

The Little Town That Could

BY PATTY ROY

There are moments in time when a call for greatness goes out, and during World War II, that call came with the clarity of a bugle. “A rendezvous with destiny,” President Franklin Roosevelt called it and the people of Millbury stood ready to answer.

The town had only 7000 residents, but 1000 of them served in the military.

The rest no doubt contributed in the usual ways, abiding by rationing goods such as sugar, meat, coffee, butter canned goods and shoes. Gasoline, tires and metal were also on the list of shorted items.

However, the folks of Millbury were ambitious beyond these measures of contributing to the war effort. In June 1941, Harold Bowker, the treasurer of Millbury Savings Bank, committed residents to sponsor building a ship, a real fighting vessel. He contacted the Mass. War Finance Committee to get approval and got back a letter okaying the town to raise \$409,000.

Not good enough. That was just little more than half the cost of a Landing Craft Infantry ship which at the time cost \$700,000 to build, said Geri Stead of the Millbury Historical Society.

But, Bowker and his committee did not set out to build half a ship. They stuck to their civilian guns, as it were, and by the end of the month, they had raised \$1,048,000.

That’s about \$15 million in today’s dollars. That ship celebrates its 80th birthday this year and is the last surviving LCI from the war.

The contributions came from adults buying \$25 war bonds and children doing their bit by buying War Stamps for 25 cents each. These were put into a War Bond booklet, explained Sharon Anderson, also of the Millbury Historical Society. When the book was filled,



Sharon Anderson and John Ragno with the 48 star flag that flew over the LCI-713 at its commissioning.

the kids could buy a War Bond.

There were also rallies to get people excited about fundraising and movie nights where proceeds went toward War Bonds.

The ship that Millbury purchased was a Landing Craft Infantry with the hull number LCI (L)-713 – a beaching craft that transported and delivered fighting troops, typically a company of infantry. LCIs were 158 feet long and 23 feet, 3 inches wide at the middle. The craft was in frequent use during the war, with a crew of 24-60 sailors and capable of carrying 200 soldiers.

“England was the first country that wanted landing craft to get soldiers closer to the sand on the beaches,” explained Geri Stead.

Originally, the flat-bottomed vessels had two ramps running down each side of the ship that

men would use to disembark into the water and then clamber up onto the beach. She referenced familiar scenes from the film, “Saving Private Ryan.”

“The problem was, the men would get shot as they ran down the ramps into the water,” she said.

The LCI – 713, however, was an improved model built in 1944 by the George S. Lawley and Sons Shipyard in Neponset, Massachusetts. It allowed soldiers to disembark from a wide door and ramp in the bow of the ship, providing them with a little more cover as they made their way out into the water.

The craft was launched on September 18 with 15 Millbury residents in attendance, among

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Grafton’s Business Scene

BY CHRISTINE GALEONE

It’s that time of the year again. After what seems like years of being cooped up, people are beginning to head outside to soak up the sunshine under bright azure skies.

And Grafton businesses and organizations are happy to help them emerge from their winter doldrums. In recent weeks,

Express, Swirls & Scoops, Savers Bank, UniBank and the Grafton DPW.

Another anticipated event is happening in town Saturday, June 22. Starting at 9 a.m. and going until 3 p.m. is the 56th Annual Antiques and Arts Fair, which will be held on the Grafton Common. Admission is \$5.00. A fundraiser for the Grafton Historical Society, the fair will feature antiques and collectibles vendors. There will also be antique appraisals (for a small fee), food and music.

Grafton Recreation recently announced that it will be holding two free fun family events. On Saturday June 22 from 10 a.m. until noon – with 10 to 11 being sensory friendly – at Millbury Street School, kids can explore a variety of big rigs during Big Truck Day. Prior to that event, on Thursday June 20, families are invited to bring lawn chairs or blankets to gather at the Grafton Common under the stars to watch “Paw Patrol: The Mighty Movie.” The free film is presented by Grafton Recreation with supporting sponsor Savers Bank. Activities begin at 7 p.m.

Beginning Wednesday June 19, people can come together to appreciate the outdoors while supporting small businesses. The Grafton Farmers Market, which will be held every Wednesday from 2 p.m. until 6 p.m. will return for the season on that day. It’s returning to its location on the Grafton Common. With a variety of vendors (which vary each week), the volunteer-run market works hard to achieve its goal of providing “fresh, local food directly from farmers to consumers.” Its vendors offer an array of local produce, baked goods, jams, syrups, candy, natural skincare items, handcrafted gifts and more.

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Grafton Garden Club members Linda Bent, chair of the event: Helen Blazis, and Chrystal Paul handed out yellow bags, water bottles, information packets, and tree saplings to the clean-up crews from 9am - 1pm on Saturday, April 20, 2024 on the Grafton Common.

they’ve been beautifying the local landscapes, reopening seasonal destinations, and preparing to greet families and individuals in need of some fresh air.

On April 20, the Grafton Garden Club held an enormously successful Grafton Clean-Up Day. The club organized the event, in which many volunteer teams – including ones from the Grafton Garden Club, the Grafton Historical Society, the Grafton Land Trust, Pack 107, Gaudette Insurance and Stop & Shop – removed trash from local roads, parks and playgrounds. Event sponsors included Pepperoni

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MILLBURY

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them Harold Bowker and the police chief.

The LCI-713 headed towards



Harold Bowker, who headed up the War Bond drive to pay for the LCI-713 and his four sons in the military during World War II.

southern waters, passed through the Panama Canal to the Pacific. It joined up with a flotilla and went on to spend its war days at the

Philippines and Borneo.

Back at home, a celebration was laid on for the small town that made a big contribution to the war effort.

Geri Stead listed the events saluting both the ship and townspeople.

A parade, a military band from Fort Devens, a radio station on hand with more music, followed by

an evening dance with orchestra.

As for the LCI -713, it saw action in the Pacific Theater, making two assault landings in Zamboanga, Philippines in March 1945 and Brunei Bay, Borneo in June 1945 (as part of the Battle of North Borneo) for which it earned its lone battle star.

Immediately post-war, the LCI-713 transported troops and supplies around the Philippines. It was decommissioned in Seattle in October 1946.

After decommissioning, the LCI-713 struggled to find its purpose in the world. It was sold in 1948 at government auction as war surplus and was intended for use as a log hauling tugboat in Seattle. Just two days after the sale the craft was found unfit for that purpose, said Sharon Anderson. Its engines were removed and it became a floating storage unit for gear and gasoline. By the late 1950's the ship was abandoned and sank in the brackish waters of the Columbia River where it lay for 25 years.

The ship is now raised and floating in the Swan Island Lagoon in Portland, Oregon. It was sold



The LCI-713 and crew with the bow doors open.

to Amphibious Forces Memorial Museum (AFMM) and planned for refurbishment as a historically correct museum ship. On April 12, 2007, it was listed on the National Parks Register as a Historic Vehicle. She is the last LCI craft in existence and now in possession AFMM, a 501 c 3 organization.

