

State education head talks high school education at BVCC breakfast

BY PATTY ROY

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

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

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

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

workforce.

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

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

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

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

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

Guatemala is in turmoil and the teen's father had been shot and his brother had been shot. At nine years old, he had been pulled out of school to work the

coffee fields. He was unable to read or speak English subsequently was classified as a student of limited formal education.

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

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

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

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

The Hub innovation center considers "things like durable

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From left: Michele Bigelow, Monique Pierangeli, Ryan Collins

Bartlett High School in Webster is Rockin'

BY JANET STOICA

"Our students can be globally competitive," said Monique Pierangeli, Webster Schools Superintendent, "and our newest educational programs help get them there. It's about giving all our students the opportunity for jobs if they're not college-oriented."

The inspirational enthusiasm displayed by not only Ms. Pierangeli but also by BHS Principal Ryan

Collins and Project Lead The Way ("PLTW") Coordinator Michele Bigelow is enough to make you jump crazy. It's the real thing alright and if anyone's got the juice to do it, it's this group and their fellow educators at Bartlett High School and Webster Middle School as it feeds the local students into the new, challenging, and rewarding programs that the high school now offers. As a PLTW student they have exclusive access to a variety of recognition opportunities including college credit, scholarships, preferred admission at colleges and universities, internships, apprenticeships, and other avenues to highlight their unique skills according to the PLTW website.

"Our students can choose college or hands-on careers," said Mr. Collins, "these particular courses give

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EDUCATION

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skills, we think about things like determination. Resilience. Breaking down barriers, getting support from other people in the community, asking for help,” Rubin said.

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

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

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

Education is in a recovery period; stabilization and healing are

enabling conditions and foundational to sustain transformation, Tutwiler said.

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

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

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

“This is a profound workforce issue,” Tutwiler said.

The extraordinary increase in and availability of technology should involve reimagining high school in the state, he noted. There have been changes in the past decade on how folks view shifts in early education through grade 8, but there has been no corresponding change in high school.

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

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

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

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

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

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

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

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Contact us:

Patty Roy, Editor: proy@theyankeeexpress.com
 Submit business news and community events to news@theyankeeexpress.com
 Request advertising information: ads@theyankeeexpress.com
 Jennifer Schofield, Advertising Director: jschofield@theyankeeexpress.com
 Diane Galipeau, Advertising Sales Manager: dgalipeau@theyankeeexpress.com
 Laura Gleim, Billing & Sales: lgleim@theyankeeexpress.com
 Bill Cronan, Blackstone Valley Sales: bcronan@theyankeeexpress.com

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

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Worcester County Sheriff's Office Community Outreach team delivers Fresh Organic Produce to the Charlton Senior Center.

Sheriff's organic farm delivers produce to Charlton Senior Center

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

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

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

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

Since taking office in 2011, Sheriff Lew Evangelidis has remained committed to de-

veloping the organic farm and serving the communities he represents. The Worcester County Jail and House of Correction boasts the largest organic farm on a correctional facility in Massachusetts.

"The Sheriff's Office's Organic Farm is a tremendously positive program," commented Sheriff Evangelidis. "The farm allows our department to give back to the communities that we work to keep safe. It also teaches select incarcerated individuals a structured lifestyle, the importance of constructive community involvement, and the dignity that comes along with a steady job or purpose."

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

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them the opportunity and access to high-level machinery for white-collar manufacturing positions." In 2021 a former principal had approached Ms. Bigelow, who is a certified engineer as well as educator, regarding the PLTW's Introduction to Engineering Design course. Then, with additional assistance from Ms. Bigelow, Biomedical Sciences courses were introduced.

"My students are freakin' awesome," said Ms. Bigelow, "they are learning how to generate concepts. They're given a problem to solve and get into teams to brainstorm ideas, build and test prototypes, and then present their final product. They use Computer Aided Design and Manufacturing (CAD/CAM) to build their prototypes along with a 3D printer to make their cre-

ations. Our middle school students (grades 5-8) are also aligned with our modules for manufacturing and health care."

Mr. Collins stated that "It's great to give students all opportunities for career pathways. It's a double-dose of preparation knowing that all our students have exposure to all aspects of future educational prospects. Our two pathways have never seen a decreased enrollment even during Covid."

Said Superintendent Pierangeli, "We didn't just pick these two pathways out of a hat. We studied and researched these areas to learn what was needed in our geographical area. Our state has acknowledged that not all students are going to college. Teaching to our students' needs is essential."

Ms. Bigelow explained that 21% of the student population (grades 9-12) took one of the Pathway courses. "We hope to inspire all our

young ladies and men to reach for the stars," said Ms. Bigelow.

"Michele Bigelow came to us and asked us to review our students with multiple handicaps and all Life-Skills students can now do Pathways this year for the first time," said Mr. Collins. "Townpeople should know all that we're offering here. You don't have to go to a trade school. Not every school can have a vocational program but we can show our offerings to students who are not all college-bound. We want to meet the needs of our student community," said Superintendent Pierangeli.

Ms. Bigelow also elaborated on obtaining industry-recognized certification such as in Six Sigma (a quality level that is nearly perfect), OSHA-10 (general industry and construction), CIM (Course Inventory Management System) in areas like dementia care, and MACWIC

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Join us on Thursday, Oct. 5 at 6:00 in Dexter Hall for a presentation on the catastrophic effects of rodenticides on owls, hawks, falcons, eagles and other wildlife. Gary Menin, advocate for R.A.T.S. (Raptors Are The Solution) will talk about why birds of prey are so vital to our ecosystem, how rodenticides have impacted their populations, some key initiatives and how people can help preserve our treasured wildlife. He will also present alternatives to rodenticides. Registration is requested.

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Area woman found her life's calling in nursing

BY JANET STOICA

"Baby deliveries are not like what we see on TV," said Natalie Dalimonte, a Labor and Delivery Registered Nurse at one of the largest hospitals in Atlanta, Georgia. "Every birth is different for each mom and her newborn. Our staff has to adapt the birthing procedure for each patient's medical safety. We try to advocate for every patient to make them as comfortable as possible. A lot of birth trauma comes from patients who don't feel a part of their final medical decisions and we help them understand why certain procedures are recommended. We want the patient to feel the entire birthing process is part of them."

