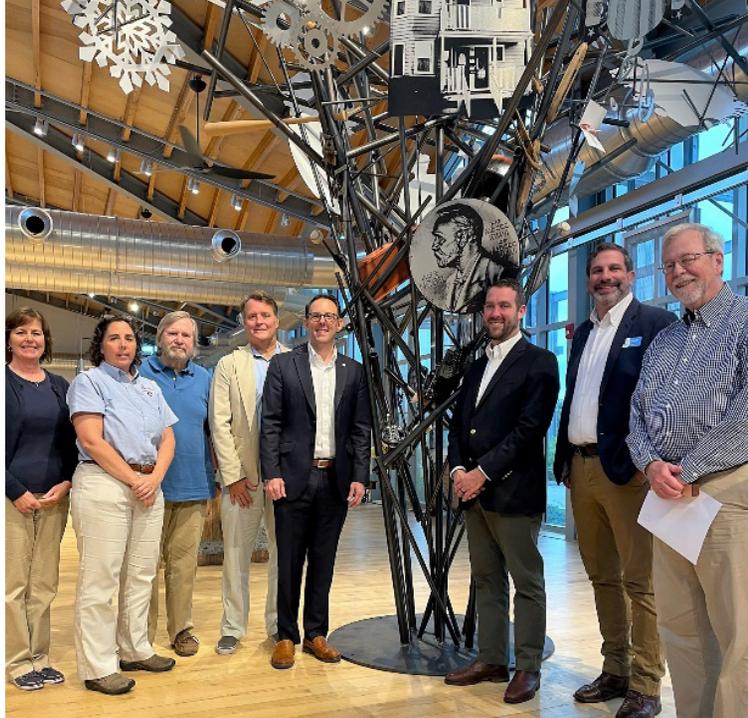


Blackstone River Valley Heritage Center at Worcester Reopens

The Blackstone River Valley Heritage Center at Worcester (3 Paul Clancy Way, Worcester, MA) has reopened for visitors under the management of the Massachusetts Department of Conservation and Recreation (MassDCR). Operating hours are Thursday through Sunday, 9 a.m. to 1 p.m.

In July, representatives from MassDCR and Blackstone River Valley National Heritage Corridor (BHC) were brought together by Senator Michael Moore and Representative Dan Donahue to discuss the reopening of the Worcester Visitor Center and its importance to the community and the region. The Visitor Center opened to the public in October of 2018. Due to COVID, it was closed to the public in March of 2020.

"It was a pleasure to visit the Blackstone Heritage Corridor Visitor Center," Senator Michael Moore announced after his visit to talk about the reopening. "We discussed the history of the Blackstone Valley and the ways we're sharing its fascinating stories with residents and visitors alike through interactive exhibits. Thank



From left: Susan Hamilton (MassDCR), Jennifer Stowe (MassDCR), Dennis Rice (BHC BoD), Senator Michael Moore, Commissioner Brian Arrigo (MassDCR), Representative Dan Donahue, Devon Kurtz (BHC), and Harry Whitin (BHC BoD). Photo submitted

you to Commissioner Arrigo for your incredible work to preserve the history of this great Com-



Douglas Oktoberfest

The Douglas Oktoberfest will be held 9 a.m. – 4 p.m. on Saturday, Oct. 7 on Main Street. The event draws more people to the area than any other local event. The downtown street fair is attended by thousands who look forward to it each year. This Oktoberfest continues to be a huge success and continues to get bigger and better each year. There's a huge diversity of the activities and quality of the entertainment, so come on and enjoy.

Vendors line both sides of Main Street offering crafts, food, games, and unique displays that keep the everyone entertained until evening. There's entertainment from singers, bands, choral groups, dance routines, and variety shows captivate audiences. Rides and games are prominently displayed on the church lawn allowing easy access by families with small children. The Huge Slide, moonwalk, train, and obstacle course are always a great hit with our younger citizens. The cash cube, filled with generous prizes, is an established favorite. The Oktoberfest celebration also provides a forum for local non-profits to raise funds in a way that's fun for all. Proceeds from many food booths, games, childrens' activities, and more go to support local community groups.

BLACKSTONE
continued on page 2

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BLACKSTONE

continued from page 1

monwealth!” The Heritage Center houses several hands-on exhibits,



telling the nationally significant story of the Blackstone River Valley being the birthplace of the American Industrial Revolution. In addition, there are a number of outdoor exhibits that interpret history and the natural environment. The Heritage Center is also home to the start of a 2.5-mile segment of the Blackstone River Bikeway that runs to Millbury for a five mile round trip ride.

Art & Music Makers Festival is making a come-back at Alternatives' Whitin Mill

As many gallery-goers would agree, touching art on display is usually a hard “no.” However, visitors to ValleyCAST’s recent exhibit “Weaving Community” at the Spaulding R. Aldrich Heritage Gallery are experiencing an exhibit that is anything but hands-off. The exhibit is not only a colorful feast for the eyes, with examples of circle weaving, basket weaving, loom weaving and more, but also a tactile and participatory delight. Upon entering the gallery there is a handmade floor to ceiling weaving loom that entices visitors to grab some yarn or fabric and start weaving.

In this same engaging spirit, the Art & Music Makers Festival is a whole day of live music and hands-on art making and artist demonstrations. The Festival, which is taking place on the Dennis H. Rice Community



Participants enjoying a prior ValleyCAST Art & Music Makers Festival in the Dennis H. Rice Community Plaza at the Alternatives' Whitin Mill in Whitinsville, MA.

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Plaza from 10 a.m.– 3 p.m., will include potters, painters, jewelry makers, stained glass artists and more. In addition to selling their work, many of the artists will be offering demonstrations and more “hands-on” art opportunities.

Free to attend, the Festival will also include live music by The Blackstone Valley Quartet, Worcester musicians Ash & Eric, and Otha Day, a Drum Circle Facilitator who will lead a drum

circle with Festival participants. There will also be food and drink available for purchase from Dr. Hernandez’ brand-new International Food Trailer.

“The Art & Music Makers Festival is not your average craft fair,” says ValleyCAST Director and Chief Curator, Cristi Collari. “It’s an opportunity for

FESTIVAL
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On September 23, 2023, from 7 - 9 p.m. the Douglas Historical Society invites you to a wine and cheese gathering at the E.N. Jenckes Store Museum. Listen to the guitar music of local musician Phil Stockwell while enjoying a glass of wine along with some cheese and crackers. Hear what's been going on at this Historic Building, meet new people, share ideas, and make some new friends. Hope to see you there.

Each of these Events will take place at the E.N. Jenckes Store Museum at 283 Main St, Douglas, Ma and is sponsored by the Douglas Historical Society, a 501C3 non-profit organization.

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FESTIVAL

continued from page 2

people of all ages and abilities to come together to celebrate the artistic diversity of our community. From children to adults, artists to art enthusiasts, music lovers to music makers, we're excited to say that there's something for everyone!"

The Weaving Community exhibit is open during regular gallery hours Monday-Friday 9 a.m. - 4 p.m.. The last day to see and participate in this colorful exhibit is during the Art & Music Makers Festival on Sept. from 10 a.m. to 3 p.m. Festival goers are invited to wander in and out of the Heritage Gallery to participate in the exhibit's two interactive displays. There are also examples



Participant enjoying ValleyCAST's Weaving Community exhibit.

of weaving on exhibit by local artists and weaving organizations where one can learn about textile weaving, basket weaving, loom weaving, and read a brief history of weaving.

You can learn more about the Weaving Community exhibit and the Art & Music Makers Festival, including a full list of participating artists, musicians, and vendors at openskycs.org/news-events.

In case of inclement weather, the Art & Music Makers Festival moves indoors to the Singh Performance Center at the same location.

QCC awards \$1.2 million under MassReconnect

Quinsigamond Community College has awarded 410 students a total of \$1.2 million to cover tuition, fees and books under Massachusetts's new MassReconnect program that makes community college free for eligible Massachusetts residents aged 25 and older. QCC's financial aid and admissions department worked rapidly to secure funding for the first group of students who will receive MassReconnect funding for the fall 2023 semester. QCC President Dr. Luis Pedraja joined Governor Healey earlier today for the official announcement of the program.

"Governor Healey's MassReconnect initiative will be life-changing for so many residents in the Commonwealth who, until now, have not had the financial means to attain or complete a college education," said Dr. Pedraja. "At QCC, we anticipate MassReconnect to have a major impact on the communities we serve. This initiative will support thousands of Massachusetts residents to achieve their education and occupational goals, while increasing the economic health and prosperity of the Commonwealth. I want to personally thank Governor Healey and the Massachusetts legislature for supporting a program that will change the trajectory of the lives of so many people."

Governor Healey invested \$20 million in MassReconnect for the first year of implementation in her first budget that she signed earlier this month. This funding covers the full cost of tuition and fees and includes an allowance for books and supplies at each of Massachusetts' 15 community colleges. Addi-

tionally, each community college will also receive \$100,000 from this funding to support student and community program awareness, staffing, and program administration.

"MassReconnect will be transformative for thousands of students, for our amazing community colleges, and for our economy," said Governor Healey. "It will bolster the role of community colleges as economic drivers in our state and help us better meet the needs of businesses to find qualified, well-trained workers. We can also make progress in breaking cycles of intergenerational poverty by helping residents complete their higher education credentials so they can attain good jobs and build a career path. Our administration is grateful for the partnership of the Legislature to move forward on this critical program that will make our state more affordable, competitive and equitable."

Funding from MassReconnect is still available for the fall semester. In order to qualify for MassReconnect, students must be 25 or older on the first day of their classes and be a permanent Massachusetts resident for at least one year at the start of the enrolled term. The program is limited to residents who have not previously earned a college degree (associates or bachelor's) who enroll in at least six credits per semester in an approved program of study leading to an associate degree or certificate at a community college.