The local connection doesn't end there, though. Impressed by Millbury's initial contribution to the LCI (L) -713, the purchasers got in touch by letter in 2015 to see if money could be raised all over again.

The gist of the letter was "isn't this exciting. Your town paid to have one of these made and they were used for transport during the war," Sharon Anderson said. Frank Gagliardi, Historical Society president, had to write back and tell them that Millbury was in fact quite a small town and it was unlikely that major fundraising was in its future..

In 2017, she said that a trove of

LCI-713 materials were discovered in an attic and he shared with the Historical Society in 2019. The Historical Society put him in contact with the new owners of the ship.

A meat raffle was held at the St. Charles Hotel, and raised \$1350 that was sent along for the restoration. The ship needs a new steel bottom, estimated to cost at least \$100,000.

It's curious that the LCI-713 sort of drifted out of sight, out of mind, in post-war Millbury. Even a resident who was a teenager at the time didn't have any memories of the War Bond rallies or movie nights.



The LCI-713 once again on the water.

"My theory is that the guys who come home from World War II, they wanted to get married and have babies and build houses," Sharon theorized. "We never talked about it, nobody cared what happened to the ship that Millbury raised the money for."

Now that it is the last of its class, interest is renewed, Geri said, and the Historical Society is pleased about that.

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 Jen Schofield, Advertising Director: The Yankee Xpress, Blackstone Valley Xpress, Local Town Pages, Milford and Upton Mendon Free Press; jenschofield@yankeeshopper.net
 Bill Cronan, Blackstone Xpress North and South (Douglas, Uxbridge, Northbridge; Millbury, Grafton, Sutton); bcronan@theyankeeexpress.com
 Diane Galipeau, The Yankee Xpress North and South (Auburn, Charlton, Dudley, Oxford, and Webster); dgalipeau@theyankeeexpress.com
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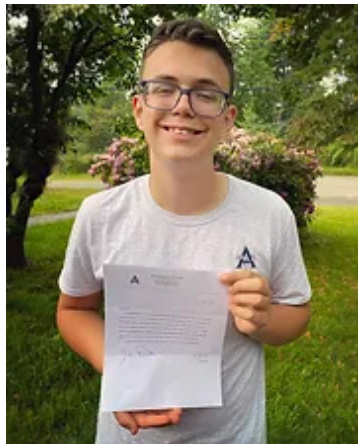
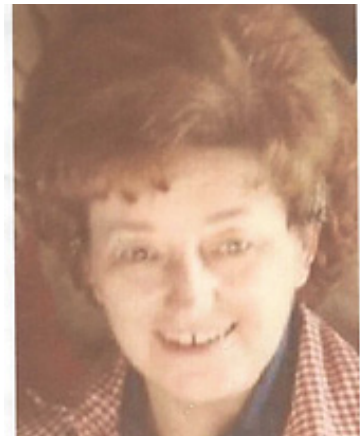
Kimberly Vasseur, Production Manager
 Sally Patterson, Graphic Artist
 Contributing Writers and Columnists: Tom D'Agostino, Christine Galeone, Amy Palumbo-LeClaire, Mark Marzeotti, John Paul, Janet Stoica, Christopher Tremblay

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Millbury Historical Society Scholarships

The seventh Annual Grace M. Laflash/Millbury Historical Society Scholarship was

and its Secretary for nearly forty years. She was the unquestioned expert on Millbury History.



recently awarded to Ryan Shaughnessy, an eighth-grade student at Assumption School in Millbury. Ryan was the top history student in the eighth grade. He will be attending Marianapolis Preparatory School this fall. Grace Laflash was a Charter Member of the Historical Society

Grace taught fifth-grade at Assumption for over twenty-five years, and she instituted a Millbury History Class into the curriculum. Hundreds and hundreds of students learned about this Town from Grace. Her classes often put on plays and skits about events from Millbury's early history and

took part in every town historical celebration.

When the bridge spanning the Blackstone River and the railroad tracks needed replacing in 1983, Grace's class researched the history and found that the accepted name of "McGowan Bridge" was incorrect.

Instead, it was originally named the "Gowing Bridge" in honor of a prominent businessman in town. At the grand opening ceremony, Grace and her students were given the honor of cutting the ribbon for the new "Gowing Bridge."

Grace passed away in 2015, and her family asked that donations be made in her name to the Millbury Historical Society.

The Board of Trustees of the Society voted to use the funds to establish a scholarship in her name at Assumption School and President Frank Gagliardi made the presentation at Awards Night in the Church.

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Those who want seasonal treats might want to head to North Grafton. Swirls & Scoops, the ice cream and frozen yogurt shop, Art Bradish Snack Shack and Houlden Farm have all recently re-opened for the season.

Finally, for people who would like to buy Memorial Day plants/flowers, there are at least three Grafton businesses that sell beauti-

ful flowers. They can be found at Perreault Nursery & Landscape Supply in North Grafton, Koopman Lumber in North Grafton and at Pete's Oasis at Blackstone River Farm in South Grafton.

We're grateful to Grafton organizations and businesses for helping families and individuals to have a much-needed change of scenery. And on this Memorial Day weekend and always, we're especially grateful for the freedom that so many of our brave military members gave their lives to protect,

and we're especially thankful for all the heroes who sacrificed their lives for our country.

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

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12:15 p.m. - Cardio Barre

Wednesdays

10 a.m. - Blood Pressure Clinic
10 a.m. - Muscular Strength
1 p.m. - Cribbage

Thursdays

9 a.m. - Tai Chi
10 a.m. - Pitch
10 a.m. - Computer Club
1 p.m. - Chair Yoga

Fridays

9:30 a.m. "I'm Sorry" game day
10 a.m. Zumba
1 p.m. - Bingo

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Home Modification Loan Program (HMLP) has made loans to over 3,000 Massachusetts households to finance home accessibility projects like: accessory dwelling units, home security features, fencing ramps, wheelchair and stair lifts, widened doorways, hand-rails and walkways, bathroom and kitchen modifications, and more.