Ms. Dalimonte is the daughter

of Tammi and Gary Dalimonte of Pomfret, Connecticut and has a younger sister, Katherine. Natalie enthusiastically stated that from a young age she had a really strong belief in women's health, family planning, and birthing while also assisting a vulnerable population. She acquired her bachelor's degree from St. Michael's College in Colchester, Vermont where she majored in biology and minored in chemistry. As she had participated in a study-abroad program while at St. Michael's and attended the University of Westminster in London, England, she opted to apply to their master's degree program upon her graduation from St. Michael's.

"I thoroughly enjoyed my time spent in London," she said. "I

made many friends from different countries including Albania and Portugal whom I still keep in contact with." Natalie graduated from Westminster with her Master's Degree in Molecular Biology while concentrating on the genetics of molecular biology. While preparing her thesis project, however, she realized that spending time in a lab every day was not quite her ultimate destination.

"I opted to enroll in Atlanta's Emory University, the Nell Hodgson Woodruff School of Nursing. After passing my nursing boards, I began working in the labor and delivery department of one of Atlanta's largest hospitals. Going to nursing school was very intentional," said Ms. Dalimonte. "I was just drawn to women's health and

the labor/delivery department. My master's degree was genetic-based and perhaps in the future I will gravitate to a fertility clinic."

While working in her current position Ms. Dalimonte has seen beautiful and successful births with and without epidural anesthesia usage. Epidurals are commonly used during childbirth to block pain. She has been a part of Caesarean Section births with operating room runs. "Some patients have been in labor for several hours," she said, "and the mom might've been focused on a non-epidural birth but if we determine that an epi is a better choice and will prevent trauma, we will make every effort to educate the mom on the alternate choice to make her feel comfortable."



Natalie described a birth where a mom had an induction but also wanted a natural delivery. (An induction is a method of making labor begin.) She described how the hospital staff accommodated her but when the baby was born, it was in a stunned state requiring aggressive stimulation from the staff. The babe came through beautifully but the neonatal ICU and respiratory teams came in to assist. Another experience on Natalie's watch was when a new mom was at full-term and her water (amniotic fluid that the baby floats in while inside the mom's uterus) had broken but she wasn't quite ready for the birthing process to begin. The dad was about to take a nap and Natalie took her dinner break only to be quickly called into the delivery room for the rapid birth. All went smoothly. "So with both scenarios, my role of being there assisting and advising the parents is the best," said Natalie, "letting our patients know that all went well and that their newborn is doing fine is very rewarding." Her current hospital is a Level III Neonatal ICU which assists in high-risk deliveries. There are 250-300 births per month.

Ms. Dalimonte has recently decided to move back to New England to be closer to her family and has accepted a similar position at a hospital in the Greater Boston area.

"I love what I do and my additional interests are in climate change and green energy. I see new life being brought into this world daily and I want to make our world a better place making moms' experiences as positive as I can. I credit my mom and dad for everything I've become. They showed me a strong work ethic and the importance of enjoying your job. They've always been there for me. My sister Katherine and I have been good sounding boards for each other. I love her. She's doing great things and works in the finance sector in Greater Boston. I also have to credit my Auntie Mal Dalimonte. She's been my support system too. She traveled to London to help me check out my grad school and helped me find an apartment while going to school there. My family has been a good strong support system that has always given me the courage to try new things and to take challenges and work to be successful."

Contact Janet: jstoica@TheYankeeXpress.com

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

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

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

POSTPARTUM GROUP

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

PARENT TALK

Milford Regional is also hosting a free Parent Talk support group the third Tuesday of each month from 10 - 11 a.m. This discussion group is designed for parents of infants, age newborn to eight months. The forum provides mothers and

fathers an opportunity to meet and connect with fellow parents, discuss concerns with caring for a newborn, and share parenting ideas. The group is facilitated by Laura Laird, BCCE, Milford Regional's childbirth education instructor. Topics to be discussed could range from sleep schedules, allergies, breast and bottle feeding, introducing new foods, or knowing when to call the pediatrician, to name a few.

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

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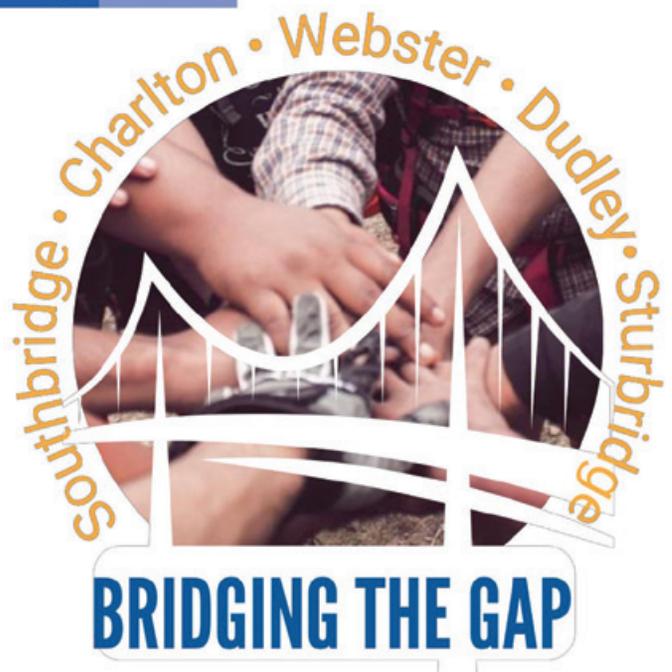
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Dudley officials announce a Community Choice Power Supply Aggregation

Plan designed to reduce energy costs for Dudley residents

The Aggregation Plan was developed in compliance with state law regarding public aggregation of electricity consumers. It contains required information on the structure, operations, services, funding, and policies. The Plan was developed in consultation with the Town's municipal aggregation consultant, Colonial Power

Group, Inc. (CPG) and the state Department of Energy Resources (DOER).

