's also a colossal sore loser. Should we find a means to take the lamb back and run with it, he'll whine like an NFL player handed a bad call. "THAT'S MY LAMB!!! GIVE IT BACK!" He's even adopted a clever tactic in grabbing a second stuffed animal to make us jealous, so that we'll drop the lamb. "I like the beaver better anyway." Often, I find myself losing patience with his tantrums. "Let Luke win, please!"

Luke may win a game of Tease and Chase, but when it comes to finding the right "next dog" my family has scored big. Whether snuggling, playing, or traveling with us, Luke has added so much joy to our lives. I never thought I'd find a dog I'd love as much as I did Lincoln. Then came Luke Valentino. I couldn't be happier.

Write to Amy at amyleclaire@hotmail.com

Find Luke Valentino on Instagram @livingwithlukevalentino

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REAL ESTATE

Your needs matter more than today's mortgage rates

If you're thinking about selling your house right now, chances are it's because something in your life has changed. And, while things like mortgage rates are a key part of your decision on what you'll buy next, it's important to not lose sight of the reason you want to make a change in the first place.

It's true mortgage rates have climbed from the record lows we saw in recent years, and that has an impact on affordability. With rates where they are right now, some homeowners are deciding they'll wait to sell because they don't want to move and have a higher mortgage rate on their next home.

But your lifestyle and your changing needs should matter more. Here are a few of the most common reasons people choose to sell today. Any one of these may be

more important than keeping your current mortgage rate.

RELOCATION.

Some of the things that can motivate a move to a new area include changing jobs, a desire to be closer to friends and loved ones, wanting to live in a dream location, or just looking for a change in scenery. For example, if you live in suburbia and just landed your dream job in NYC, you may be thinking about selling your current home and moving to the city for work.

UPGRADING.

Many homeowners decide to sell to move into a larger home. This is especially common when there's a need for more room to entertain, a home office or gym, or additional bedrooms to accommodate a growing number of loved ones. For example, if you're living in a condo and decide it's time to seek out a home with more space, or if your household is growing, it may be time to find a home that better fits those needs.

DOWNSIZING.

With inflation driving up everyday expenses, homeowners may also decide to sell to reduce main-

tenance and costs. Or, they may sell because someone's moved out of the home recently and there's now more space than needed. It could also be that they've recently retired or are ready for a change. For example, you've just kicked off your retirement and you want to move to somewhere you can enjoy the warm weather and have less house to maintain. Your new lifestyle may be better suited for a different home.

CHANGE IN RELATIONSHIP STATUS.

Divorce, separation, or marriage are other common reasons individuals sell to buy different homes. For example, if you've recently separated, it may be difficult to still live under one roof. Selling and downsizing may be better options.

HEALTH CONCERNS.

If a homeowner faces mobility challenges or health issues that require specific living arrangements or modifications, they might sell their current home to find one that works better for them. For example, you may be looking to sell your home and use the proceeds to help pay for a unit in an assisted-living facility.

With higher mortgage rates, there

are some affordability challenges right now – but your needs and your lifestyle matter too. If you're ready to sell your house so you can make a move, connect with The

Marzeotti Group or a REALTOR. That way you have an expert on your side to help you navigate the process and find a home that can deliver on what you're looking for.



BY MARK MARZEOTTI



Mark Marzeotti
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TALES FROM BEYOND

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Sin and Flesh Brook a horrific reminder of King Philip's War

BY THOMAS D'AGOSTINO

There are many relics of King Philip's War, a conflict that has been proclaimed to be

the most brutal and bloodiest war ever fought on American soil. The war was not only fought between soldiers from either side, villages and settlements were attacked and

burned, killing women and children as well. The object of the war was, from both sides, to completely eradicate the other from the land.

Fort Barton in Tiverton, Rhode Island offers a 2.3 mile loop where hikers can explore an important parcel of history and take in some of the most stunning views the state has to offer. The trail is not hard to navigate being mostly flat and if you hear the sound of gunfire, do not be alarmed. What you hear is not a ghostly battle being replayed, but instead, the noise from a nearby firing range. If you see some indigenous people attacking a person dressed in very old minister clothing, that is not a reenactment. You have just witnessed the ghosts of Sin And Flesh Brook reliving the moment that gave the waterway its rather macabre name. Sin & Flesh Brook runs southwesterly from the area near Fish Road and Route 24, terminating at Nannaquaket Pond. The best place to see it and perhaps the ghosts is by hiking on the trails in Fort Barton Woods.

On March 28, 1676, at the height of King Philip's War, Quaker minister Zoeth Howland mounted

his steed and left his Dartmouth, Massachusetts home to travel to Newport, Rhode Island for a meeting. Traveling alone during this period in time was dangerous due to the raiding native parties traveling through the woods in small bands. Howland felt the Lord would protect him as he and his steed meandered along the small trail that would take him to his destination. He had covered fifteen of the thirty-mile trip when he tragically became a casualty of the war. When he reached the path in Tiverton, six hostile Indians ambushed him.