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Podiatry Clinic - 3rd Friday of each month
Memory Café - 4th Tuesday of each month

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Tuesdays: 9 - 10 a.m. - Blood Pressure; 9:30 - 10:30 a.m. - Tai Chi; 12 p.m. - Lunch; 1 p.m. - Cribbage
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Fridays: 9:30 - 10:15 p.m. - Light Exercise; 10:30 a.m. - Lunch

Grafton Senior Center

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Blood Pressure Clinic: Thursdays at 11a.m. **Breathing & Healing Chair Yoga:** Tuesdays at 9 a.m. and Fridays at 10 a.m. - *Free for Grafton Seniors* thanks to Friends Of Grafton Elders **Cardio Barre Exercise:** Thursdays at 12 p.m. Congressperson Office Hours: Vary **Council on Aging:** Meets 2nd Thursday of every month at 2:15 p.m. unless otherwise posted **Crafts:** Wednesdays at 9 a.m. when scheduled **Day Trips/ Extended Trips:** Vary- see newsletter/ brochure rack for details **Dull Men's Club:** 2nd and 4th Wednesdays at 10:30 a.m. **Duplicate Bridge:** Tuesdays & Thursdays at 9 a.m. **Fall Prevention Exercise:** Mondays and Wednesdays at 10:30 a.m. - *free for Grafton Seniors* **Fuel Assistance:** See Lisa Kelley for appointment. **Hooked on Books Club:** First Wednesday of the month at 10:30 a.m. **Jog Your Noggin:** Spirited conversation with Lisa one Wednesday a month at 10:30 a.m. **Line Dancing:** Every Friday at 1 p.m. \$3/ person **Lunch: Monday- Friday at 11:45 a.m. - suggested \$2.50 donation.** Please call two days prior for reservation. **Mahjong (Chinese Form):** Mondays at 9:30 a.m. **Mat Yoga:** Thursdays at 1 p.m. **Medical Equipment**

Loan Closet: walkers, wheelchairs, shower chairs, etc.- just ask! **Nutrition Class:** an interesting discussion with Senior Exercise instructor, Wendy Reid **Oldies. Singalong:** a fun sing-along of the classics. One Friday a month. **Outreach:** Assessing needs and linking resources. Call for appointment with Lisa. **Out to Lunch: Monthly outing** to area restaurant. **Painting Independently:** Fridays 10 a.m.. **Pinochle:** Thursdays 1:30 pm. **Pitch:** Monday and Tuesday at 1 p.m. **Rummikub:** Wednesdays at 1 p.m. **Senior Exercise Class:** Tuesdays and Thursdays at 10:30 a.m. **Social Knitting:** Mondays at 10:30 a.m. **SNAP (Supplemental Food Assistance Program)** See Lisa Kelley for appointment. **Tax Work Off Program:** Call Shannon for more info. **Tone and Stretch Exercise:** Mondays at 9:30 a.m. **Transportation:** Call the office for info! **Watercoloring Class:** Fridays at 1p m. **Wii-TV Ga.m.e Exercise:** Available in the TV room almost any time! **Writer's Group:** Meets 2nd and 4th Friday at 1 p.m.. **Zumba Gold:** Wednesdays at 8:45 a.m. - *FOGE sponsored.* The Friends of Grafton Elders and the Senior Center thank Dr. Tina Theroux for her kindness, support and generosity she has been providing the Senior Center.

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Tim Furbush, CFA

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Here's a sobering statistic: 72% of retirees say one of their biggest fears is becoming a burden on their families, according to a study by Edward Jones and the consulting firm Age Wave. If you are near retirement, how can you prepare yourself to become financially free, so you won't have to depend on grown children or other family members?

Here are a few suggestions to consider:

- **Keep adding to retirement savings.** Today, with a greater awareness of healthy lifestyles, many people are spending two, or even three, decades in an active retirement. To help pay for those years, then, you'll likely need to build your retirement savings as much as possible. So, while you're still working, try to contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan. If you are in the later stages of your career, possibly close to your peak earning power, you may be able to put in sizable sums every year.
- **Choose an appropriate withdrawal rate.** While it's obviously important to build your retirement savings, it's just as essential to make the money last. Once you retire, you'll want to establish an appropriate with-

drawal rate — that is, the amount you can take out each year from your 401(k) and other investments without running the risk of outliving your money. The amount you can safely withdraw each year will depend on a variety of factors, including your age, your account balances, Social Security benefits, inflation, income tax rates and spousal income. In any case, selecting a suitable withdrawal rate can help go a long way toward preserving your financial freedom throughout your retirement.

- **Think about downsizing.** One possible way to boost your savings and add liquidity is to downsize your living arrangements. This may be an attractive option if your children are grown and your current home feels too large. Of course, downsizing is a highly personal decision

— if you've lived in your home for many years, have fond memories of raising a family in it and still enjoy the neighborhood, it can certainly be hard to leave. Consequently, you'll need to weigh these emotional factors against the potential financial benefits of moving into a smaller, less expensive space.

- **Prepare for long-term care costs.** If you were ever to need some type of long-term care, such as an extended stay in a nursing home, you could face some sizable expenses, most of which may not be covered by Medicare or a Medicare Advantage plan. And clearly, you would not want to put your grown children in a position where they might feel the need to step in financially. To help avoid this possibility, you may want to consult with a finan-

cial professional about addressing these costs through strategies that may be appropriate for your needs.

These aren't the only ideas to consider in helping maintain your financial independence and reducing your potential dependence on your family during your retirement years. But taken together, they can give you a good start — so think about putting them to work.

Contact Tim for assistance with your personal finances.

Tim Furbush, CFA
Edward Jones Financial Adviser
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New hours as of May 1, 2024

Monday- Thursday: 9 a.m. - 8 p.m.
Friday: 9 a.m. - 6 p.m.
Saturday: 9 a.m. - 2 p.m.

Tuesday, May 28

Tasting Tuesday
3-5 p.m.

Try a variety of pre-packaged snacks and taste which is best! Grade 6-12. Drop in, no registration required. In the Maker Space.

Inspirational Book Group and Guided Meditation

6:30 - 7:30 p.m. in Room 228

We will discuss the "The Well-Gardened Mind: The Restorative

Power of Nature" by Sue Stuart-Smith.

The garden is often seen as a refuge, a place to forget worldly cares, removed from the "real" life that lies outside. When we get our hands in the earth we connect with the cycle of life in nature through which destruction and decay are followed by regrowth and renewal. Gardening is one of the quintessential nurturing activities and yet we understand so little about it. "The Well-Gardened Mind" provides a new perspective on the power of gardening to change people's lives. Here, Sue Stuart-Smith investigates the many ways in which mind and garden can interact and explores how the process of tending a plot can be a way of sustaining an innermost self. Stuart-Smith's own

love of gardening developed as she studied to become a psychoanalytic psychotherapist. From her grandfather's return from World War I to Freud's obsession with flowers to case histories with her own patients to progressive gardening programs in such places as Rikers Island prison in New York City, Stuart-Smith weaves thoughtful yet powerful examples to argue that gardening is much more important to our cognition than we think. Recent research is showing how green nature has direct antidepressant effects on humans. "The most original gardening book ever [that] combines observation, horticulture, literature and history" (Sunday Times, UK), "The Well-Gardened Mind" is a book for gardeners and non-gardeners alike,

and the perfect solace for people seeking healthier mental lives."

Copies of the books are available in regular print and audio on CD so stop by the library to pick up a physical copy. It is also available through Overdrive / Libby as an eBook.