The purpose of this plan is to represent consumer interests in competitive markets for electricity. It seeks to aggregate Dudley consumers to negotiate rates for power. In doing so, it brings together the buying power of more than 11,900

consumers. It further enables the Town to take greater control of its energy options, which includes the ability to pursue price stability, savings opportunities and the amount of renewable energy procured. Participation is voluntary for each consumer. Consumers may opt out or back into the plan at any time. The Town has published this Plan

for public review prior to submitting it to the state Department of Public Utilities (DPU).

National Grid Basic Service rates change twice a year or more, depending on rate class. As a result, the aggregation rate may not always be lower than the Basic Service rate. The goal of the aggregation is to deliver savings over the life of the Program when compared to National Grid Basic Service rates. However, such savings and future savings cannot be guaranteed.

Public Review and Comment Period: The Town of Dudley's

Aggregation Plan is available for public review and comment from Monday, September 11, 2023, at 9 a.m. through Friday, October 13, 2023, at 5:00 p.m.

Any person who desires to comment may do so in person at the Town Clerk's office or submit written comments using one of the following methods: (1) by e-mail to townadmin@dudleyma.gov; or (2) by postal mail to:

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Dudley Cultural Council grant applications

The Dudley Cultural Council is accepting online applications for its grant program that will award more than \$11,000 in 2024. The council seeks grant applications from qualified local organizations, schools, and individuals for community-oriented arts, humanities, and science programs. The application submission deadline is October 17, 2023. The Dudley Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The state legislature provides an annual appropriation to the Mass Cultural Council, a state agency, which then allocates funds to each commu-

nity. In 2023, the Council awarded 16 grants for a total amount of \$12,287. This year, the Council will distribute about \$11,100 in grants. Some of the previously funded projects include Celebrate Trails Concert by Raienne Richards and Mark Mandeville, Celebrating the season of Mother's Day and Father's Day by Davis Bates III at the Dudley Senior Center, and Tanglewood Marionettes at the Dudley Elementary School for Grades 2 and 3. Information about the Dudley Cultural Council, grant guidelines and the grant application can be found at www.dudleyma.gov/cultural-council

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Veterans help fellow veterans make home improvements

The Chester P. Tuttle American Legion Post 279 in Auburn were contacted by a locally-based social worker about a family in need of a handicap ramp. Both husband and wife are military Veterans whose son Carlos uses a wheel chair and the ramps at their home were insufficient for use.

The family (whose names are being withheld for their privacy) checked around but could not find anyone who was able to assist them in rebuilding the ramps.

June Ganley, the social worker, reached out to Post 279 member Steve Gallant and he began the process of having a ramp designed

by Tom Dillon, another Legion member.

After the design was complete the plan was reviewed by Webster's building inspector who told the veterans group to go ahead and do whatever was needed to help the family. The group went to several of the national "big box" home improvement stores to see if they could help in some way with the construction material.

None of them could help us at that time, said Steve Gallant, so we went to C & S Lumber in Millbury and they graciously said they would bear the entire cost of the material.

The next step was a call-out in the Post 279 newsletter looking for help to install the ramp. Bill Moore, the Commander of the Vernon Hill American Legion Post 435 saw the request and offered a lead on an aluminum ramp owned by the estate of a Veteran in Watertown who had passed and wanted the ramp to go to another Veteran.

A call to the lawyer representing the estate soon put the ramp into the hands of the group looking to assist the family who were asking for it on behalf of their son.

A small crew made up of Legion Post Riders 279, a motorcycle group, got together to assemble the ramp. They were Mike Facchini, Amanda Provencher, Eric Hall, Doug Hall and Steve Gallant.

A trip to Watertown to disassemble the ramp and bring it back to Auburn was next on the project agenda.

We called C & S Lumber to let them know that we would not need

them to give us the material and thanked them for their generosity, said Gallant.

The ramp assembly crew were also Legion Riders including Mike Facchini, Rich Reynolds, Chris Campos, Blair Sharleville, Cindy Gallant and Steve Gallant. The family was grateful for the help that Legion Post 279 and the Legion Riders provided.



Webster Annual Town Meeting, Flu Clinic, Kids' Arts & Crafts, Cultural Council Grants

BY JANET STOICA

Webster's Annual Town Meeting will be held on Monday School, 52 Lake Parkway, Webster.

Join the Webster Recreation Dept. on Saturday, October 14, at 10 a.m. for a fun Arts & Crafts Event at the Town Hall. Kids can decorate a Trick or Treat bucket with paint & stickers. Have fun and wear clothes that are suitable for painting!

A flu clinic will be held on Wednesday, October 11, from 9:30 - 11:30 a.m. at the Webster Senior Center, 5 Church Street, Webster sponsored by the Webster Health

Department. Open to everyone 18 years or older and pre-registration is required by visiting the link:

<https://home.color.com/vaccine/register>. You may also phone the Health Department at (508) 949-3800, Ext. 4002.

Local Cultural Council grant awards and applications are in process. The largest grassroots cultural funding network in the nation is led by local volunteers and these local councils award more than \$7 million annually. To learn more and to apply, please contact the Webster Cultural Council at (508) 949-3800, Ext. 4012.



LIVING WITH LUKE

amyleclaire@hotmail.com

Luke Brightens a Morning

BY AMY LECLAIRE

I don't know what's better, coming home to Luke or waking up to him. In all fairness, the latter stands out. Typically, I awaken

before he does. We sleep on different floors; he downstairs and me, up. Luke outgrew his crate when he was about five months old. He was a big pup that needed more space. We heard him jostle in bed throughout the night. After one too many collar jingles, we cursed the bed. "Luke can't get comfortable in that stupid crate." The dog crate, designed to appear a piece of furniture, was anything but stupid.

Expensively plush with a thick orthopedic mattress and mahogany-stained frame, the crib could charm the most colicky of infants. Still, our pup was uncomfortable, and that was all that mattered in making the decision to follow.

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

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

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

Luke isn't ready to get up yet. I look down the staircase and whisper to myself. Meanwhile, my one-and-a-half-year-old dog sleeps on his side like a lion.



Don't forget breakfast!



Good morning, Luke!



Luke's morning token of appreciation

up now. A part of me doesn't want to gaze down the staircase. I need a few more minutes of freedom. I need to attach false lashes to tired eyes. The other part of me can't wait to see Luke's big head. We've been apart for a whole eight hours. I face the mirror and realize I am nothing without my dog. The decision is made.