To learn more, visit QCC.edu/Massreconnect



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If you own a small business or are self-employed, you've always got plenty to do, but you can't forget about the days when you'll be less busy — that is, when you're retired. How can you prepare for that time of your life?

One key step is establishing a retirement plan for your business or yourself. And thanks to

the 2022 SECURE 2.0 Act, you can now receive tax credits for opening and administering a 401(k), SEP-IRA or SIMPLE IRA. These aren't the only plans available for small businesses or sole proprietors, but they are among the most popular.

Let's look at each of them:

- **401(k)** – A 401(k) offers several key benefits: First, any earnings growth is tax deferred, and your contributions can be tax deductible. (Taxes are due upon withdrawal, and withdrawals prior to age 59½ may be subject to a 10% penalty.)

If you choose a Roth 401(k), your contributions aren't deductible, but your earnings and withdrawals will be tax free, provided you meet certain conditions. And a 401(k) offers a variety of investment options. If you have workers, you'll need to consider whether to offer match-

ing contributions, which are tax deductible to you, up to the limit of 25% of compensation paid to eligible employees.

But even if you're self-employed, with no employees other than your spouse, you can establish what's known as a "solo" or "owner-only" 401(k). In 2023, you can put in up to \$22,500 as an employee, plus a catch-up contribution of \$7,500 if you're 50 or older, for a total of \$30,000. Plus, you can contribute an additional 25% of earned income as an employer, up to an overall employee and employer maximum of \$66,000 (or \$73,500 if you're 50 or older).

- **SEP-IRA** – An SEP-IRA may be attractive to you if you're self-employed or if you own a business but have few or no employees. That's because you must contribute an equal percentage of your own

compensation to every eligible employee. In 2023, you can contribute up to \$66,000 or 25% of your income, whichever is less.

- **SIMPLE IRA** – A SIMPLE IRA is easy to establish and administer. As with an SEP-IRA, earnings in a SIMPLE IRA can grow on a tax-deferred basis. If you have employees, they aren't required to contribute to this plan — but you are. You must match up to 3% of employees' contributions or provide 2% of their annual salaries, although you do have some flexibility. If your business goes through a rough patch, you can temporarily decrease SIMPLE IRA contributions to 1% for up to two years out of the previous five. Your contributions to your employees' accounts are tax deductible, but in terms of building resources for your own retirement, a SIMPLE IRA may be less appealing because

of its contribution limits, which are relatively low compared to a 401(k) or SEP IRA. In 2023, you can put in up to \$15,500, or \$19,000 if you're 50 or older.

You should consult with your tax advisor to determine which retirement plan is right for you. Your financial advisor can also help you explore your options. And the sooner you put a plan to work, the better.

If you would like to discuss your personal situation with a financial advisor contact:
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Try Halloween at St-St-Sturbridge Village with Phantoms by Firelight

Sturbridge Village hosts its popular Halloween program for 12 nights this fall and it's bigger than ever. You're invited to step into the fire lit shadows of history and uncover its eerie tales. Learn about the history of Halloween traditions, play games, find treats and listen to ghost stories by the bonfire. Plus, be entertained by the spectacle of mesmerizing performances including fire breathing and flame spinning. Watch acrobats fly high over the Village with their vampire-like ways. From specters to secrets, explore history's haunted mysteries.

Don't miss this Halloween spectacular that runs Oct. 6-29 Fridays, Saturdays and Sundays, 4:30- 9 p.m. General admission tickets go on sale Sept. 9. Full online ticker prices are \$35 for an adult and \$17.50 for a youth. Members get reduced prices.

The extravaganza continues this year with new featured acts and returning acts to mesmerize and intrigue. Traveling performers take over the entire landscape

haunted houses not too far away, and gruesome legends from the past.

Learn about funeral traditions in the 1830s. Attend a



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with their feats of fire-defying dare. Whisperings of fire throwers, acrobatics, aerial dancers, and dark magicians have been heard about the town. You'll be enraptured by the captivating performances appearing from all corners of the Village.

Clues & Candy is the Village's version of trick-or-treat! Come dressed in costume. This is a fun-filled activity for kids young and old. Collect all the stamps at various locations in the Village to reveal a finished image or travel around and answer all the riddles. At the end, collect a bag full of candy and sweet treats.

Gather around the warm glow of the bonfire and join us for family-friendly, spooky stories around on the Village Common. Our talented narrators will share tales of New England ghosts,

wake, see coffin making in the Cabinetmaking shop, study examples of mourning jewelry and artwork being made from hair. Learn about the history of jack o'lanterns, other-worldly spirits, as well as creepy cures for diseases.

Try stilt walking or create spooky selfie for a spooky selfie contest.

Try a special menu at the Bul-lard Tavern or the Ox and Yoke Café to sample a spooktacular menu created for Phantoms by Firelight.

On select nights, October 14th, 22nd, and 27th, there will also be a special author book signing with Thomas D'Agostino, one of the region's most well-known writers and investigators of the paranormal.

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Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpet-

Business spotlight

ing. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to



an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well

as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

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- **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
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- **Saturdays**
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10 am - 11 am Vinyasa Yoga
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Join local runners, bikers, and paddlers for the 22nd annual Greenway Challenge on September 30th

The Unibank Blackstone Valley Greenway Challenge is an adventure race like no other. Teams of up to eight people bike, run, and paddle their way through more than 50 miles of the Blackstone River Valley National Heritage Corridor. Just as this historic stretch of parks, rivers, and trails connects communities in Massachusetts and Rhode Island, the Greenway Challenge brings outdoor enthusiasts from the surrounding areas together.

Designed for everyone from recreational teams to elite competitors, the Greenway Challenge is a multi-stage, relay-style race for mountain bikers, kayakers, cyclists, and runners. This year's race will pass through towns including Uxbridge,

Northbridge, and Sutton before ending with a celebration at Whittin Park in Whitinsville, MA.

"It's a really cool event. Mountain biking, road cycling, jogging, trail running, kayaking. It's a nice challenge," said Jack Foley, captain of the Stout Wheelmen.

Race with friends and stay connected

One of the best parts of the Greenway Challenge is how it brings athletes from different sports together. Teams return over and over - 10, even 15 years in a row.

Jack's team includes a few friends who go all the way back to their days at Thorndyke Road Elementary School in Worcester. "It's a fun way to spend a day with good friends. A

way to keep the connection going," Jack said. "You get outside, bang around the course, and hang out with each other at the transition stages."

"Sometimes we bump into people we haven't seen in years," teammate Don Euwart added.

Jim Thomas, captain of the Internationals, had just gotten into kayaking when he read about the Greenway.

"I thought it'd be fun to do the race because I had a few friends who ran and rode bikes. We got that initial team together and then we've just been doing it ever since," said Jim.

Other familiar faces include the members of Gang Green and their captain Chris Marques.

"Several of us were in Boy Scouts together back in the day, in Marlborough. We have always been active and outdoor-oriented, up for challenges and adventures. Many years ago, a few of the guys joined a Greenway team and said it was a cool experience, so we decided to form our own team," Chris explained. The team, which includes Chris's brother, son, and a few other friends, has been racing the Greenway for about 15 years.

"The Greenway is awesome because we all train separately during the summer and then we get together and run the race as a team. You get to hang out in the afternoon and catch up on things. We always talk about past races, maybe some blunders, and our highlights and victories. It's a fun way to get together outdoors, compete, and see some nice areas of the Blackstone Valley," said Chris.

Corporate teams get in on the fun too

Bonding isn't limited to old friends. Unibank and other local corporations get in on the fun as well. "There's a lot of team building that goes on at these events," said Leo

Paredes, another long-time competitor. Leo joined a corporate team for a different race years ago.

"I bonded with coworkers and created some really good relationships. We still talk today even though I don't work for that company anymore," he recounted. This year Leo is bringing that team-building mojo to Columbia Tech and putting together a corporate team for the Greenway.

Register now to join the Challenge on September 30

Registration for the Greenway Challenge is open now and team captains are asked to sign up by Sept. 7. The race supports and promotes outdoor spaces along the Blackstone River Valley. It's a great cause and a good reason to reach out to old friends and start a new tradition. It's also a chance to make new friends.

"I did a bike segment in 2009 and I've been back every year," said Ernie Lozeau. "It's a great way to meet like-minded athletes and learn about other races in the area."

Individuals can reach out via the Greenway Challenge Facebook page to express interest in joining a team. To learn more or register, visit GreenwayChallenge.org.