Wednesday, May 29

Watch Party Wednesday - TV Time with Shawn

3 p.m. ages 10-18 years

In the teen game room

Thursday, May 30

Marvelous Manga May

4:30 p.m.

Craft a bookmark in the Maker Space

Friday, May 31

Gardening with Sarah

3 p.m. Milk Jug Sunflowers, in

the Maker Space

Saturday, June 1

Love is Love Storytime
10:30 a.m. - 11:15 a.m.

We'll read children's books that celebrate the beautiful diversity of families. After that, we'll create a colorful craft.

Saturday Afternoon Knitting

11:30 - 1:30 p.m.

Adults, 13 ++

Registration required

Summer Program

Grafton Public Schools - Gator Quest Summer 2024

More info to come.

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Library Hours

Monday: 10 a.m. - 6 p.m.

Tuesday, Wednesday & Thursday: 10 a.m. - 8 p.m.

Friday: 10 a.m. - 6 p.m.

Saturday: 10 a.m. - 3 p.m.

Sunday: Closed

Wednesday, May 29

Knots & Thoughts Fiber Club
6:30 p.m.

Knit, crochet, press felt, cross-stitch, embroider or any other craft you can tote along. Meet other crafty people, ask advice or just chat. Novices welcome!

Friday, May 28

Lego Club
4-4:30 p.m.

The Afternoon Discussion Group will meet in the library at 2 p.m. on a soon-to-be-named Wednesday in June.

The same goes for the Evening Discussion Group that will meet on a soon-to-be-named Thursday in June.

Books will be available at the circulation desk prior to that month's meeting. Copies will include regular print, large print, and audiobook. Books may also be available in ebook format on Libby. All are welcome!

Summer programs for kids and teens will be announced in June

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Millbury Public Library

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Tuesday, June 4

Cosmic Adventure Planetarium
6-6:45 p.m.

Join the Cosmic Adventures for a "Brief Tour of the Universe" that will discuss the stars and constellation, review the moon phases and explore some planets of the solar system. The Program will be held in the Shaw Elementary School gymnasium. Sponsored by donations made to the library.

Wednesday, June 5

Story Time
10:30 - 11:30 a.m.

Join us to explore early literacy skills with books, finger plays, songs, sensory play and more. Geared towards ages 3-4, but all are welcome. In the Community Room.

6-7 p.m.

New England UFOs with Ronny LeBlanc presentation. The program will be held at the Asa Waters Mansion.

Ronny LeBlanc is a globally recognized figure in the world of paranormal, Bigfoot and UFOs. (Ronny stars in TRAVEL CHANNEL'S Hit Series EXPEDITION BIGFOOT. He also stars in PARANORMAL CAUGHT

ON CAMERA.)

Ronny is an independent researcher, screenwriter and author of the critically-acclaimed and best-selling book "Monsterland: Encounters with UFOs, Bigfoot and Orange Orbs", which details the history and connection between the various phenomena, highlighting his experience and a research area called Monsterland in central Massachusetts. Ronny was the first person ever to cast a Bigfoot print in the Bay State from a trackway discovered by a couple in Leominster State Forest in the summer of 2010. He is a regular speaker at the Exeter UFO Festival, New England UFO Conference and ParaFest and has been featured on nationally syndicated radio programs like Coast to Coast AM with George Noory, Fade to Black with Jimmy Church and was recently highlighted for his research in a cover story in The Boston Herald.

All participants will receive a pair of solar glasses (while supplies last) Register ahead of time.

Sponsored by the Friends of the Millbury Public Library.

Tuesday, June 11

Homeschool Mini Conference
3-7 p.m.

A workshop by the Advocates

for Home Education in Massachusetts. A curriculum exchange will take place as well as an opportunity to speak with the Children's Librarian about resources, databases, programs and manipulatives they would like to see at the library.

Crafts and toys will be available for kids who attend.

Registration is required.

Wednesday, June 12

Story Time
10:30 - 11:30 a.m.

How to Write a Novel and Get it Published

6-7 p.m.

This informational session will assist those who want to write a book, have started, but feel stuck and unable to finish or have finished and are unsure how to get it published.

E.D. Haraldsen has independently published six novels under a pseudonym in the genres of woman's fiction and sweet romance. She is well-versed in story craft, editing and steps to publication. E.D. Haraldsen is an Author Accelerator accredited fiction book coach.

Thursday, June 25

Giant Legos on the Lawn
1-5 p.m.

Wednesday, June 26

Story Time

10:30 - 11:30 a.m.
Adult Silk Painting

6-7 p.m.
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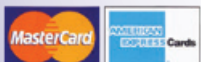
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Gazebo Road Race

Over 260 runners tied on their sneakers for the 33rd Annual Gazebo Road Race on Saturday, May 11 in Grafton. The 5K event was presented by UniBank with additional sponsor-

ships by Gaudette Insurance and Maureen Maiuri. Supported by Savers Bank, Studio 79, and Fitzzy's Car Wash.

Andrew Harrod and Cathryn Williams were the top men's and women's finishers; The top ten were:

Men
Andrew Harrod, 17:44.7

James Alderton, 19:28.4
Bob Troast, 20:06.6
Thomas Elliot, 20:12.6
Beckett Heidenthal, 20:31.9
Michael Elliot, 20:34.7
Jeffrey Hadzima, 20:42.4
Vincent Piarulli, 21:01.2
Lucas Alderton, 21:19.4
Henry Viens, 21:25.3

Women
Cathryn Williams, 22:29.4
Carolyn Heidenthal, 22:58.5
Ellie Smith, 23:15.7
Veronika Skoromnik, 23:40.8
Bella Erhartic, 24:32.5
Yamieh Dure, 24:53.0
Claire Stinson, 24:57.2
Sydney Padgett, 25:11.9
Katie Mason, 25:24.1
Alexandra Gicas, 25:36.2



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Carole Chiras/Millbury Historical Society Memorial Scholarship

The Millbury Historical Society congratulates Millbury High School senior Jacqueline Gilbert, daughter of Jeffrey and Kim Gilbert, for being awarded the first Carole Chiras/Millbury Historical Society Memorial Scholarship.

This \$3,500 scholarship honors a worthy student who will attend Worcester State University. Worcester State is where Carole met her husband of fifty-six years, Jack Chiras, many years ago.

Carole, who passed away last year, was known for her smile and cheerfulness. She was a gifted and talented educator who could put anyone at ease and make them feel valued. This, combined with boundless creativity and a giving heart, fueled the soul of an elementary school teacher.



Carole Chiras



Jacqueline Gilbert

She served at Providence Street School, Shaw Middle School and Elmwood Street School where she retired as principal in 2003.

In addition, Carole was a proud member of the Millbury community and a lifetime member of the Millbury Historical Society. She loved leading tours

of the town's noteworthy sites and sharing her vast knowledge of the town's rich history. She was a board member of the Millbury Bicentennial Committee and served as the History Chairman.