"Hi Luke!" I glance downstairs. He stares up at me, starstruck, as though it's the first time he's seen a human. His head squares. The creases in his expression deepens with curiosity. "It's you—my Person! You're up there and I'm down here!"

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

I let him out. He accomplishes the fastest pee of all time and dashes back to the door. He rushes through the opened doorway, finds his spot, and awaits his breakfast.

"Momma. Time to feed me." His discipline and positive attitude, be it to be eat, inspires me. I scoop his food into the stainless-steel bowl and add water. Luke watches my every move. "Don't forget, Momma. It's time for breakfast."

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

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

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

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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**

Outstretched, side of head pressed against sneakers, he sleeps soundly at the threshold of our front door. The clock reads 7:30 a.m. My son has already left for Boston and I'm getting ready to teach a dance class. Something about the fact that my dog sleeps while I'm getting ready for the day comes as a comfort. I'm an energetic person. But I need my first cup of coffee. The house is quiet. All is well. Until my phone drops by accident. Baboom. I sense Luke's attunement. He knows I'm

REAL ESTATE

The many non-financial benefits of homeownership

Over the past many months, I have written about the many financial benefits of buying a home. The most important being the ability to lock down the continued rising costs with a fixed cost loan etc. Now, let's look at the non-financial!



BY MARK MARZEOTTI

Buying and owning your own home can have a big impact on your life. It's essential to think about the non-financial

benefits that make a home more than just a place to live. Here are some of the top non-financial reasons to buy a home.

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

for you. Your home is uniquely yours and by buying, you give yourself the freedom to tailor it to your individual style.

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

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

No matter which of life's milestones you're in, stability

and predictability are important. That's because the one constant in life is that things will change. And, as life changes around you, having a familiar home and not worrying about moving regularly helps you and those who matter most feel more secure and more comfortable.

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

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

Sutton Historical Society Annual Cemetery Tour

The Sutton Historical Society will host its 3rd Annual Cemetery tour as part of the Oh My Gourd Event on Saturday, October 28, 2023 from 5 pm - 8 pm in the

Town Center Cemetery, 4 Uxbridge Road. This free tour highlights the history of some of Sutton's earliest settlers in a unique way. The tour is appropriate for all ages and does require walking along the uneven terrain of the cemetery. The General Rufus Putnam Museum will also be open during this event. The current exhibit celebrates the 200th anniversary of the construction of this building, which was used as a Masonic Hall, Town School, Town Library, Daughters of the American Revolution Hall, and currently, the home of the Sutton Historical Society.

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

Membership in the Society is

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




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Like everyone, you may have a lot of financial goals. But are they all of equal importance? Probably not. And do they share a similar timeline? Again, it's unlikely.



BY DENNIS ANTONOPOULOS

So, your first step may be to prioritize your goals — and then follow a process that can help you achieve them.

This process should include the following steps:

- **Identify your goals as “must have” or “nice to have.”** Making sure you can retire comfortably and won't outlive your resources is a “must have” goal. For this goal, you can't compromise — you need to be certain of achieving it, or at least as certain as possible. But if you want to someday own a vacation home by the beach, and you can't ever quite afford it, you might find an acceptable substitute, such as renting. So, it seems fair to say that achieving this goal

would be “nice to have.”

- **Prioritize your investment dollars.** Unless you have unlimited sums to invest — and very few of us have that luxury — you'll probably need to prioritize where your investment dollars are going. For your main “must have” goal — retirement — you'll be helped by the ability to automatically invest through your 401(k) or other employer-sponsored retirement plan. If you're on track toward this goal, and you budget carefully and potentially receive salary increases over the years, you may also find space to keep contributing toward the “nice to have” goals.

- **Put “price tags” on your goals.** You need to know what your goals will cost. Of course, you may need to estimate the costs for some goals based on different factors. For example, when you think about your goal of retiring comfortably without outliving your money, you'll need to consider some key questions, including these: When do you want to retire? What sort of retirement lifestyle do you envision? Do you see yourself downsizing your living arrangements? For other goals, though, such as purchasing a vacation home, you could get more specific on how much money you'll need.

- **Follow an appropriate strategy.** The nature of your goals, and their estimated cost, along with your appetite for risk, should drive your investment strategy — but another key factor is time. So, for a long-term goal like retirement, you'll likely need a reasonable amount of quality growth-oriented investments in your portfolio. While these investments — such as stocks and stock-based mutual funds — will fluctuate in value over shorter periods of time, your

hope is that, over several decades, they will ultimately provide the growth you need to meet your retirement goal. However, to achieve a goal you want to meet in a year or so — perhaps you're paying for a wedding or planning a long vacation — you may want to consider more stable investments, such as certificates of deposit (CDs), short-term bonds or even cash or cash equivalents. They may not provide much in the way of growth, but you can essentially count on them to provide the amount you need when you need it. You'll need to regularly review the performance of your investment strategy for each goal to assess your progress.

Achieving any goals — whether they're “must have” or “nice to have” — can be challenging. But by identifying and prioritizing these goals, following an appropriate strategy to meet them, and consistently reviewing your approach, you can help yourself get to where you want to go.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert Street, Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com. Edward Jones Member SIPC

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THE CAR DOCTOR

jpaul@aanortheast.com

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

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



BY JOHN PAUL

A. Typically spark plugs usually get changed around 110,000 miles. If the valve cover gasket is leaking, then certainly change it and if you have the valve cover off it makes sense to check the valve adjustment. Other than if there is a visual issue (oil leak), follow the maintenance minder on the dash and adjust the valves when submenu 4 comes up. Here is what Honda states about early valve adjustment: "Adjust the valves during services A, B, 1, 2, or 3 if they are noisy." So, if the engine is quiet wait until the car tells you it is time-service 4.

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

A. Years back car batteries had removable caps and a good technician would check the electrolyte level when doing an oil change and add distilled water, as necessary. Today most batteries are sealed and require almost no maintenance other than keeping them fully charged, connections clean and battery hold-down tight. That being said continued hot weather can take a toll on a battery. Here in the northeast batteries last five

years or more, in Florida, Arizona or other hot weather states battery life is two to three years.