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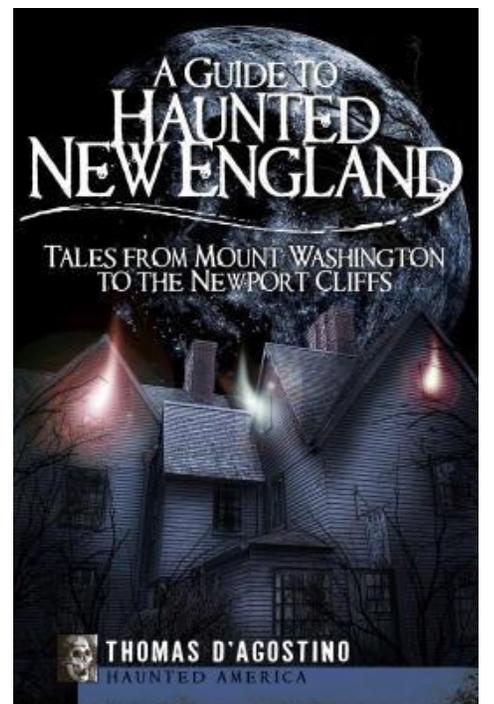
Sturbridge Village Book Signing

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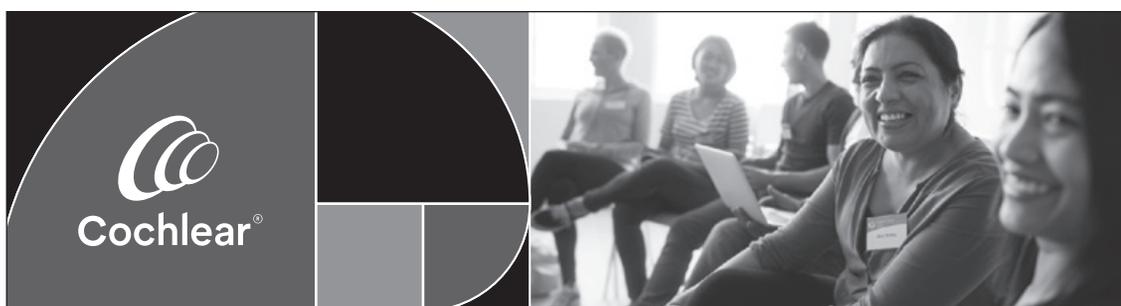
Author of *A Guide to Haunted New England*, Thomas D'Agostino is one of the region's most well-known writers and investigators of the paranormal. His article "Rhode Island: Vampire Capital of America" was published in *FATE* magazine in October 2001. As founders of the Paranormal United Research Society, Tom and his wife, Arlene, have been extensively studying and investigating paranormal accounts for over twenty-eight years. In addition, Tom is author to numerous titles on the subject of hauntings in New England. Tom also builds musical instruments,



rebuilds clocks and antiques and collects rare books on New England legends, haunts and folklore.

Visit Sturbridge Village on

p.m. You must have a ticket to *Phantoms by Firelight* at Sturbridge Village for the same date to access the book signing



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EOED Secretary Yvonne Hao Tours Whitinsville

Yvonne Hao, Secretary of Economic Development for Massachusetts, visited Whitinsville on Aug. 30 to tour the former Aldrich Elementary School and the Blackstone Valley Hub for Workforce Development. Secretary Hao was hosted by Jeanne Hebert, President and CEO of the Blackstone Valley Chamber of Commerce (BVCC). Attending the tour was Senator Michael Moore, who facilitated the Secretary's visit, Sen. Ryan Fattman, Heather Elster, Executive Director of the Whittin Community Center (WCC), Adam Gaudette, Northbridge Town Manager, and Bob Evans, Operations Director at the BV Hub.

The purpose of the tour was to spotlight the economic development projects serving the region that will have a positive impact in Central Massachusetts. These projects received

American Rescue Plan Act (ARPA) and Regional Economic Development Organizational (REDO) grant funds. The Aldrich School, whose renovations will be headed by the WCC, will be converted to a site for much need affordable childcare. The BV Hub



for Workforce Development, a branch of the BVCC, is celebrating its fifth year as training center for advanced manufacturing and is expanding to include an electronics and robotics lab. This expansion will allow for more opportunities for students seeking vocational certifications and extended career pathways in our region.

"We were thrilled to host Secretary Hao and show her the impact these project will have on the families, students and businesses in our Valley," said Hebert. "The Secretary indicated to me that she was most impressed with the collaborative efforts exerted through

these projects and is anxious to see them completed. We are grateful for her support. Without the assistance of the programs offered through the Commonwealth we would not have been able to move forward with these achievements."

The Mission of the Blackstone Valley Chamber of Commerce is to preserve and enhance the economic vitality of the Blackstone Valley by addressing the needs and concerns of businesses and providing leadership, support and resources in connection with issues which impact commerce and the quality of life in the Valley.

Local author publishes book of poetry

"Thank God for Rainbows" is a series of poems written by a woman who was once a submissive, very sensitive child whose potential was never reached because of childhood trauma and inappropriate marriages. It is a plea to parents, partners, and employers everywhere to be more compassionate, openly loving, and better listeners.

For years, the author contemplated suicide, but saw glimpses of hope (rainbows) around the corner. Her current rainbow is a newly found conviction that there is a special kind of life and love after death.

About the Author

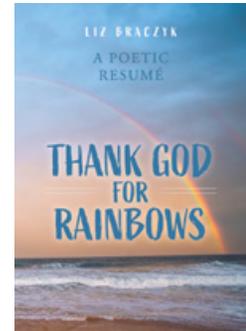
From author Liz Braczyk: "I am an unwilling loner, although I was married twice. I had three goals as a teenager: to be a good student, then a good teacher, then a good wife. The "good student" I achieved, graduating from college summa cum laude. My teaching

career lasted three months. (Junior high students were too difficult for me to control!) But I still consider myself an amateur teacher. My

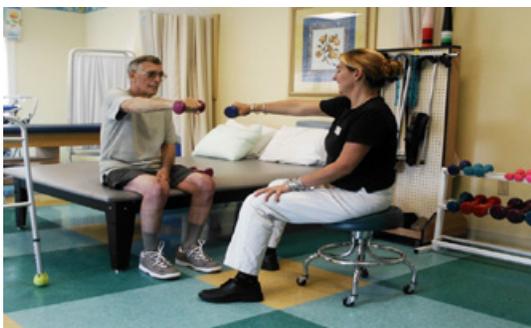
primary goal was to be a good wife. Alas, not having found myself and labeled mentally ill, I could not love another "until death do us part". I divorced my second husband in 1995, but I stood by him as a friend, providing daily care to him from 2016-2020, when he entered a nursing home. During the years 2020-2023,

I found freedom to be my true self, with the help of meditation, the arts, and my beloved cat Lucy, always a rainbow of love and optimism. Now age 72, I am facing end stage renal failure (as a result of psychiatric medication) and PTSD with God's help."

Thank God for Rainbows is a 66-page paperback with a retail price of \$13.00 (eBook \$8.00). The ISBN is 979-8-88925-326-6. It was published by RoseDog Books of Pittsburgh, Pennsylvania.



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bankHometown Awards \$4,000 in Scholarships to Area Grads



Danielle LaPlante



Gianna Solomon



Vanessa Muturi



Cali Brouillard



Jake Black

As part of the bank's charitable giving program, The Giving Tree, and its commitment to youth and education, bankHometown recently awarded \$4,000 in scholarships to graduating seniors of two local high schools.

Five students from Millbury High School and three students from Sutton High School were each awarded \$500 scholarships. The recipients demonstrated both academic achievement and financial need and will be enrolled in a four-year program at an accredited college or university this fall.

"Education is the key to bettering yourself along the road to independence and empowerment," said Robert J. Morton, bankHometown president and CEO. "So bankHometown is pleased to support them as they continue their journey of unlocking their potential through education."

At Millbury High School, Gianna Solomon was awarded the bankHometown Achievement Scholarship and will attend Worcester State University; Cali Brouillard was awarded the bankHometown Leadership Scholarship

and will attend Worcester State University; Danielle LaPlante received the bankHometown Scholarship in Memory of Marjorie Matson, awarded to a student who wants to pursue a career in banking or financial services, and plans to attend the University of Maine; Jake Black received the bankHometown Academic Merit Award and will be attending Boston University; and Vanessa Muturi was awarded the bankHometown Community Service Scholarship in Memory of Gail Higginbottom and will be attending Williams College.

At Sutton High School, Caroline Howe was awarded the bankHometown Academic Merit Scholarship; Maxwell Herbert was awarded the bankHometown Community Spirit Scholarship; and Macy Hutchinson was awarded the bankHometown Leadership Scholarship.

About bankHometown

Founded in 1889, bankHometown is headquartered in Oxford, Massachusetts and has \$1.3 billion in assets and 16 branches located

throughout Central Massachusetts and northeast Connecticut. Through its sponsorship and charitable giving program, The Giving Tree, bankHometown and the Hometown Bank Community Foundation support non-profit organizations and causes throughout Worcester and Windham Counties. In 2022, The Giving Tree donated approximately \$320,000 and over the last decade has donated more than \$2.5 million. For more information, visit bankhometown.com.

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Ignite Success and up your game with BVCC

The Blackstone Valley Chamber of Commerce (BVCC) is proud to launch “Ignite Success” a professional development conference from 8 a.m. – 4 p.m. on Thursday, Oct. 12 at the Community Harvest Project Barn, 37 Wheeler Road, North Grafton. The conference is aimed at professionals in business and non-profits who want to improve their emotional

intelligence and learn how to interact with co-workers, customers, sponsors and donors more effectively. Through the power of storytelling, attendees will learn how to hone their decision-making skills and their chances of success in business.

“Whether you are in sales communicating with your customer, a non-profit trying to reach potential

donors, or an entrepreneur becoming proficient in story telling is a provocative way to reach your target audience,” said Jeannie Herbert, BVCC president and CEO.

Participants will be walked through a framework of storytelling as is used in PBS’ “Stories from the Stage,” by Cheryl Hamilton, the show’s producer and founder of Stellar Story Company.

Cheryl points out, “Each day we write a story when we decide what to focus on, what we rehash and what we worry about.”

Ignite Success: A Professional Development Conference will give

you the tools to help drive how you interact with co-workers, form decision-making and ultimately attain success. Facilitators joining Cheryl include Lynn Whitney-Turner, Business Coach and Owner of CoreXP Business Solutions, Andrew Shelffo, Professional Story Teller and Coach, and Elizabeth Solomon, Certified Coleman Emotional Intelligence Coach. While some of the participants are preparing their “Story Slam,” they will be joined by a professional panel including John Penrose, CEO Leading Indicator Systems, Inc., Inventor of AgileBrain, Peter Stan-

ton, Publisher Worcester Business Journal, (the media sponsor) and Moe Belliveau, Executive Director of the Greater East Hampton Chamber of Commerce and whose Ignite conference we are modeled from. They will be discussing “Why Our Story connections Matter”.