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Quinsigamond Community College Releases List of Graduates

Quinsigamond Community College has released its 2024 list of graduates. Graduates participated in the 59th commencement ceremony on May 17. To view the ceremony, visit www.QCC.edu/commencement.

ASSOCIATE IN ARTS

Grafton: Farida Abdellateef, Audrey Ziegler
 Millbury: Brandon Charbonneau, Christian Donaldson, Kaylee Lauzon, Madison LeClaire, Jala Tadros
 North Grafton: Amanda Johnson
 Sutton: Taylor Marsh, Kyle Men-

doza, Ethan Morway

ASSOCIATE IN SCIENCE

Grafton: Jack Cosseboom, Matthew Lazaro, Kara Pichierra, James Scanlon
 Millbury: Zachary Belanger, Tara Cudmore, Lauren De La Cruz, Kimberlee Mack, Madelyn O'Leary, Angela Rossi
 North Grafton: Sarah Bianco, Franklin Burkey, Luis Dejesus, Angelina Katz, Connor Manning, Holly Martin, Rabia Mateen
 South Grafton: Holly Atchue, Nicholas Fobert, Thomas Fobert, Courtney Walker
 Sutton: Sarah Beachman, Nicole

Bianca, Jason Doyle, Conor Hickey, Matthew Kearney, Paul Kearney, Patricia Mwaniki, George Smith

CERTIFICATE

Grafton: Mackenzie Collins
 Millbury: Casey Ampagoomian, Elizabeth DeWolfe, Jenna Desrosiers, Rachael Mercurio, Lucas Ogasahara, Lucas Ogasahara, Tori Renaud, Victoria Rondeau
 North Grafton: Jovelyn Flores, Lexis Kearin
 South Grafton: Nahum Echevarria-Jordan, Sophia Jean
 Sutton: Ricki Maynard, Alexandra Shaw, Tehreem Zainab

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Grafton Clean-up Day Heroes

Grafton is perennially a shining example of conservation and care for its outdoors. Last month, the Grafton Garden Club once again organized numerous teams to collect unsightly trash from its roadways, streets, parks, and playgrounds. The clean-up crews were making up for the callous indifference of many slobbers in our midst who daily trash our communities with discarded plastic bottles, cigarettes, nip and beer bottles, food wrappers, and other personal refuse. The hundreds of yellow trash bags were filled to the brim and left for the Grafton Highway Department to collect and dispose. Among Grafton residents are many people who do care about our environment. All volunteers were treated to a free sandwich or pizza at Peperoni Express, followed by a free soft serve cone at Swirls & Scoops. Good businesses have an environmental conscience and give back to their community. Additionally, Savers Bank provided bottles of water, and Unibank provided coffee and doughnuts. The Grafton DPW gave volunteers free red oak and white dogwood saplings to celebrate the greening and beautification of Grafton. Many thanks to these sponsors of Grafton Clean-up Day. Every community depends on a small core of special, concerned citizens to make good things happen. Serving on the Clean-up Day Committee were Helen Blazis, chair, Elizabeth Weeks, Deb Graham, Linda Bent, Justin Weeks, and Chrystal Paul. The many clean-up teams included Nancy Therrien and the

Grafton Historical Society, Evelyn Guillette and the Grafton Garden Club, the Grafton Land Trust, Bobbi Driscoll and Gaudette Insurance Agency, Larry Drew and Pack 107, Kerri Hill and Matt Poitras of Stop & Shop. Team Maciel, Jim and Laurie Coughlin, Kristin Pliakas and family, Team Mary Lou Butler, Team Mary Paradis, Diane Raymond, and Lois Reed were among the many volunteers. Additionally, the following individuals participated in the spring-cleaning of Grafton: Kathy Riley, Mike and Emerson Bruny, Pam and Justin Hollander, Lisa Kralian, Anna Bottar, Andrea Lewis, Team Pollinger, Laura Often, Elizabeth and Cat Spinney, Chrystal Paul, Mary Lou Butler, Dale Bent, Michael Sasseville, Ken Webb, Ann Marie Foley, Christine Belanger, Rob Fraser, Krystal King, Janet Roy, Jessica Young, Lisa and Cecelia Flynn, Helen and Skyler Campanale, Pat Laconto, Katie Wilson, Michelle Maria, Kay Malloy,

Nicole Trakadas, Ian Juelis, Jane Jordan, Anne Baskowski, Sue Cotter, Lisa Lavallee, Jane Petrie, S. Eddy, Daniel Gregoire, Leslie Anderson, Tracey Costa, Candice Lefebvre, Ken Guertin, Chris Breecher, Stephen Crowley, Team Ahlfors-Zeffert, Kate Wolf, Mehli Pourali, Kiara Bernat, Ethan Duffy, Kansas Marguarth, Linda Hutchins, Karina Barreto, and Lisa Arbogast. Thanks also to those Graftonites who helped with the Clean-up, who are not mentioned here. Dan and Kate Flanagan-Helmes filled 7 bags, and found one mattress box spring as well as an assorted mix of automobile parts that will no longer be a blight on the Grafton landscape thanks to their good work! Diane McNally deserves kudos for collecting the most amount of trash: 150 gallons worth, just from Estabrook Road! A round of applause for Diane and for all of you who helped keep Grafton clean and green.

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Family-run Affordable Junk Removal takes the stress out of cleanups

BY CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it

recycles items whenever possible and properly disposes of non-recyclables

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the backend while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative

Business spotlight

that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Grafton, Millbury and Sutton in particular Schadler says they are proud to have many repeat customers and friends in the area.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the Blackstone Valley," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.



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Jazz Age liberation in fashion: a historical look at clothing trends

Presentation at Samuel Slater Experience on June 9

When we think of 1920's fashion, the first thing that comes to mind is the flapper girl in a sequined short

dress covered in fringe, paired with a string of pearls and feathered headband.

But how did the average per-

son dress? Beth Marsh, a student of historical costume design, will talk about clothing as a way to understand people from the past, on Sunday, June 9, at 3 p.m. at the Samuel Slater Experience museum.

Ms. Marsh will describe the clothes worn by a typical college girl, examining a collection of reproduction garments, the history of each piece, how they were made, and what it felt like to wear them.

This free presentation is sponsored by the Webster Cultural Council. Please register online at the museum website <https://samuel Slater Experience.org>, email admin@samuel Slater Experience.org or call 508-461-2955.

Samuel Slater Experience is located at 31 Ray Street, Webster.

Ms. Marsh is a recent graduate of Connecticut College, where she majored in Architectural Studies and minored in Historical Costume Design. She is presently working as an architectural designer at a firm in Concord, New Hampshire.