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

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

Q. I have to schedule my 2009 Cadillac Escalade and my 1998 Honda CRV for air bag replacement. I also have a 2002 Honda Accord and unannounced, a Honda tech showed up at my door offering to replace the airbag in my driveway. Have you heard of Honda doing this?

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

Q. Recently, I purchased a 2018 Mercedes Benz E300. I was under the impression in negotiating with the salesman that I would be able to get a second key as the vehicle came with only one. I was told that they had a key, but it would need to be programmed by a Mercedes dealer, which I can understand. However, I was shocked when told the cost to me would be \$600.00! I was caught off guard by that and did not quite know what to say other than "I don't just have \$600.00 lying around". I have been told that a reputable automotive locksmith could do the work for less, any cost reduction would be great as I am just getting over the initial costs of all this. Do you know of any or could you refer me to an automotive lock smith who could program the key for me?

A. Some vehicles key programming is relatively easy, but others although possible (with the proper tools and security clearances) seem to be a dealer only service. I called three full-service locksmiths and got the same answer, they could not clone any Mercedes fob after 2014. Sounds like you are headed back to the dealer. Readers, prior to buying a used car, insist it comes with two keys.

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

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TALES FROM BEYOND

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Burial Hill, Plymouth, Massachusetts

BY THOMAS D'AGOSTINO

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

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

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

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

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

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

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

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

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

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

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

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

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

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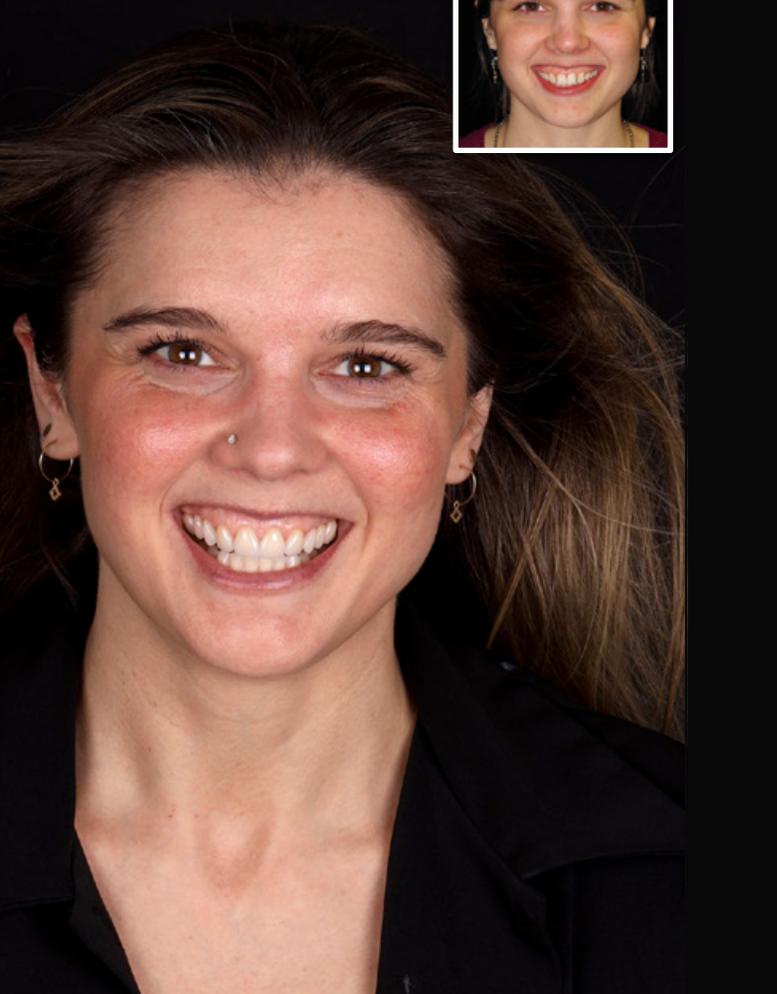
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Dudley Grange talks cannabis

Even though cannabis has been legal for years, there's still a lot of misunderstanding based on decades of "Reefer Madness" type misinformation.

On Oct 10 at 6:30 PM, Dudley Grange hosts Green Meadows grower Levi Piader, who will help explode those myths, talking about his experiences in the legal cannabis field, growing with hydroponics, understanding the chemistry and biological effects and related issues.

Piader's background is in agriculture, growing up on a Connecticut farm before going into the military. After returning to civilian life, he noted, "I began to dig deeper into the miraculous science of cannabis and its benefits for healing" in California, then Washington and Colorado.

He made his way back to Massachusetts in 2020, starting at Green Meadows in 2021 and becoming Cultivation Manager there earlier this year.

"As a veteran who served overseas for three years, Green Meadows has been the perfect fit for me and I am honored to join the commitment to help fellow vet-



Green Meadows grower Levi Piader will discuss the science of growing legal cannabis at the Dudley Grange on Oct. 10.

erans and their families cope with PTSD, social isolation and pain-related issues," Piader added.

The event is open to the public and free, and there will be snacks afterward. Dudley Grange is next to Nichols College at 139 Center Road, Dudley.

Nutritious & Delicious

Fueling Students for Success with Healthy Meals Incentives Grant

The Blackstone Valley Regional Vocational Technical High School (BVT) Food

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

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

Carlson, BVT's Director of Food Services, who works alongside BVT's Nutritionist Martha Pel-

Meals Incentives grant program, AFHK and with the support of its partners, the Chef Ann

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

BVT is proud to partner with Action for Healthy Kids and USDA to strengthen



its school meal program. To learn more about the Healthy Meals Incentives grant and the tasty items on this month's lunch menu, visit valleytech.k12.ma.us/foodnutrition.

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

As part of the USDA's Healthy

Charlton Optical Welcomes Two New Employees

Kate Chicoine, RDO



Kate has been in the optical industry since 2010. She passed her ABO/NCLE certifications during her apprenticeship and became a licensed optician in 2014. She enjoys learning new-from-scratch recipes and

spending time with her husband and two little ones. Animals are very close to her heart, especially her pet dogs and chickens. Other passions she has include music, crafting and gardening.