Register online at www.blackstonevalley.org/events. The Conference includes presenter materials, continental breakfast, lunch, and afternoon snacks. Members 200.00, future members 275.00

Group discounts available.



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Stalking the Doctors of the Full Moon

In 1834, the American Industrial Revolution was evolving and growing at a frenetic pace along the Blackstone River in 1834, with dozens of textile mills fueling the new industrial economy.

Medical practices, however, had yet to advance into a scientific era. Medical knowledge remained basically unchanged during the first half of the 19th century.

In the Blackstone Valley, a small group of well-educated and respected doctors formed the Union Medical Association to share their knowledge and document their cases. The group met monthly in Mendon on the Monday following the full moon, and each member was compelled to prepare a report.

The medicine the doctors practiced was based on the Hippocratic humoral system, that the body fluids blood, phlegm, black bile, and yellow bile, when out balance, caused illnesses. Treatment generally involved bleeding and purging. Nothing was known yet about infections and contagion.

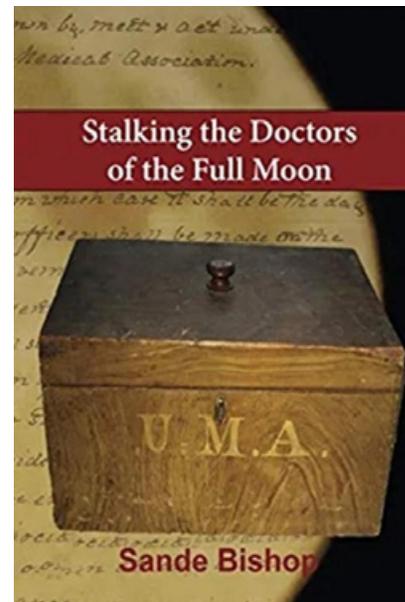
More than 400 of the As-

sociation’s medical reports, dating from 1834 to 1845, were stored in a small wooden box and found in a corner of the Worcester District Medical Society.

Medical historian Sande Bishop compiled and analyzed the papers for her book, Stalking the Doctors of the Full Moon, a fascinating look at the practice of medicine before the scientific era.

Ms. Bishop and curator of the Worcester District Medical Society Dr. Dale Magee will discuss the book at a special presentation at the Samuel Slater Experience museum, 31 Ray Street, Webster, on Sunday, September 10, at 2 p.m. The event is free, but registration is requested. To register, go to the museum website www.samuel Slater Experience.org or Eventbrite.com.

About Samuel Slater Experience
Samuel Slater Experience opened last year to tell the story of Samuel Slater, the beginnings of the American Industrial Revolution, and Slater’s impact on mill



towns such as Webster Massachusetts. The museum employs state-of-the-art digital technology with immersive video and interactive exhibits to recreate two time periods: the early 1800s and the early 1900s. For more information and tickets, visit

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Uxbridge Senior Newsletter

BVT Three Seasons Restaurant Trip is scheduled for Wednesday, Oct. 4 at 11:30 a.m. Please join us in the senior center parking lot at 11 a.m. if you are going on the van. You can also meet us at the restaurant, but be sure to let us know. Please sign up early as there is limited seating. Cost is \$12.00 per person with choice of had-dock or chicken entrée (includes dessert & drink). Please call the center to RSVP.

Please note that the senior center is in the process of getting our ceiling tiles replaced. This work should take about two weeks to complete. For your safety, the senior center will be closed for lunch and activities from Sept.25 – Oct.6. We apologize for any inconvenience. During this time, we will continue medical transportation services, shuttle runs, the Tuesday Hannaford's shopping, Outreach visits, trips and travel activities. Please schedule your events and appointments early so we can plan accordingly.

Notice: We will not have any Attorney or Blood Pressure dates for the month of September.

Friday, Sept.8 12 p.m. Lunch & Learn with Chief Montminy. Guest speaker will be Susan Flanagan Blue Cross/Blue Shield MA and speaking on Medicare Supplement or Advantage Plans. Be sure to RSVP for this informational luncheon.

Tuesday, Sept. 12 1 p.m. Uxbridge Library Book Club. They will be discussing "The Book Woman's Daughter" by Kim Michele Richardson. You are welcome to join us for lunch on this day, just be sure to call ahead to "book" yours!

Wednesday, Sept. 13 1:30 pm Afternoon movie at the senior center watching "Top Gun." We will be watching "Maverick" next month on Monday, Oct. 23rd. Consider joining us for lunch and then an afternoon movie!

Friday, Sept. 15 - 12 p.m. Uxbridge Fire Department Quarterly Lunch Talk. Join us for fun and games as you meet your emergency response team from the UFD. Please call to RSVP. Notice: The senior center will be closing after lunch on this day.

Monday, Sept. 18 17th Annual Uxbridge Senior Center Golf Outing sponsored by the Uxbridge Elderly Connection, Inc. Nine holes, 12 p.m. Shotgun Start at the Whitinsville Golf Club. Proceeds from this fundraiser support the needs and services provided to Uxbridge seniors through activities, medical transportation, nutrition, education and socialization. No lunch or medical runs on this date.

Tuesday, Sept.19 9 a.m. SHINE Appointments available for health insurance questions with Pat Nectow. Please call 508-278-8622 to schedule.

Tuesday, Sept. 19 – 1:00 p.m. Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Katelynn Wackell. Next date will be Oct. 10.

Wednesday, Sept. 20 - 1:30 pm – 3:30 pm BINGO at the Uxbridge Senior Center. Join us for a fun afternoon of BINGO & cash prizes!

Thursday, Sept. 21 - 8:30 a.m. Podiatrist Dr. Biancamano will be available for appointments. Please call ahead to book yours.

Thursdays, Sept.21 and 28 2:45 – 3:45 p.m. Make-up Low Impact Exercise classes from previous session. These will be held at McCloskey School.

Friday, Sept. 22 11:30 a.m. - 12:30 p.m. – "PopUp Library." Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program being offered by the Uxbridge Free Public Library.

Friday, Sept. 22 – Sept. Birthday Cake Celebration at 12 p.m. Come celebrate all the September Birthdays with us!

Sept. 25 – Oct.6 while we have our ceiling tiles replaced. Medical transportation services, shuttle runs, Hannaford shopping, outreach visits and travel activities will continue during this time. We apologize for any inconvenience and will re-open on Tuesday, Oct.10.

New low impact exercises and Zumba classes for seniors

The Uxbridge Senior Center is proud to present a live 8-week session of Low Impact Exercise classes and Zumba Gold classes for Seniors. This is a fitness program that will include light cardio with full body toning. This is an 8 week specialized program designed for seniors.

The program will begin Thursday, October 12th from 2:45pm-3:45pm at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron Street. The class will run for one hour, one day a week, on Thursdays, for an 8-week period of time. The instructor, Pamela Landi, is a certified personal trainer. This class is free to Uxbridge residents, compliments of a Formula Grant with the State. The cost to out of town residents is \$25.00. Checks may be payable to the Uxbridge Senior Center.

Zumba classes for seniors will begin Thursday, October 12th from 1:30pm-2:30pm at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron Street. The class will run for one hour, one day a week, on Thursdays, for an 8-week period of time. The instructor, Amy Smith, is a licensed Zumba Gold instructor. This class is free to Uxbridge residents, compliments of a Formula

Grant with the State. Out of town residents' cost is \$25.00. Checks may be payable to the Uxbridge Senior Center.

The benefits of exercise include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! These workouts are safe and can be done at any fitness level. There will be an option of doing these exercises seated or standing. The class

would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main Street in Uxbridge and is open Monday thru Friday from 8am to 4pm.

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Luke Valentino, a Dog with a Big Head

BY AMY LECLAIRE

Every dog I've owned has captured my heart in a different way. Duke was my humble German Shepherd, unaware of his majestic size, a dog whose stick happened to be a log that he carried around the yard. Max was my childhood flame, the hippie mongrel whose life was taken by the last car he would chase. Lincoln was my bestie, king of this very column, and victor of all things ball related. What about Luke Valentino?

Gosh how I love that meatball. His boxy head, gentle face, and inquisitive mind have had me at hello. His head (though a pedigree perk) has caused grand speculation. "Your dog has a blockhead!" They stalk him on the streets. "I've never seen a bigger block head



Clockwise from above: Luke and Rosie play hard, Luke and Rosie pose for the camera, Luke nibbles on a slice of watermelon.



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than his!" They comment at cafes. "That is the blockiest head I've ever seen." Luke glances up at me while the irony settles between us. Luke Valentino is no blockhead. I say this with all due respect to the blockhead dogs out there (I've owned a few). Some dogs just don't listen, understand, or care to comply. They are the dogs who dash for the woods when you call them back. They are blockheads.

Luke, a non-blocky, is highly responsive, intelligent, and very capable when it comes to learning commands. He also knows how to do laundry, load the dishwasher, and dig holes for my flowers. Re-

cently, he surprised me with even more knowledge—proper eating etiquette.

"Luke, do you want to try a piece?" He learned how to eat watermelon like a human! He sat, begged, and watched me eat with the attention of an overachiever. His nose moistened. His paw rose slowly from the ground, a trade-off. His eyes held the taste of desire while he watched the watermelon wedge move closer to his mouth. "Go easy, Luke." He nibbled off the top, chewed, then repeated, just the way he saw me do it. "Good boy!" I imagined him wiping the corners of his mouth with a cloth napkin.