Basic Life Support/ CPR and First Aid Training opportunity

The American Heart Association Basic Life Support course will be offered in June and is sponsored by the Knights of Columbus, Whitinsville. Two classes are available: The first is a two-day class on Thursday, June 13th and Friday, June 14th starting at 6:00pm at St. Peter's Parish, 39 Church Avenue, Northbridge. The second class will be offered as a one-day class on Saturday, June 8th starting at 9:00am at the Knights of Columbus, 77 Prescott Road, Whitinsville. Cost of the class is \$85.00. To register for either class or if you have questions, please contact St. Peter's Parish 508-234-2156 or email: parishoffice@stpeterrockdale.org.

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True Robotics Workshop

The Blackstone Valley Hub for Workforce Development in Whitinsville is hosting a robotics workshop at 5 p.m. on Wednesday, June 5. This 45 minute workshop is designed for students age 9 years and older. Delve into the world of STEM (science, technology, engineering and mathematics) by building and controlling a robot. Use real world tools such as screwdrivers and wrenches for assembly. Once

complete, students will have the opportunity to remotely control their robots and program them to drive on their own. The class has a maximum of 25 students allowed. This is a free event.

Register online at www.bvhub.org/event-details-registration or learn more at www.truerobotics.org. The Blackstone Valley Hub for Workforce Development is the non-profit arm of the Blackstone Valley Chamber of Commerce

(BVCC). It serves Blackstone, Douglas, Gradton, Hopedale, Mendon, Millbury, Millville, Northbridge, Sutton, Upton and Uxbridge.

Established in 2018, we are dedicated to serving the workforce training needs of our community, schools and businesses. The class is located at 670 Linwood Avenue, Whitinsville.

Dean's List

DEAN COLLEGE:

Sylvia Cahill of North Grafton has been inducted into Phi Eta Sigma National Honor Society for their academic achievements at Dean College in Franklin, Mass.

WORCESTER POLYTECHNIC INSTITUTE:

Nolan Warner, class of 2025, majoring in Biology and Biotechnology from Grafton, Massachusetts was part of an intensive research project titled Clean Tech for Cities at WPI.

Asa Waters Arms Program

Learn about the First Family of American Arms Manufacturing hosted by the Friends of Asa Waters Mansion on June 14. The doors open at 4 p.m. and Bruce Congdon, antique arms collector, will have his collection on display. Keith Downer and Local Historian and Antique Arms Expert will present a program at 7 p.m. on The History of Gun Making in Sutton and Millbury.

Spicy Water Distillery will host a cash bar and complimentary refreshment. \$10 donation at the door. Proceeds to benefit The Friends of the Asa Waters Acquisition Fund. The Millbury Historical Society will be open to the public at this time.

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Bay Path Practical Nursing Academy students were inducted into the National Technical Honor Society

Five Bay Path Practical Nursing Academy students and an alum were inducted into the National Technical Honor Society (NTHS) on Sunday, May 12 during an in-person ceremony



and being inducted into the NTHS is a feather in their cap! The PN students juggle school, work, and family life, it is quite a feat to be inducted to the NTHS," said Bolandrina, who has been organizing the induction ceremony for the last 9 years.

Owner, architect and builder Aaron Socrat proudly stated he envisioned the use of the pavilion with the apple orchard as the backdrop for the NTHS induction, and it turned out to be amazing!

The practical nursing students are eligible for induction based on their grade point average, faculty recommendation, character, and leadership involvement in extracurricular activities, and clubs. These characteristics reflect the member attributes of the National Technical Honor Society: skill, honesty, service, responsibility, scholarship, citizenship, and leadership.

"We are grateful that Douglas Orchard and Farms continues to welcome us and helps us to celebrate our student nurses' achievements. What started during the COVID-19 pandemic has

held amidst the apple blossoms at Douglas Orchard and Farms. The outside event marked the ninth annual induction ceremony for the Academy. This year is the fifth year the NTHS induction was held at the beautiful grounds of Douglas Orchard and Farms.

According to Academy Director, Dr. Gretheline Bolandrina, MSN Ed, RN, CRRN, practical nursing students eagerly look forward to this prestigious event yearly. "Making it through nursing school

since turned into a tradition. Our practical nursing students and their families enjoyed the beautiful setting of Douglas Orchard and Farms," added Bolandrina. "The practical nursing students remain resilient, kind, and caring. They navigated the rigorous program and continue to participate in many volunteer activities to help the community."

Photo shows the PN Class of 2024 NTHS Inductees Victoria

Boateng, Julie Dodson, Regina Njuguna, Patrick Njunge, and Ashley Urbain. The PN Class of 2023 Honorary NTHS Inductee was Nancy Kamicha.

Bay Path Practical Nursing Academy runs a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible

to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts, Executive Office of Health and Human Services Department of Public Health, Board of Registration in Nursing (www.mass.gov/dph/boards/rn). The Bay Path Practical Nursing Academy is accredited by the Commission on Occupational Education (www.council.org).

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LIVING WITH LUKE

amyleclaire@hotmail.com

A Two-Year-Old Luke Learns to Communicate

BY AMY PALUMBO-LECLAIRE

A dog's expression is one of my favorite dog qualities. That they love unconditionally, forgive easily, and offer us undivided attention goes without saying. But the unique way in which a dog expresses himself, and thereby communicates, defines a dog's personality. Have you ever noticed how Dog People brag with fellow Dog People about their pets? "That's Buster. He's having his first ice cream cone." Proud owners scroll through cell phone pictures and tell stories. "That's my Summer with my granddaughter. Isn't she beautiful?" Dog stories unravel out of pure appreciation and love for a dog's unique personality. Luke's expressions, admittedly, have made me gush.

SENSITIVE LUKE

Though bittersweet (this one breaks my heart) I adore the way Luke has learned to beg from a safe distance, so that he's not a bother to us. I've owned numerous dogs. All have drooled shamelessly at my

heels. Luke is different. Luke will watch my family congregate and sit down for a meal, then move to another room to wait for us to finish. I can't help but pop up



from the table to visit him during such times. "Luke, you are such a good boy. Mummy is so proud of you." He lifts his head seriously, as though to say, "I'm fine. Go on and finish. I only eat twice a day, while you shovel down six small meals, but go ahead, I'll wait my turn."

SNUGLY LUKE

Nothing quite compares to Luke's snuggling expression while resting on the couch with us. Nestled in the crook of my husband's arm, or on my son's chest, he rests with the ease of a dog loved. After losing Lincoln, we struggled to envision snuggling with another. After all, Lincoln was the king. The thought of hugging another Golden didn't seem fair to my partner-in-crime, a dog who rested his sweet head on my lap

in the backseat of a black Infinity after refusing to leave my side to go into the vet's room (despite Covid restrictions) on his last day. Dogs know. Every so often, Luke nods to the ceiling for no reason. What's up there, Luke? I can't help but wonder if he senses Lincoln looking down on him as though to say, "Take care of my people, little Luke." One dog doesn't cancel out the love for the next. Rather, dog love is doubled.