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Dave Guerin, RDO



Dave has over 30 years experience as a (RDO) Registered Dispensing Optician, in the optical industry. He graduated from Worcester Technical Institute with High Honors receiving

the Essilor Award for Technical Excellence in Ophthalmic Dispensing. He grew up and lives in Charlton with his wife and two sons and looks forward to serving the community for all their eye care needs.

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SPORTS

Size Doesn't Matter When You Believe In Your Talent

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Bartlett High School's Dylan Greenwood stands only 5'6" and weighs 240 pounds and entering his senior year he will find himself on the Indian's offensive varsity football line for the third year as a starter and his sixth year in the program. While the senior is not considered a typical football player, Greenwood doesn't let his size bother him.

"Size doesn't interfere with my playing. I just think that people see me and underestimate my talents because of my size and then all of a sudden their getting pushed back and hit hard," Greenwood said. "Being small gives me a lower center of gravity, which gives me a boost when I'm going up against the bigger guys."

Football Coach Dale Lasboissonniere likes the element of surprise that Greenwood asserts on the opponent.

Dylan is a dedicated, selfless individual that works really hard at his craft, nothing is handed to him," the Coach said. "He has an unbelievable work ethic with toughness. He knows all our schemes inside and out, studies film and is always working on his technique. He is not your prototypical lineman, but he gets it done

against the bigger guys."

The Indian senior began playing football at a very young age in a Pop Warner program in Connecticut, while trying out different positions to see what interested him. It wasn't until he joined the Oxford-Webster Pirates youth football league that he found his true calling.

According to the Bartlett athlete, it was here that the coaching staff saw something in his play where they decided to try Greenwood out at noseguard.

"I have always felt that I was a good defensive player and when the coaches moved me to nose-guard I found that I really loved the position," he said. "Playing the position allowed me to hit and tackle people, my favorite part of football. I loved pushing kids around and then being able to tackle the quarterback."

With the joy he found playing on the defensive line Greenwood envisioned himself as an eventual linebacker, but it wasn't to be as the offensive line is where the team really needed someone with his talents. Accepting his fate, he just went out and did his job while sometimes embarrassing the opposition's defense.

"I tend not to worry about it (his smaller stature), I just work hard on become the best player I

can be and then go out and show everyone who I am and what I can do," he said. "The skill players seem to get all the accolades, but it doesn't bother me, I'm here to do my thing and help the team win. Eventually people will realize that the offensive line deserves credit too."

As Coach Lasboissonniere said earlier, nothing was handed to Greenwood. During his freshman campaign he had to fight for his position; Bartlett had a lot of bigger and more talented athletes on the team standing in his way of a starting position. Greenwood was ok with not getting a starting role just yet, he wanted people to know him for his hard work. By the end of the first season the freshman found his way onto the field for some playing time.

Following that season, the young football player was determined to get into the starting lineup and play for the Indians.

"After that year I thought to myself am I content riding the bench, or do I want to start?" Greenwood said. "Of course, I wanted to start so I began working extremely hard and grinded it out during the off-season to solidify a position on the offensive line."

During his sophomore season Greenwood found himself starting, but it wasn't where he thought it would be. The coaching staff moved him to inside tackle, but it didn't bother him – starting was the big reward.

With the movement during his sophomore season Greenwood wasn't sure what was going to happen, especially with Coach Lasboissonniere coming back after taking a year off. The returning coach surprised the now junior by placing him at center, a position he had never played.

"Center was a big change and I



really had to work on my game as so many people are relying heavily on you. After getting used to the position I felt that I had a pretty good year, one in which I actually did better than I expected to have. I was worried for sure as I had never snapped a football before, and I didn't want to screw up and ruin things for my teammates; how would they react," he said.

Coming into this fall, the senior will be back to playing offensive as well as defensive tackles for the Indians. However, it still won't all be rosy for the senior as the team will be doing a lot of pulling this year on the offensive side of the ball and Greenwood has got himself a lot to learn, but he's confident things will be ok.

In addition to the now senior being moved all over the place for the past three years, Bartlett has

not been a very good football team once it takes to the field going up against some very tough opponents.

"It's been a tough couple of years with minimal wins," the Bartlett coach said. "Dylan played on some teams that were not that great, but he continued to come back year after year, especially when others were walking away. His mentality is impressive and is very good for the younger guys."

Having survived those treacherous seasons, Greenwood is hoping that the Indians can turn things around a bit this year.

"I am not proud of our records. I guess the five wins we have are better than no wins," he said. "I could have walked away, but I love the sport too much and have worked hard to get where I am today. I believe in this team and the dedication that they have displayed this year is unbelievable."

Greenwood knows that the team is not going to go to the top of the league and win the Super Bowl, but he is hoping that he can walk onto the field each week and make a mark on Bartlett football showing people that being big and tall doesn't really matter; it's how hard you play the game.

Although Bartlett once again may not find themselves amongst the elite teams, Coach Lasboissonniere and his staff know one thing is certain – that Dylan Greenwood is going to take the field and give everything he has trying to get the Indians a win while showing the younger players what it takes to succeed.



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October 2023 Events at Purgatory Chasm State Reservation

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

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

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

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

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

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

CHASM HIKE FRIDAYS 11 A.M. - 12 P.M., SATUR-

DAYS 2- 3 P.M., SUNDAYS 3- 4 P.M.

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

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

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

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

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

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

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

ages 8 and above. About one mile over easy terrain.

ROCK DETECTIVES SATURDAYS 10 - 11 A.M.

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

ent weather.

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

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

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

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



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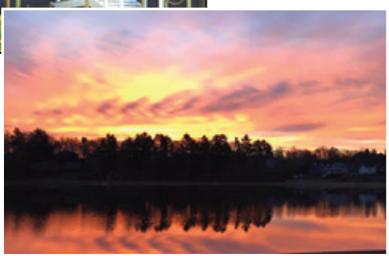

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NOTE: Community bulletin board-type items are welcome for inclusion in the Happenings! section of the Xpress newspapers. Please allow enough lead time for publication. Email your calendar or event notice to news@theyankeeexpress.com.