His eating manners have followed him to the front steps, where he sits patiently and watches how the rest of the world works. He knows the rules. He needs to STAY, even when tempted to GO. I've watched him lift his big head to the fascinating sights on the road. Dogs on leashes and children on scooters fill his gaze. His heart swells with longing. "There goes Oscar, my little dachshund buddy." Every temptation draws him one thought closer to making the right choice. It's not easy for a playful pup to stay put. His pumpkin

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BY MARK MARZEOTTI

than ever to have a trusted Realtor[®] on your side. Whether you're buying your first home or selling once again, it's critical to work with experts who can guide you through each unique step of the process like The Marzeotti Group.

The reality is, not all agents operate the same way. To truly make a

powerful and confident decision as you buy or sell a home, you need a real expert who uses their knowledge of what's really happening with home prices, housing supply, industry projections, and more to give you the best possible advice. Someone who can provide clarity and trust like that is essential to your success.

Housing market headlines are everywhere. Many are quite sensational, ending with exclamation points or predicting doom and gloom for the industry. Unfortunately, when information in the media isn't clear, it can generate a lot of fear and uncertainty for consumers. In the absence of trustworthy, up-to-date information, real estate decisions can be driven by fear, uncertainty, and doubt.

But it doesn't have to be that way. Buying a home is a big deci-

sion, and it should be one you feel confident making. You can lean on an expert to help you separate fact from fiction and get the answers you need.

The right agent can assist you in figuring out what's going on at the national level and in your local area. They can qualify headlines using data you can trust. Experts have in-depth knowledge of the industry and can provide facts, so you know how current trends compare to the normal ebbs and flows in the housing market, historical data, and more.

Then, to make sure you have the full picture, an expert can tell you if your local area is following the national trend or if they're seeing something different in your market. Together, you can use all that information to make the best possible decision.

After all, making a move is a potentially life-changing milestone. It should be something you feel ready for and excited about. And that's where a trusted expert comes in. If you want sound advice and trusted information

about the housing market, reach out to The Marzeotti Group or a trusted real estate professional today.



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LUKE

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squash of a head creases. A group of young boys begin a game of Race at the Stop sign down the hill from the front steps. "One, two, three." He listens while they count and smiles. He seems to understand the sequence of numbers. Finally, off they go until out of sight. His smile closes while he concentrates on their disappearance, a sudden wolf in deep thought. "I bet I'm faster than them. The chubby one doesn't stand a chance." Sometimes the dichotomy between what Luke is supposed to do (STAY) and what he wants to do (GO) is just too great.

"Hi Rosie. I'm supposed to stay on my front step now." He watches his favorite Doodle stroll along the sidewalk with her Dog Mom. Typically, he sleeps late and doesn't get to see the early risers. This morning is special. Rosie's playful spirit matches Luke's exuberance. She's sprightly and spunky, known

to bounce across into my yard for a sudden playdate. "Hi Luke. I need to walk today." This morning is different. Rosie needs to pick up the pace and get back home. She cranes her neck back to tell Luke. Still, he remains unconvinced. "Stay a few minutes?" He moves to the middle of the lawn to give her a closer look at his big, handsome head. He stares and smiles, in hopes that she'll reciprocate his advance.

"I have to go now, Luke." Her Dog Mom tugs her forward until she passes by our house. Her pace is a shuffle at best. She's unable to resist Luke's glance. "I-have-to-go-for-a-walk-Luke." Her footsteps continue to stutter. Luke picks up on the cue. "She wants to play just as much as I do. I can feel it."

Suddenly, he breaks the STAY rule. He turns into a blockhead. "ROSIEEEEEEE!!!!!" He arrives within seconds at her shoulder and noses her side. "Freedom!" Within seconds the two friends are a tangle of play in my yard. Dog

Moms have been had. I should be redirecting my dog to his spot on the step and exerting a dose of tough love. Instead, I consider the full evidence of his behavior. He stayed on the step while racers sprinted up the road. He learned how to eat watermelon.

Two out of three isn't bad, especially for a dog with a big head.

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SPORTS

Brian Pidgeon Feels Obligated To Ride PMC

BY CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

Originally from Pennsylvania, Brian Pidgeon had heard all the stories of the Pan Mass Challenge prior to moving to Uxbridge for his job in 2018. Pidgeon had heard of the PMC, the largest fundraising event in the country that involved riders and volunteers from 43 states and 12 countries all striving for the same goal – to rid cancer from our lives.

Upon relocating to Massachusetts Pidgeon met Joe Baker, who worked for Durand GMC in Leominster. Baker talked up the PMC and before he knew it Pidgeon agreed to ride in the August event.

“We had been talking and I told him about my bike riding, and he suggested I join him riding the PMC,” the now Uxbridge resident said. “Joe said that it was called a challenge for a reason but gave me ideas on how to train for the event as well as raising the money for the 186-mile ride. I took his word for it and in 2019 I did my first ride (Sturbridge to Provincetown).”

Prior to his first PMC ride the



most that Pidgeon had ever ridden in one shot was about 25 miles, so he sought out and used every possible PMC resource tool that he could to prepare himself for his inaugural ride. Soon after he found himself committing to longer rides on the weekends preparing for the miles he would log over two days the first weekend of August.

“I found myself just riding around Uxbridge at first, but eventually was going through Whitinsville, Millville and into Rhode Island,” he said. “I would head down to the Cape and do even longer rides in the 90-degree weather to prepare myself. Once I competed that first ride, it showed me that I could do this with whatever was thrown at me during the ride.”

One of the reasons that Pidgeon seemed to jump at the chance of riding the PMC was he himself was a cancer survivor. In 2015 Pidgeon was diagnosed with renal cell carcinoma. With all the care and treatment that he had received he felt a tremendous obligation to join the fight by helping to raise money for Dana Farber.

“Not only was I really inspired by the individuals who rode the

186-mile journey to Provincetown, I felt extremely lucky to have gotten through my cancer,” Pidgeon said. “And now as a Living Proof Rider, I felt that it was something that I could do to give back.”

According to Pidgeon, during a routine blood test his doctor decided to do an ultra sound where the technician found a golf ball sized tumor in one of his kidneys. Pidgeon had no symptoms or issues at the time and the finding of the tumor was clearly by accident.

“That is one of the biggest reasons that I ride, to be able to do something for others as so many people suffer,” he said. “I had a four hour surgery with no chemotherapy or radiation and have been cancer-free since. I have a sense of obligation to ride in the PMC.”

Riding in his first PMC five years ago Pidgeon came away with an unbelievable feeling on the experience. He was immediately hooked on the orientation that they had for the first-time riders and when Billy Starr described

PMC

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SPORTS

Bike with a park ranger

Join a National Park ranger for a bike ride along the Blackstone River Bikeway on **Wednesdays through Sept. 27** from 5:30 p.m. - 7 p.m. Each week will have a different theme. Bicyclists meet at 1075 Lower River Road, Lincoln, RI
Sept.- Ride to Lonsdale
 Ride south along the Blackstone River Bikeway and discuss the multiple mill villages of the Lon-

sdale Company. Ride ends at the Lonsdale Drive-In, a great example of an environmental restoration project Length round trip/difficulty - Roughly 6.4 Miles/ Low Difficulty
Sept. 20. - Scavenger Hunt/ Intro to Cycling
 Have Fun on the Bikeway. Join us as we learn the rules of the bike path and explore the Black-

stone River State Park with our Jr Ranger activity booklet. Length round trip/difficulty - Roughly 1-2 Miles/ Low Difficulty Suitable for families/kids
Sept. 27- Transportation Along the Blackstone
 Have you ever wondered how goods were moved during the early years of the Industrial Revolution? Take a trip with us along the

Blackstone Canal to the Pratt Dam. This tour will include information on what it takes to construct a canal as well as the evolution of transportation. Length round Trip/

difficulty - Roughly 5.2 Miles/ Low Difficulty
 Learn more at <https://www.nps.gov/thingstodo/bike-the-blackstone.htm>.

PMC
continued from page 16

the ride with all the people lining the streets thanking the riders, Pidgeon was blow away.
 "Seeing so many riders all there for the same cause was unbelievable," Pidgeon said. "Everyone was great and once I realized that O could raise the money and do the ride I was looking forward to doing it again, I really had a lot of fun."
 Pidgeon went on to say that the energy of all the other riders around him was inspiring, but the water stops were a giant party with the people cheering them on. He noted that when he completed the first day in which he did about 110

miles, although he was tired and hungry his body handled things nicely and it didn't feel like he had been riding such a long distance.
 The original thought of raising the required minimum amount of money for his two-day trek was definitely nerve wracking, but Pidgeon hit his goal with about one week before the event. Nowadays, he finds it much easier to get those donations.
 "I was nervous that first year, but I've built a following and if I haven't reached out by a certain date, they're contacting me about making a donation," he said.
 Now riding in his fifth PMC, Pidgeon feels that every passing year he hears of someone that he knows who happens to be going

through some type of cancer issue, so he firmly believes that he needs to get on his bike every August to help raise money for the Dana Farber Cancer Institute to help people, like they had helped him.
 "I definitely know that as long as my knees hold up then I'll continue to ride the PMC each and every year," Pidgeon said. "I have no plans on stopping anytime soon."
 Over the past years Pidgeon adorns himself with his official PMC shirt on day one of the event but likes to put a spin on things during day two and have some fun with his riding outfit. This year on his ride from Bourne to Provincetown he dressed as Big Bird.

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RC Airshow soccer fundraiser

Off we go, into the wild blue yonder! Strap yourselves in for an adventure at the 2nd Annual RC Airshow Fundraiser hosted by the Uxbridge Youth Soccer League.

The planes are airborne from 12 – 4 p.m. on Sunday, Sept. 17 at the soccer fields at 320 Sutton Street, Uxbridge.

Over 20 radio-controlled (RC) planes fly high into the sun, performing daring maneuvers like loops, dives and rolls to benefit the Uxbridge Youth Soccer League.