Luke entered our home only two years ago. It's hard to imagine life without him now. We've collected more dog hairs, messes, and mishaps, but our lives are full. The opportunity to snuggle with a live FAO Schwarz teddy supersedes an immaculate home. Add the freshly groomed scent of his aloe shampoo (when he doesn't rub it off in the yard), and we're officially healed! We trade off perfection for the injection of a dog's unconditional support and love. Luke, notably, is the first dog allowed up on our

couch. What were we thinking back then?

FEROCIOUS LUKE

This expression, fiercely juxtaposed with that of the teddy bear, takes me by surprise. Especially when, yet again, Luke throws a tantrum over the rush of hose water. Most of my dogs have loved water play. Nothing new here. Yet none have attacked the hose with a temper like Luke's. The dog is certifiably crazy when he sees the rush of hose water. I've had to be strategic while outside in the garden. I've tried to water flowers in peace, changing the nozzle setting to that of a soft, sprinkling shower. Harmony. I wave the hose innocently over a few plants, but I'm not subtle enough. Detective Luke senses what's happening. He rushes at me, a dog in a bullfight costume, and bucks the wavering direction of the hose. He springs up and darts at the stream as though protecting the entire planet from rushing water. He shakes water droplets off his mane and hacks like a crazy dog. "Bring it on, Hose!" The scene is absurd. The image of a Dog Trainer dressed in a monogrammed blue jacket flashes through my mind. "Leave it, Luke!" He disobeys. "Don't screw with me, Nozzle!" I lose my patience and use the hose as a gun to spray his face. "Luke, please!" The aggression inflates his male ego. He throws his big head into the rush of water and air-bites the bubbles. A drive-by sighting just may have both of us committed, I resort to a sorry defense. "Go ahead." I let Luke win. The hose rests lifelessly on the grass. I watch its power melt like the wicked witch reduced to a hat alone. Luke hovers over the bubbler and takes a drink.

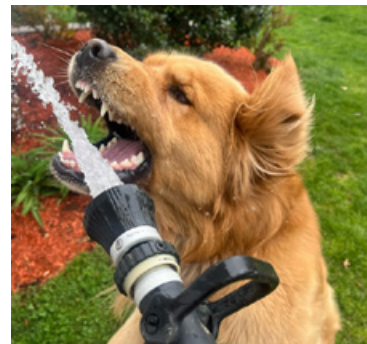
INTELLIGENT LUKE

Luke is a thinker. His thoughtful expressions, and the careful way in which he tilts his head and stares up at me to communicate his needs, touches my heart. How remarkable! —that Dog and Hu-

man can have an entire non-verbal conversation.

"Hi Momma. I have something on my mind."

"Hi Luke. Do you want to Go Sit on the steps?"



"That's exactly what I was thinking."

"Do you want me to Bring your Bone, Luke?"

"Are you serious?" His expression stills again.

"Do you want Mummy to Go Get it?" (I trade-off enabling a Luke that's no longer a baby, for the joy of meeting his dog needs).

"Look, Luke! Mummy brought your bone!" I emphasize my support.

Teddy Bear Luke stares up at me. He wants something more.

"Do you want some peanut butter on the bone, Luke?"

"Momma- you are so smart! That's exactly what I had in mind, too!"

WATCH-DOG LUKE

Whether it's to protect my family, police the hood, or keep the bunnies in line, Luke's watch-dog abilities are extraordinary. I've learned to listen to my dog's watchful expressions, along with their bark-tones throughout the years. Dogs sense what we cannot. Granted, Luke can be overly sensitive. I once opened the front door to respond to Luke's bark. A van pulled up to the front of my neighbor's lot across the street.

LUKE

continued on page 15



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REAL ESTATE

What you really need to know about home prices

Almost one four in four people still think home prices are going to come down. If you're one of the people worried about that, here's what you need to know. A lot of that fear is probably coming from what you're hearing in the



BY MARK MARZEOTTI

media or reading online. But here's the thing to remember. Negative news sells. That means, you may not be getting the full picture. You may only be getting bit of it to get your attention. Housing market headlines

are everywhere. Many are quite sensational, ending with exclamation points or predicting impending doom for the industry. The sensationalizing of headlines and content, has been an issue since the dawn of the internet, and housing news is not immune to it

From January 2023 to January 2024, there have been 11 months that home values have increased .2 percent to .9 percent. In two of the 13-month look, we had slight reductions at an average of -0.1 percent! This is what the media focuses on. They publish a graph of red for the declines and green for the increases. It depends on what you are drawn to. Home values rose the majority of the year, that is the story! Since negative news sells, drawing attention to these slight dips happens often. But that loses sight of the bigger picture.

Here's what this data really says. There are a lot more increases and decreases. And even for the two decreases, they're so slight, they're practically flat. If you look at the year as a whole, home prices still rose overall.

It's perfectly normal in the housing market for home price growth to slow down in the winter. That's because fewer people move during the holidays and at the start of the year, so there's not as much upward pressure on home prices during that time. That's why, you see the lower home values in the range I gave you above. The data shows that, as a whole, home prices rose over the past year. If you have questions about what's happening with home prices in your local area, contact The Marzeotti Group or with a trusted real estate professional.

LUKE

continued from page 14

"Luke, that's just the Repair Main. It's okay." He looked up at me, then back at the van, to voice a final opinion. "I don't buy it."



Where's the logo?"

Luke notices details. He'll watch children get off the bus and break into a two-year-old smile.

"I've known those girls my whole life. Gosh, they're getting so big." Nothing quite compares to Luke's expression when watching his big brother, my son, arrive home from work. "Oh my gosh. He's parking. He's going to get out the car, I can feel it. He's been gone this whole day, but now he's back again and I cannot wait to tell him how much I've missed him! His mouth opens and closes to Ben's movements. His tail wags, He edges closer to the car and bows to a downward dog position. "I am the luckiest dog ever."

PATIENT LUKE

Luke's patient expression reminds me of how much he needs me. He'll rest his big head over his paws and sulk until I'm ready to take him for a walk. "I wonder if I'll get my walk in today." Luke receives two to three walks per day, yet consistently feels sorry for himself. "I'm a big dog with bigger needs than a cat, but I'll be fine. You get to explore four different gyms, drive fast along highways, and meet dozens of humans per

day. Me? I'm a dog. I stare at the same four sights every day. But take your time. I'll be fine."

Nothing makes me happier than pulling Luke out of his funk. "Luke- are you ready to go for a walk???" I emphasize the phrase so that it sinks happily into his big head. Then I grab his harness, and he dashes off to his bed to play hard-to-get. "I don't want to wear a jacket." Another dramatic episode unfolds. Living with Luke is never dull. Stay tuned for the next story!

Find Luke on Instagram @living-withlukevalentino.