SATURDAY AND SUNDAY, OCTOBER 7 & 8

• The American Heritage Museum, 568 Main St., Hudson, presents "Battle for the Airfield WW II Re-Enactment Weekend,"

with over 350 re-enactors from branches of the Allied and Axis military participating in encampments and battles, 8:30 a.m.-5:00 p.m. both days. www.americanheritagemuseum.org or call 978-562-9182.

OCTOBER 9-23

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

SATURDAY, OCTOBER 14

• The Upton Veterans of Foreign Wars Post 5594 (VFW) will hold the last of this summer's series of flea markets from 8 a.m. to 1:30 p.m. on Saturday, Oct. 14 at Post

headquarters, 15 Milford St., (Rt. 140), Upton, next to the new Community Center. There is no rain date. Parking is free.

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

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

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

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

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

THURSDAY, OCTOBER 18

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

THURSDAY, OCTOBER 19

• The Blackstone Valley Chamber of Commerce will host Business After Hours from 5:30-7:30 p.m. at the Spicy Water Distillery,

Millbury. Join BVCC Food, Beverage and Hospitality Network and Business Network for a business after hours networking event hosted by Spicy Water Distillery, 108 Elm Street. Enjoy a cocktail and a few bites while engaging, meeting and forging new business relationships with other local area business professionals.

SATURDAY, OCTOBER 21

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

SATURDAY, OCTOBER 28

• Historic Cemetery Tour at Sutton Center Town Cemetery, 4 Uxbridge Rd. at 7 p.m. Re-enactors will tell the tale of early settlers buried in the cemetery.

SATURDAY, OCTOBER 28

• Join the "Witches of Sutton" on Saturday, October 28, 2023 for the 3rd Annual "Oh My Gourd Event" hosted by the Sutton Fourth Committee, a local 501(c)3 responsible for the Sutton Fourth of July parade. Information can be found at thesuttonfourth.org. This community event includes: 4- 10 p.m. Oh My Gourd Pumpkin and Scarecrow Display (Sutton Common). Display will remain on Common until November 2nd.

4- 6 p.m. Boo Bash (Sutton Library)

5 – 8 p.m. Historic Graveyard Tours (Cemetery behind Town Hall)
5- 8 p.m. Halloween Display (Rufus Putnam

Museum located next to Fire Station) 5 p.m. Murphy Academy of Irish Dance (Common) 5:30 p.m. Witches of Sutton (Common) The Sutton Lions Club will be serving food on the Common starting at 5 p.m. on the common.

WEDNESDAY, NOVEMBER 15

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

SATURDAY, DECEMBER 2

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

TUESDAY, DECEMBER 5

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

SUNDAY, DECEMBER 31

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

SATURDAY, MARCH 16 2024

• The Blackstone Valley Chamber of Commerce's Home & Community Expo will be held at the Northbridge High School Field House on Linwood Avenue in Whitinsville from 10:00 a.m. to 2:00 p.m. Registration will occur late summer, early fall.



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

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

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

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

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

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

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

43rd Annual Waters Farm Days

Wrap up your fall festivals with a trip to Waters Farm on October 14 & 15 where the past and present combine to produce a family-oriented weekend full of activities & educational experiences. Waters Farm is a not-for-profit (501c3) all-volunteer run living history center located on 120 beautiful acres in West Sutton.

The Antique Engine and Tractor Show is dedicated in memory of Sten Brote, whose rare black Mack truck and trailer loaded with a multitude of beautifully restored antique engines was a perennial favorite. Visit with members of the Chapter 18 International Harvester Club as well as others from New

England area clubs displaying and demonstrating their antique engines, tractors, implements and doodlebugs.

Shop at the large selection of craft vendors and enjoy lunch and apple crisp. Watch the Antique Farm Tractor Pulls both days. Demonstrations from yesteryears include our working Blacksmith Shop, Shingle Mill and Maple Sugar House. The recently restored hearths in the Waters farmhouse will be in operation this year to enhance your house tour. Stop by the Darling Barn to see demonstrations including sign carving & painting, tin smithing, and pottery.

Children's activities include

games and contests, barrel train rides, inflatables, and bottle rockets. The Sutton Robotics Team will be onsite as well as the Scouts, emergency vehicles and animals with plenty of interactive presentations.

The Animal Showcase, sponsored by the Sutton 4-H Preservationist Club, will host new exhibits to include goats and small farm animals in addition to their cattle. Sutton's own Angela Kazanovicz and her horse, Aurora, known for their role as The Headless Horseman in The Sleepy Hollow Production at Old Sturbridge Village, will be there. Carolyn Stearns, author, and storyteller will join us both

days along with the Molnar's of Donifer Farm in CT with their mammoth donkeys offering demonstrations of the amazing things that donkeys can do. They will be joined by other donkeys and mules from the area.

Music will be provided by Cruisin' Bruce Palmer. Food and beverages are available onsite. Wagon rides, provided by Whittier Farms, run throughout the day traversing the grounds.

Sunday features include the Bruce Nichols Memorial Car Show in the upper field. The annual apple pie baking contest is next to the Apple Crisp Shed at 12:30pm. Rules and information will be available on our website.

Exhibitors and volunteers are always welcome. Craft vendor spaces applications are being accepted. Please visit our Facebook page or website at watersfarm.org

Charlton Senior Center Events

SPECIAL EVENTS:

Tuesday, Oct. 17 - 6-7p.m. Join us for Retirement: Making Your Money Last. Learn how to address important concerns like your income needs, health care expenses, market volatility and unexpected expenses. Call the senior center to sign up.

Tuesday, Oct. 24 - 6 p.m. Charlton SHINE counselor will give a presentation on health insurance coverage, followed by a Q & A session. Find ways to save on your Medicare prescription plans. Call the Senior Center to save your spot.

Thursday, Oct. 26 Halloween Party at 10:30 a.m. Costumes encouraged.