Not merely an airshow, it will be more like a family festival with

nearly 30 local vendors, live music, basket raffles, games and a cleat exchange (savings, yes!).

Sports hero Rob Ninkovitch, retired New England Patriots

hungry. There will be lots of food trucks and grill stations. Macs Screaming Corn and Tacos, Blount Clam Shack, All Purpose Bakery, Twisted Beveragez and for a cool ending, Sweet Wise Ice Cream Truck.

And best of all, entry to this family fun day is free, though a \$3 donation is suggested.

Funds raised at the Air Show will help keep registration costs low for the 550 kids age 3-16 in the Uxbridge Soccer League. The funds will also assist in running the league's successful developmental programs.



linebacker will be there with autographed memorabilia. Revolution mascot, Slyde the Fox, will also be on hand for pictures.

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Transitioning to fall sports

From Concierge Physical Therapy of Sutton

Preparing for back to fall sports in high school requires a combination of physical readiness, mental preparation, and safety precautions. Here are six tips to help high school athletes get ready.

1. Gradual Conditioning: If you've been relatively inactive over the summer, it's important to gradually increase intensity to prevent injuries. Focus on building endurance, strength, and flexibility over time.

2. Hydration and Nutrition: Proper hydration and nutrition are essential for peak performance. Drink plenty of water throughout the day, especially before, during and after practices and games. Fuel your body with balanced meals and snacks that provide the necessary nutrients to support your energy levels and recovery.

3. Mental Preparation: High school sports not only demand physical stamina, but also mental resilience. Set realistic goals for the season and visualize your success. Develop strategies to manage stress and stay focused during practices and games. Mental practices like mindfulness and positive self-talk can greatly enhance your performance.

4. Safety First: Prioritize safety to prevent injuries. Make sure you have the appropriate

protective gear for your sport, such as helmet, pads and mouth guards. Always warm up before practices and games to prepare your muscles and joints. And don't forget to cool down afterward to aid in recovery.

5. Get Adequate Rest: Proper sleep is crucial for both physical and mental recovery. Aim for 7-9 hours of quality sleep each night. Sleep helps with muscle repair, cognitive function and overall well-being. Establish a consistent sleep schedule especially during the sports season.

6. Communication with Coaches: Maintain open communication with your coaches. Discuss any previous injuries or health concerns, so they can tailor training plans to your needs. Also, keep them informed about your progress and any challenges you might be facing, both on and off the field.

Remember, the transition back to fall sports is about balance. Listen to your body, don't push yourself too quickly and enjoy the experience of being part of a team and competing in the sport you love. As always, please consult a local Physical Therapist if you are experiencing any pain that lasts more than three or four days.



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Free community college for hundreds under state's MassReconnect program

Quinsigamond Community College is poised to award free college tuition, fees and an allowance for books and supplies to hundreds of new and returning students for the Fall 2023 semester under the

caring for their families, we are bettering our entire community," said QCC President Luis G. Pedraja, Ph.D. "Obtaining a higher education is a way for people to advance a career, change careers and make a better life for



state's new MassReconnect program that makes community college free for eligible Massachusetts residents aged 25 and older.

Governor Healy recently signed the Fiscal Year 2024 \$56 billion budget, with \$20 million allocated to the state's 15 community colleges for the MassReconnect program as an effort to improve access to higher education. According to the state, there are 1.8 million Massachusetts residents with a high school diploma or equivalency but no degree and close to 700,000 Massachusetts residents who have some college credit but no degree.

"The MassReconnect program is a giant step forward in our quest for equity in higher education. By offering equitable opportunities and resources for our students, many of whom are juggling one or more jobs and

themselves and their families. MassReconnect is going to be a gamechanger for so many."

"While QCC is prepared to include over 400 currently enrolled students in this no-cost college program pending their applications for financial aid, QCC is expecting many more eligible students to apply for the fall semester," said Michelle Tufau, vice president for Strategic Enrollment and Student Engagement.

Individuals aged 25 and older qualify for the program if they have not previously earned an associate or bachelor's degree and have been a legal permanent resident of Massachusetts for one year as of the start of classes. Students must complete the 23-24 Free Application for Student Aid (FAFSA) and enroll in at least six credits per semester in

an approved program of study leading to an associate degree or certificate. To learn more, visit QCC.edu/Massreconnect, or visit one of the information sessions QCC is hosting during its Super Saturday event on Saturday, August 26, 2023, from 9:00 a.m. – 1:00 p.m. Sessions will run 10:00 a.m., 11:00 a.m. (Spanish presentation), or 12:00 p.m.

Who will be eligible?

Eligible students must:

Be 25 or older on the first day of classes (September 6 for Fall 2023)

Have been a permanent legal resident of the Commonwealth for at least one year at start of the

enrolled term

Have not previously received an associate or bachelor's degree, or the equivalent

Enroll in at least six credits per semester in an approved program of study leading to an associate degree or certificate

Maintain satisfactory academic progress according to the college's satisfactory academic record policy.

Complete the 2023-2024 Free Application for Federal Student Aid (FAFSA)

The College will use information you have provided during the enrollment process and other available data to determine your

eligibility before making an award. If you are later determined to be ineligible for the MassReconnect Program, you may owe a balance to the College and/or be required to pay back funds received.

Worried you don't qualify for MassReconnect? Don't worry! There are many other federal, state, and institutional financial aid programs available to help students with the cost of their education. Complete the 2023-2024 Free Application for Federal Student Aid (FAFSA) to be considered.

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Where are the Remains of Rhode Island's First Settler? Part 2

BY THOMAS D'AGOSTINO

When last we heard of the whereabouts of the Rev. Blackstone's remains, they were interred in the vast works of the Ann & Hope Mill. Did they stay there? Read on to find out. (Missed Part 1? Visit theyankeeexpress.com)

According to Amelia Daggert Sheffield who had taken her father's accounts and edited them for the book "A Sketch of the History of Attleborough from its Settlement to the Division," the box was to be buried under the building and the monument erected in his name. A very old postcard of the mill shows the monument beside one of the mill walls.

The monument as described by Mrs. Sheffield stood a few yards from the original grave which was now covered by the Ann & Hope mill. In her own words from the aforementioned book:

"It is of granite about twelve

feet high,-the base five or six feet square and the shaft a foot or more smaller, tapering slightly. It is within the enclosed grounds of the mill, surrounded by the vivid green of a beautiful lawn, being the only object on it."

The front has a cross on it, naming it as the Rev. Blackstone's burial place, as well as the claim that he was a founder of Boston and the first white settler of Rhode Island. The monument's other three sides boast the rest of his lifetime achievements, the date of his settlement in Rhode Island (a year before his friend Roger Williams) and date of his death. All in all, pretty typical of an honorary monument. As for his bones, a certain G.W. Pratt was entrusted to hold onto the wooden box which had been sealed with lead and metal bands until the mill was completed and the monument erected.

For many years the remains of Preacher Blackstone rested with his monument in the industrial clamor of whirring engines and

spindles. The "Spirit of the Gentle Sage" was most definitely out of his environment in this eternal habitat. His mortal coil was untouched from 1889 to the 1940's when the textile industry began a southward migration in search of cheaper labor. Ann & Hope's majestic walls soon held but memories and ghosts of the American Industrial Revolution. As for the monument, the grass grew wild and the stone fell into neglect.

This was short lived, however. World War II gave new life to the mill as a repair depot for armory of the Navy. Now the monument had a new dilemma. The hustle and bustle of trains loading and unloading threatened its existence. The First Presbyterian Church of Cumberland then entered in agreement to move the monument to a piece of their land for further preservation. The Navy agreed and in 1944 William Blackstone's monument was moved to its present location on Broad and Cumberland Streets which overlooks the rear of the great mill.

Were his remains moved with the monument? It was then unclear whether they had been dug up and relocated. It was unclear if they had ever been buried under or near the vast stone to begin with. The town of Cumberland now maintains the minute park where the stone graces the small walkway that encompasses it. The obelisk looks slightly out of place sitting on a corner right next to a sidewalk overlooking what is now deemed as America's first discount store.

The elusive bones can be traced up to the 1960's when James Furay, who was Ann & Hope's plant manager in the 40's, was overseeing a digging project to extend utilities to a newly constructed cottage that was to be used as an office. While digging, the backhoe ran into a box. It was sealed in heavy lead and the corners had been soldered tight. Upon opening it the crew found some bone fragments and very old nails. The box had been buried north of one of the north towers that was razed

during renovations to the mill.

The box sat in a store room until the 1960's when Ann & Hope went through another expansion. It was then that Furay's old office and store room were cleaned and room was made for a new structural enclosure. He had intended to give the box to the Rhode Island Historical Society but never got around to it. No one knows what happened to the box. It obviously, according to these accounts, was not reburied under the monument when the obelisk was moved to its present location.

Did the small coffin containing Reverend Blackstone's remains get thrown out when the store was expanding? If so, then it is more than likely our founder is now buried in the State Landfill. Does that sound like a fitting way to bestow our gratitude for the great Reverend who was the first white settler of our state, rode a bull, (that's right. Not a horse, a bull!) and gave Rhode Island it's famous apples?

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THE CAR DOCTOR

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Coolant, transmission fluid change schedules

Q. This is not really a car question but would like your thoughts. I noticed many new cars on the road have LED lights. Some of the more expensive SUV's have small lights. Another nickel and dime project



BY JOHN PAUL

moving away from big red stop lights. My question is why manufacturers do not make amber turn signal lights standard equipment on all vehicles. Years ago, we had it, but we moved away from this. Safety-wise, it is much easier to see and certainly brighter than red turning lights. What is your opinion on this issue?