The Quaker preacher was tortured and killed. His mutilated body was found in an unnamed stream still running red with his blood. The stream became known as "Sinning Flesh River" in remembrance of the horrific event. Over the years, the name evolved to Sin and Flesh Brook.

People may now travel the paths along the river and the fort with ease of danger but Zoeth, still trying to get to his meeting, makes his way among the leaves and brush along the banks of the watercourse. People claim to have heard ethereal

screams from the direction of the river and have claimed to even see the river run red with blood. Zoeth has made an appearance to more than one hiker on the trail that still traverses the area where he was killed. The ghostly event has played itself out, sometimes in front of astonished witnesses and other times when no one is there to witness it, just as there was no one when Howland met his fate. The trail loop is worth a visit whether you are looking for scenery or paranormal activity. Thanks to six Indians and a Quaker minister, Fort Barton is one of the places that harbors ghosts from King Philip's War.

Sin and Flesh Brook is located on the eastern side of Tiverton. Follow directions above. Just past Nannaquaket Road will be Bridgeport Road. Take left onto Bridgeport Road and then right onto Old Main Road. The brook crosses under the road at its starting point where the little pond on the right is. The trail leads to Fort Barton, the small ruins of a Revolutionary War fort, as it snakes back and forth over the river.

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Today's vehicles handle better but a soft ride is elusive

Q. I have suffered with chronic pain since 2006. I am writing to ask if you know of any vehicles with an extremely smooth ride. I have tried Buick, Cadillac, Mercedes, Lexus, and most of the well-



BY JOHN PAUL

known makes and models that used to be known for their ride. I can actually feel the vibrations from asphalt line patches made to the road. Mercedes had an option called Active Body Control that also seems to be what I am seeking but they are extremely rare. Lexus has an option called active power stabilizer suspension system, but I have yet to find any used vehicle with this option. Do you have any recommendations for a new or pre-owned vehicle under \$60,000 that has that true "riding on a cloud" feel? It is also important that it has very comfortable seats.

A. Today vehicles handle better than ever. The combination of larger, wider tires and better suspension systems make even SUVs handle almost like a sports car. But what is missing is the floaty, soft ride of cars of the last decade. The active suspension helps but still it is as much about the handling as the soft ride. If I were looking, it would be for a Toyota Avalon, Lexus ES, Lexus LS, Genesis G90, Lincoln Continental. I would stay away from any car that had touring or sport suspension. These cars will handle better but ride firmer.

Q. I have a 2021 Toyota RAV4 hybrid, with only 10,100 miles on it, and it is still under warranty. My radio all of a sudden will have no sound for about 20 seconds after driving about 1/4 mile when first starting the car from being parked overnight. If the car has sat all day at work, it will do the same thing. The sound does come back on after the 20 seconds wait or if I push the power button off and on. Any recalls or service bulletins?

A. I checked for technical service bulletins in the AllData database and found several software updates for the audio system. Although they do not exactly fit the issue you are having with your vehicle, in my opinion they are close enough to have the audio software update

performed.

Q. My Toyota Corolla has 110,000 miles on it, and I have been keeping up with regular maintenance. What should I be on the lookout for as far high mileage maintenance goes?

A. Keep doing exactly what you are doing. Check fluid levels regularly, have the oil and filter changed based on the type of driving you do. Check the cooling system for proper operation and overall condition. Carefully inspect drive belts, coolant hoses brakes and suspension. Periodically have a technician put the car on a lift and inspect for premature rust and look for drive-line fluid leaks. With a little care your car should last many more miles.

Q. I recently was changing the cabin air filter and the engine air filter on my car. I purchased name brand not factory filters. The cabin filter was a perfect match, the engine filter was close but not perfect. I ended up returning the air filter and went to the dealer and purchased the factory filter. Any thoughts on this, should I have used the aftermarket filter?

A. I recently found the same thing on one of our cars. I was replacing the air filter and the aftermarket one was close, and I am sure would have worked, but I did not like the fit. I purchased the factory filter online and even with shipping was cheaper than the aftermarket filter from the auto parts store. When possible, I prefer to use factory filters and belts, I find the fitment better overall.

Q. With all the talk of electric vehicles from vehicle manufacturers who seem to not be able to make a profit,

only some cars with really long range batteries to poor charging infrastructure and non-working charging stations, do you think electric cars are still the way to go?

A. I believe that electric cars are one of the choices, and not perfect for everyone. Currently this is the "golden-age" of the automobile. You can buy an electric car, hybrid, plug in hybrid or a gasoline car and even a diesel. The future will offer more choices on incredibly low emissions vehicles, with hydrogen powered electric cars and even hydrogen used as fuel. Toyota recently introduced a hydrogen internal combustion engine. Locally an old friend of mine just received a patent for an engine design that promises high efficiency, low emissions and can burn any fuel. To learn more about the Kimat Engine go to <https://www.kimatlab.com/kimat-engine/>

John Paul is AAA Northeast's Car Doctor. He has over forty years' experience and is an ASE-certified master technician. He

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