ONGOING EVENTS:

Mondays: 9:30 a.m. Fitness with Jen; 10 a.m. Cribbage; 12:30 p.m. Genealogy; 1 p.m. Diamond Dots

Tuesdays: 9 a.m. Sew What Group; 9:40 p.m. Floor yoga (library); 10 a.m. Billiards; 10:30 a.m. Scavenger Hunt; 12:30 p.m. Mahjong Oct. 10 -10:30 a.m. Golden Age Club; 11 a.m. Sheriff's presentation; 1:15 p.m. Line dancing Oct 17 - 6 p.m. Cara Holland Edward Jones presentation

Wednesdays: 10:30 a.m. Penny Drop; 12:30 p.m. Bingo with Janet; 1 p.m. Tai Chi; 3 p.m. Pitch Oct. 11 - 9 a.m. Foot Clinic (call for appointment); 10 a.m. Book Club; 12:30 p.m. Games with Kathy Oct. 18 - 10 a.m. SHRHS students; 10:30 a.m. Penny Drop; 10:30 a.m. Blood Pressure Clinic; 12:30 Learn to Play Pitch; Oct. 25 - Blood Pressure with Bay Path Nursing students; 11 a.m. Sen. Ryan Fattman office hour with Amanda Hellyar

Thursdays: 9:40 a.m. Floor yoga (library); 10 a.m. Cornhole; 10:30 a.m. Sock Game with Kathy; 1 p.m. Bemis Oct. 12 - 10:30 a.m.

Scat; 12:30 p.m. Movie; 1 p.m. Silver Needles (library, also Oct. 19, 26) . Oct. 19 - 11 a.m. Mass Advantage; 12:30 p.m. Halloween Craft. Oct. 26 - 10:30 a.m. Halloween birthday with Stephen George

The Golden Age Club will be collecting items to be sold on their White Elephant table at the Holiday Craft Fair. Drop off between 10:00- 1:00 on Oct 18 at the Senior Center. (No clothing, bedding, furniture or electronics please.)

SENIOR TAX WORK-OFF PROGRAM

Applications available for 2023 20 participants may qualify to receive a \$1,500 abatement off property taxes in the Town of Charlton. Policy, Application and Confidentiality forms are available at the Charlton Senior Center, or on our website at www.townof-charlton.net. Eligibility guidelines apply. Call for more information.

With Fall upon us and winter approaching Residential Energy Assistance for Seniors (REAS) heating has opened. REAS helps qualified Charlton senior citizens age 60 and over with funding towards energy needs. Questions? 508-868-5289 Applications are online at www.reascharlton.org or call the Senior Center to get your

application. Heating assistance season is Oct.- April. Benefit amount ranges from \$400 - \$600 depending on household income and persons in the household. Also, a quick reminder that fuel assistance with Worcester Community Action

Council begins in Nov. and we are in contact with them in regards to getting applications. Once these become available a notification will be posted on social media and in the Senior Center. Heating Assistance applications will be by appointment only. Please call for list of required supporting documents.

Charlton Senior Center Holiday Craft Fair Saturday, December 2, 2023, 9:00-2:00 Our Craft Fair needs you to volunteer. There are positions during the week leading up to it from bakers to packers - and even more on event day. Together we will be successful. Rodney has sign-up sheets for you to pick your jobs and your shifts. Be a part of something bigger than yourself and see how special that feels. There's a job for everyone! Vendor tables are still available. Stop by the senior center to pick up an application today! Bakers please sign up at the Senior Center.



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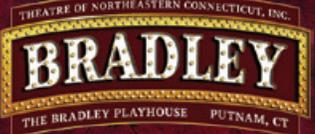


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Artist presentation and exhibit

The Samuel Slater Experience hosted artist Richard Moninski on Saturday, September 23. Moninski fabricates his artwork with acrylics on textiles to depict historical images that reflect the often-complex relations between New England's native peoples

and English colonizers during the 1600s. He juxtaposes indigenous flora and fauna with stylized European decorative arts.

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

Mr. Moninski combines his interest in the natural world,

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

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

His paintings and drawings have been exhibited nationally.

Awards include a grant from the American-Scandinavian Foundation for research in Norway, and artist residencies at the Vermont Studio Center, the Virginia Center for Creative Arts, the Ragdale Foundation, the Roger Tory Peterson Institute and Cuttyhunk Island.

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

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

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

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Old Sturbridge Village events

Come celebrate the harvest season at Old Sturbridge Village! This time of year, early 19th-century New England farmers worked tirelessly to harvest corn, potatoes, apples, squash, and other produce from their fields. Families also put time into preserving the harvest by drying, pickling, and sugaring never knowing quite how long the winter would last. As the growing season winds down, come see our gardeners and farmers hard



at work harvesting and preserving crops, putting fields and gardens to rest, and thinking ahead to the next growing season. For details and to purchase tickets visit: www.osv.org/event/celebrating-the-harvest-2/.

FALL HOURS

In October, Old Sturbridge Village will be open Wednesday-

Sunday from 9:30 a.m. – 4:00 p.m. and then re-open at 4:30 p.m. for “Phantoms by Firelight.”

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

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

New England agriculture fairs began in the early 1800s and were held to exhibit and share new technologies, improved farming

techniques, and show off their finest in livestock and harvest.

During this three-day weekend event, guests will see an “Exhibition of Domestic Manufacture” throughout the Village with craftspeople displaying handwoven cotton and woolsens, knitted items such as stockings and shawls, and items from our trades shops

such as tinware, pottery, brooms, baskets, and books! Also on display are the finest of the harvest including vegetables, fruits, butter, cheese, and other consumables.

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

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

Oxen are domesticated cattle trained to work as draft animals. A “yoke” of oxen was often cheaper to buy than horses and that made them the farm machinery of the 1830s. Farmers used them to haul goods to town in wagons, haul lumber for building, and round the farm and to do the heavy work of plowing fields.

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

OX & YOKE MERCANTILE

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

Extended hours at the Ox & Yoke Mercantile and Café begin in October for your holiday shopping! Stop by for seasonal gifts, home décor, and Village-made crafts and pottery. You can shop online for select items

from our store at shop.osv.org Located outside the Visitor Center and right next to the parking lot, the Café offers tea, coffee, delicious soups, sandwiches, and delectable sweet treats and snacks. During these extended hours, guests can also enjoy wine and beer, pumpkin-flavored coffees, cookies, and more!

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