A. Rear lighting and all-automotive lighting need to pass DOT rules (usually Society of Automotive Engineer's suggestions) The smaller LED lights are quicker responding and I am guessing based on rule making meet the rules for brightness. Amber to me makes sense because of the sharper contrast between the red brake and running lights. Realistically the LEDs can probably be adapted to turn amber or red depending on what turns them on. It is interesting that the same car in Europe will have amber turn signals and red brake lights, but yet here that car may have just a red lens, perhaps

cost saving or aesthetics?

Q. When should I change the coolant and transmission fluid on my 2016 Mazda 6? I tried getting info from my manual and found it difficult to understand and the dealer just told me it should be done. I just want to see it in writing before I spend the money.

A. According to the database I use, which gets its information from the vehicle manufacturer, the coolant should be changed at 120,000 miles. The transmission fluid is considered a "lifetime fill." Now this can change if there are leaks, or heavy-duty use, such as towing a trailer or using your car as an Uber or Lyft vehicle. For average drivers, the Mazda is a low maintenance vehicle, and the levels should be checked periodically there is not much to worry about.

Q. I have been reading your column for quite some time, and I enjoy it. I am curious however, that you consistently prefer the RAV4 or Rogue over the Forester, yet Consumer Reports has voted it the best small SUV for the last ten years. I bought a used 2020 and am very happy with it, other than at highway speeds, it is noisy inside. Could you give me some insight as to your preferences?

A. I prefer the Toyota RAV4 for reliability, comfort, and the availability of hybrid

option. The Nissan Rogue is a vehicle that I have never been a big fan of, although for 2023 Nissan seems to have gotten many things right. Previous models had transmission issues as well as some premature rusting. Lately Subaru vehicles have been quite good I can easily recommend the Forester due to its active safety equipment, superior performance in the snow and overall engine reliability. Previous Subaru models from 2010 to 2014 or so had engine problems, 2015 to 2018 or so had some electrical issues (dead batteries after only a day or two of sitting, early models would rust out. Today Subaru and especially the Forester are nicely appointed vehicles, solid engines, and good on-road performance. Would I buy a Subaru-yes.

Q. I was listening to your radio program, and you mentioned that the Kia EV you were driving did not come with a charging cable, why? And what did you do?

A. Apparently Kia wants journalists to experience public charging and rather than Level I charging at home. Public Level II charging is pretty good, and Level II is still the best option for home charging but still only adds about 20-30 or so miles of range in an hour. Using an Electrify America's 350KW charging station I was able to charge the battery from 10 percent up to 92 percent in 20 minutes at a cost of less than \$10. Since then, I now have a Juice Booster-2 <https://juice.world/en/product/juice-booster-2/>. This is a complete kit that plugs into everything from a 15-amp 120-volt outlet to a 240-volt outlet. I have been using a NEMA 5-20 adapter, which plugs into a 20 amp 120-volt outlet. From my limited testing the Juice Booster 2 does an excellent job on overnight charging with both a fully battery electric vehicle and plug in hybrid.

Q. I have 2020 Toyota Camry hybrid (now with 53,000 miles) which I purchased

as a certified preowned car. This may be the best car I have owned with one exception, the front brakes squeak. I returned to the dealer, and they checked everything and said the brakes looked fine. Any ideas how to get rid of the noise?

A. Toyota did come out with a fix, although a bit pricey. The fix requires replacement of the calipers with an updated design, new caliper mounting hardware and updated pad and shim kit. If you can live with the noise, perhaps wait until the brakes need replacement.

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

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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@theyankeexpress.com.

MONDAY, SEPT. 11

- The Charlton Garden Club's Monday, Sept. 11, meeting will feature Bruce Hopper, owner of Pure BS speaking on Making Maple Syrup. Charlton Garden Club meetings are open to all interested in gardening and related themes. Whether you're a novice or accomplished gardener, the Charlton Garden Club is a great place to meet other gardening enthusiasts, learn about plants and planting, and to share your gardening tips and experiences. Meetings are held at 7 p.m. at the Charlton Public Library. A \$5 donation is suggested for non-members. If interested in joining the Garden Club, please contact Co-Presidents, Virginia Charette at (508) 248-7300 or Marcia Liedigk at (508) 434-0507.

SATURDAY, SEPTEMBER 16

- A one day Farmers' Market is coming to Oxford. On Saturday, September 16, 2023, from 12:00-4:00pm come down to the Oxford Common on Main Street to join the Town of Oxford for our first Oxford Farmers' Market, which we hope to continue on a regular basis next year. The market will feature products from local farms and businesses, with a variety of offerings ranging from fresh produce, meat, flowers, and baked goods to hand-made products and crafts. This is a result of a joint effort between the Oxford Board of Health and the Oxford Community Center to provide Oxford residents with access to fresh, locally grown and produced food while also supporting local small businesses. The hope is to promote the local farming industry and to educate our community about agriculture and its value

in our daily life while also creating a wholesome social experience to build community.

- The Polish American Club will host a New England Seafood Bake on Sept. 16 from 1-4 p.m. They will be serving lobster, steamers, corn, chowder and more. Tickets can be purchased at the Polish Hall, located at 217 Mendon Street, Uxbridge. Cost is \$65 per person. The event will have music by The Salty Sisters. Advanced registration required, tickets will be limited.
- Have fun at "An Evening with Elvis" on Sept. 16 at St. Denis Church, 23 Manchaug Road Douglas. Doors open at 5 p.m. The performance starts at 5:30 p.m. \$20 per person includes a light buffet. Beer and wine is available at a cash bar. Two drink limit. Raffle baskets and 50/50 cash raffle. 1950's theme dressing is encouraged. For more information, see StDenisChurch.com.
- 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 jack-mae@charter.net to register for this event.
- The American Heritage Museum, 568 Main St., Hudson, presents "World War I/ Early Aviation Weekend," showcasing the original 1917 Nieuport 28—American's first and oldest fighter aircraft, 9:00 a.m. to 5:00 p.m. www.americanheritemuseum.org or call 978-562-9182.

SUNDAY, SEPTEMBER 17

- Webster Natives and co-founders of the Massachusetts Walking Tour Mark Mandeville and Raienne Richards have partnered with The Last Green Valley and Local 4 Life for a very special "Walking Tour" event on the Quinebaug River Rail Trail in Dudley. This event is part of the very popular Walktober - a regional fall collection of walks, paddles, lectures and other events to connect people with the abundant and diverse natural, historical and cultural resources within eastern Connecticut and south-central Massachusetts. The event will run on Sept. 17 from 1-4 pm with the approximate schedule of gathering and welcome 1 - 1:15 pm; walk 1:15 - 2:15 pm; activities and concert 2:15 - 4 pm. The nature walk will be 2-miles round-trip to "Ken's Bridge" on easy, mostly flat terrain

HAPPENINGS!
continued on page 23

Prayer



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

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

HAPPENINGS!

continued from page 22

suitable for strollers. Local 4 Life will then lead a hands-on take-home kids activity to craft mason bee hotels (while supplies last). Light refreshments will be offered after the walk with an opportunity to visit with local partners like The Last Green Valley and others. Acoustic music will be performed by acclaimed local artists Mark Mandeville and Raianne Richards, accompanied by members of the Walking Tour band; attendees are welcome to bring a chair or blanket for the concert (can be left in the car or at the gathering space during the walk). Meet at the end of Blue Herron Rd. in Dudley (off New Boston Rd) for all activities; trail kiosk is located near the end of the cul-de-sac. Street parking is available on Blue Herron Rd. and in the surrounding neighborhood. Alternative parking for those who don't mind a longer walk can be found in the small lot off Schofield Ave in Dudley and along the driveway of the Webster Water Treatment Plant in Webster. See www.markandraianne.com for more information. Sponsored by Mark Mandeville & Raianne Richards masswalkingtour.org, Local 4 Life local4life.org, The Last Green Valley thelastgreenvalley.org, and the Town of Dudley dudleyma.gov and The Dudley Cultural Council.

TUESDAY, SEPTEMBER 19

• Beatrix Potter: The Naturalist and Her World, an illustrated talk by Ellen K. Duzak will take place 1-2:30 p.m. at Dexter Hall, 40 Main Street, Charlton. Registration requested, 508-248-0452. Presented by the Charlton Garden Club Southbridge Garden Club and Charlton Public Library.

THURSDAY, SEPTEMBER 21

• What role will Medicare play during your retirement? The increasing cost of health-care is a growing concern for current and future retirees. In fact, 30 years ago, retirees spent almost twice as much on food as on health care; now the amounts are nearly equal. Join us for our presentation, "Health Care and Your Retirement" where we will discuss: Medicare coverage and traditional medical expenses, long-term medical expenses and strategies for discussing out of pocket expenses. The featured speakers are Dennis Antonopoulos (Financial Advisor for Edward Jones) and Lynne Mussulli (Medicare Specialist). Registration is at 5:45 p.m. The seminar begins at 6 p.m. Location: Brookdale Eddy Pond – West, 669 Washington St, Auburn. You and your guest are invited. Please call Karen Rieser at 508-832-5385 or email karen.rieser@edwardjones.com by Sept. 20.

HAPPENINGS!

continued on page 24

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SATURDAY, SEPTEMBER 23

• Blackstone Valley Chamber of Commerce Women's Success Network at the Community Harvest Project, 34 Wheeler Road, North Grafton. Continental breakfast and networking at 9 a.m. Crop and harvest produce from the gardens, 9 a.m. – 12 p.m. The event is in memory of Maria Remillard.

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.

WEDNESDAY, SEPTEMBER 27

Blackstone Valley Workforce Development and Education Foundation will welcome Patrick Tutwiler, PhD, Secretary of Education. 7:30 a.m. registration. Breakfast is served at 8-9:15 a.m. Charles F. Minney VFW Post 3329, 16 South Main Street, Millbury.

SATURDAY, SEPTEMBER 30

• The Greenway Challenge takes place in the Blackstone Valley and around the region.
• Village Congregational Church will hold its 15th Annual Harvest Festival from 9 a.m. – 3 p.m. on the Northbridge Town Common. Rain date is October 1, 12-4 p.m.

• Boy Scout Troop 1122 and Onsite Computer will hold an electronic recycling fundraiser from 9 a.m. – 12 p.m. at the VFW Post 1385, 13 Cross Road, Uxbridge. Fees for disposing of electronics range from \$2 - \$30.

• Northbridge High School Class of 1978 will hold its 45th Class Reunion from 6-11 p.m. at the Uxbridge Progressive Club, 18 Whitin Street, Uxbridge. Cost is \$35 per person. Venmo @Pamela-Dion-3 or send a check to Liz Brodeur, 8 Taft Street, Uxbridge 01569. RSVP by September 21.

THURSDAY, OCTOBER 5

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

The Big E starts Sept. 15

The Big E is an annual event that begins on the second Friday after Labor Day and runs for 17 days. This year Sept. 15 to Oct. 1. What are this year's Special and State Days?

Experience something new every day of the Fair by aligning your schedule with The Big E's special and state days. Walk through one of the State Buildings and visit its exhibits or watch the Daily Parade, which honors each day in a special way.

- Friday, September 15 - Be A Kid For A Day/Military Appreciation Day
 - Saturday, September 16 - 4-H & FFA Day/Maine Day
 - Sunday, September 17 - Storowton Day
 - Monday, September 18 - Salute to West Springfield
 - Tuesday, September 19 - Rhode Island Day/Salute to Holyoke
 - Wednesday, September 20 - Connecticut Day
 - Thursday, September 21 - Massachusetts Day
 - Friday, September 22 - New Hampshire Day
 - Saturday, September 23 - Vermont Day
 - Sunday, September 24 - Grange Day/Chocolate Milk Day
 - Monday, September 25 - Salute to Springfield
 - Tuesday, September 26 - Salute to Chicopee
 - Wednesday, September 27 - Salute to Agawam
 - Thursday, September 28 - Salute to Westfield
 - Friday, September 29 - Harvest New England Day
 - Saturday, September 30 - October Fun Day
 - Sunday, October 1 - Salute to Special Olympics
- Gates open at 8 a.m. Admission is \$20 for adults, \$12 children 6-12, 5 and under free.



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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 neae.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.

SATURDAY, OCTOBER 14

• Cornhole Tournament with Open Sky City Services at Alternatives' Whitin Mill, 50 Douglas Road, Whitinsville. 12-5 p.m. Food trucks, cash bar, \$500 worth of raffle prizes. For player of 14 years and up, all abilities.

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.

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




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Local artist to receive 41st ArtsWorcester Award

ArtsWorcester has announced that Lora Brueck, artist, librarian, archivist, and volunteer, will be the recipient of the 41st ArtsWorcester Award. The ArtsWorcester Award is given annually to an individual who has made extraordinary contributions to arts and culture in this city. Its recipient list serves as a history of arts leadership in Worcester.

Lora Brueck's artistic career began with photography over forty years ago, and in 1995, she began to make artist books that integrated her photographs with collage, printing, and sewing with a refined standard of craftsmanship. Throughout her practice, Brueck has collaborated with members of the legendary women's artist group



Art XII, the Boston Book Arts Group, the Sunday Photography Group, and F8.

Brueck worked as a librarian at the Gordon Library of Worcester Polytechnic Institute, and served

as WPI's first official archivist. She opened the library's exhibition spaces to Worcester-area artists, offering them a much-needed space to show their work, while ensuring a vibrant arts presence at an engineering school. She was a graduate of Bartlett Jr. Senior High School.

Unsung, often invisible volunteer effort is the backbone of small arts organizations. At ArtsWorcester, Brueck was an exhibitions committee member and board member for decades, selecting, installing, and hosting exhibitions. As one of the early organizers of stART on the Street, Brueck brought steady calm, financial expertise, governance, and community connections. More recently, she has volunteered for the last five

years at the Worcester Historical Museum, digitizing photographs for their special collections.

"Lora is a talented artist and a digital humanities pioneer, and this award recognizes both those qualities," says Juliet Feibel, Executive Director. "But it comes with particular gratitude for the decades of unassuming, effective volunteer labor she has given this city's arts organizations--and the wry wit she brought with it."

The award will be given at ArtsWorcester's Season Kickoff, Wednesday, September 20, at 5 p.m. at the Printers Building, followed by the public reception for *Material Needs 2023*. This event is open to the public; please register in advance through Eventbrite.



Narragansett Bay Dam Atlas

Monday, September 18
7:00 PM to 8:30 PM

Grafton Public Library- Community Room
35 Grafton Common, Grafton, MA
Contact us at info@thebrwa.org

Presentation by Emily Vogler, of the Rhode Island School of Design/Commonplace Landscape & Planning, discussing the Narragansett Bay Dam Atlas and the related Dam Decision Support Tools. Discussion and questions will follow the presentation.

The Blackstone River Watershed Association annual meeting and elections will precede the presentation from 6:30 to 7:00.

Please register before hand- Find link to registration at <http://www.thebrwa.org/>

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Terri and Mike

Simon Fairfield Public Library raffle

Jim and his wife Cynthia are both life-long residents of Douglas, as were their parents. Jim attended Douglas schools and received a bachelor's degree in Mathematics from the University of Massachusetts. Several years after he began his career, he attended Worcester Tech and pursued a master's degree in Computer Science. Most of Jim's career was spent in the computer and management consulting business.

Jim retired in 2000. Looking for a pastime both creative and physical, he took up bladesmithing and has since made over 200 knives. In recent years, he has focused on building more complex pieces, such as this one!

This knife is a quillion dagger and is a sole-authorship piece made entirely by Jim. He has been recognized as a Master Bladesmith by the American Bladesmith Society since 2008. The quillion dagger, probably first developed in the 12th century, is one of the more difficult knives to make, as there are four bevels that must be perfectly aligned, symmetrical and straight. This blade is ten inches of Damascus steel that Jim forged. The fluted handle of ebony adds another five and one-half inches. Damascus steel (patterned steel) is made by forge welding many layers of two different steels and manipulating the result to develop a distinctive pattern. The guard is forged and ground from stainless steel and the stainless-steel pommel is topped

with silver and copper mokume gane. Mokume gane is translated to mean wood grain, by which layers of contrasting colored metals are fused together with heat and pressure and worked to produce a patterned mixed-metal laminate. The Damascus is very unusual.

truly one of a kind — Jim has never seen nor been able to produce another like it.

During the past decade Jim has donated much of his work to charities in an effort to help them meet financial obligations. This year, after learning of the Library's building program ambitions, he decided to donate this knife to them for a raffle. During his high school years, Jim spent many hours in the library reading and researching. He always fondly reflected on those days of learning and took advantage of this opportunity to give back some of what the library had given him.

Douglas, MA has a history closely entwined with steel. The Douglas Axe Company operated here under one name or another from at least as far back as the 1830s to the 1890s. Here is one of their digitized catalogs. Jim's gift of time, sweat, and steel is quite on point! Please consider purchasing a raffle ticket, and with this blade we will cut through the accessibility barriers holding the Library back. If you would like to see the knife, it is on display at our circulation desk!

The winner of the raffle can choose the dagger or \$1,000.

Tickets are \$10. Cash or Checks (made out to the Friends of the SFPL) can be accepted at the Library. The Drawing will be October 24, 2023. 100% of ticket sales will go into the Library's Building Fund, where it will be saved for renovation.





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September events at Purgatory Chasm State Reservation

All programs are free and open to the public. Bring water, wear sunscreen/bug spray, and dress for the outdoors. Sturdy footwear is strongly recommended for hiking events. An adult must accompany all children. Hiking programs are canceled in inclement weather. For more information call 508-234-9610 or visit <https://www.mass.gov/locations/purgatory-chasm-state-reservation>.

Purgatory Chasm State Reservation is located at 198 Purgatory Road, Sutton. Please note that public programming may be affected by construction projects taking place within the park.

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

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

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

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

for ages 8 and up.

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

Discover our glacial past on this one mile hike to Little Purgatory. Explore evidence of the ice that blanketed this park over 10,000 years ago! Meet at the Visitor Center. Suitable for ages 8 and above. About one mile over moderate terrain.

KIDLEIDOSCOPE
MONDAYS 11 A.M. - 12 P.M.

Join us each week for Kidleidoscope! We will read a short book, followed by an outdoor activity. Afterwards, enjoy a craft that relates to the story. Each week has a new theme, stop by often! Meet at the Visitor Center. Designed for ages 3 to 6. Siblings are welcome. During inclement weather this will be held inside the Visitor Center.

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

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

ROCK DETECTIVES
SATURDAYS 11 A.M. - 12 P.M.

Have you ever wondered where rocks come from? See a bunch of

different rocks and find out more about where they have been and where they are going. Stay for five minutes or an hour. Meet in the pavilion near the entrance to the chasm. Appropriate for ages 4 and above. The program will be held in the Visitor Center during inclement weather.

SECRETS OF THE SKULL
SUNDAYS 11 A.M. - 12 P.M.

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

TIME TRAVELER TOUR
SATURDAYS 4 P.M. - 5 P.M.

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

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2 - Street Run Segments
(4 miles each)

1 - Trail Run Segments
(2 miles)

2 - Paddle Segments
(1 River Paddle 2.5 miles,
1 Lake Paddle 2.5 miles)

NOTE: Course & mileage subject to change

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