Write to Amy - amyleclaire@hotmail.com

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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**

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HEALTHIER BAKING

Good Morning Vanilla Pecan Muffins

BY CHRISTINE GALEONE

Pecans are among the most versatile nuts. They're rugged and hearty on their own. But in a pecan pie, they become sweet and romantic. Sometimes, they're somewhere in between.

The latter is how they are presented in this recipe for Good Morning Vanilla Pecan Muffins. They strike a balance between sweet and strong. And they're the perfect morning treat to savor whether birds are chirping and forsythias are blooming or golden and crimson hues are adorning the trees.

Although you can use either butter or oil to make muffins, light olive oil for frying and baking is a healthier option if you're concerned about reducing fat and calories. This recipe also requires less sugar than many others. So, you won't have to worry about the inflammation that too much sugar causes. And if you like pecans, muffins are a healthier option than pecan pie – which you might want to save for

special occasions.

Pecans aren't only versatile; they're as nutritious as they are delicious. They're particularly known as a heart-healthy food. A good source of magnesium, potassium and calcium and rich in monounsaturated fat, rather than unsaturated fat, they may help lower blood pressure and LDL cholesterol. And because they have a low glycemic index, they're also ideal for people with diabetes. Due to the omega-3 fats, they can even help ease arthritis pain. And due to the vitamin A, vitamin E and zinc contained in the nuts, they can help fight infections as well.

GOOD MORNING VANILLA PECAN MUFFINS

Ingredients:

- 1 Cup of Chopped Pecans
- ½ Cup of Dark Chocolate Chips (optional)
- 1 ½ Cups of Flour
- 1 tsp. Baking Powder
- ½ tsp. Baking Soda
- ½ tsp. Salt
- 2 Eggs
- ¾ Cup Brown Sugar

- ½ Cup Olive Oil
- ½ Cup Milk
- 1 tsp. Vanilla

Directions:

Combine flour, baking powder, baking soda and salt in a large bowl. Combine brown sugar, olive oil, milk, vanilla and beaten eggs in a separate bowl. Make a well in the center of the dry ingredients, and pour wet ingredients into the well all at once. Mix batter until all the dry ingredients are moistened, but the batter should be lumpy. Stir in the pecans and chocolate chips. Pour into 12 muffin cups. Bake at 400 degrees for about 20 minutes. Remove from oven and let cool until warm. Serve warm, and enjoy!

Good mornings, especially, seem to require a certain balance between sweet and relaxed and strong and reliable. And these Good Morning Vanilla Pecan Muffins are the perfect treat to start your day. Happy (healthier) baking!



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TALES FROM BEYOND

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Betty Moody's Cave

BY THOMAS D'AGOSTINO

King Philip's War in New England was the most brutal conflict, per capita, ever fought on American soil. Whole villages were attacked and burned on both sides without regard of life or limb. Even after the treaties of 1676 and 1678, raids and attacks continued. Later, the French joined the Natives in an attempt to once more rid the land of the English. This was part of Queen Anne's War and lasted into the first part of the 18th century.

Hostilities between settlers and Indigenous peoples were not confined to the mainland of New England. The many islands that were populated by the English also became targets of aggression by raiding parties. Among them were the Isles of Shoals, about six to ten miles off the coasts of New Hampshire and Maine. There are nine small islands in total, five of them belonging to Maine and four to New Hampshire. Before being discovered by John Smith in 1614, some of the islands were

used as seasonal fishing camps by the Natives. By the 1620s, the larger islands were being sparsely settled by Europeans. Star Island, Smuttynose and Appledore became home to fishermen and their families. Permanent settlements were in place by the time King Philip's War broke out but saw little to no threat—that is, until Queen Anne's War. In 1689, a band of Native warriors attacked Star Island, presumably in hopes of reclaiming their fishing camp. During the raid, a woman named Betty Moody escaped with her two children to a cave located on the southeastern edge of the island. While holed up in the cavern, the children began to cry out of fear. Betty tried to cover their mouths so they would not be heard. Unfortunately, she covered their mouths so hard that she suffocated them. Some say she did it to spare her own life, while others believe she was so afraid herself that she was not aware of how tightly she was gripping their mouths until it was too late.

Whatever version you deem

valid does not take away from the fact that she appears to be eternally sorrowful for her deed, as screams and wails can be heard from the cave where she mourns her fateful act. The crying is suddenly heard in the wind permeating the rocky outcropping just before a terrible storm grips the islands. Many say it is the ghosts of the children finally crying out. Either way, when the phantom wailing is heard and the winds pick up around the island, it is best to hunker down and listen for the echoes of the crying children or Betty to pass.

Star Island holds three day and week long conferences during the warmer months and is also open for day visits and tours. One can stay one night as well without attending a conference. The choice is yours. There are more stories and legends that abound on the island which is the second largest of the Isles of Shoals and arguably, the most haunted.

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BY JOHN PAUL

truck another 5 years. The SUV has, since new, gone through brake rotors like tissues, with warping and atrocious stopping distances throughout my ownership. I would love to upgrade the brakes but cannot get a clear answer what is feasible. Are there cost effective aftermarket larger brake rotors and/or master cylinders that could decrease stopping distance and prolong the brake rotor life? I once compared my brake rotors to an F150's rotors, both vehicles up on the lift at my garage, and noticed how much more robust the F150 rotors were. Is it a simple job to swap brake systems?

A. Great question and I'm a little jealous that you have a lift in your garage. The Ford Sport Trac (built on a similar platform as the Explorer) and might be a better alternative to the F-150 pickup. The Sport Trac has larger rotors, but you would need to change the spindles, most likely master cylinder, combination valve and maybe even ABS pump. The issue could also be a problem with the rear brakes, if the rear brakes are getting lazy, the front brakes could be getting too hot. Other than that, I know lots of people have gone to slotted rotors, but I usually don't see enough improvement to justify the cost. If it were my next brake job, I would change the flex hoses (they clogged) clean and lube the slides, replace or rebuild the calipers and most important, remove corrosion from the wheel mounting surface, both disc mounting surfaces and hub mounting surface. Just a little rust can cause rotors to go out of round. Then torque wheels with a torque wrench.

Q. What should I keep in my car in case of emergencies? What I really want to know is what do you keep in your car. I'm guessing a portable jump-pack for starters; is there a brand that you like?

A. We have three cars in our household, and they all have small duffel bag with a few emergency items. For a jump-pack, I have had the best luck with the NOCO brand, it seems to be the most resistant to moisture and temperature variations. I have a portable air compressor, two connect to the car's battery one is from WORX and it uses the same batteries as other WORX tools that I have. As a temporary tire repair, I also keep a tire plug kit. I also have some basic hand tools, flares/reflectors, gloves and duct tape.

CAR DOCTOR
continued on page 19



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Grafton High School Reunion

The Grafton High School Class of 1974 will celebrate their 50-year reunion at the Apple Tree Arts Great Room in the Warren Block, 1 Grafton Common, on Saturday June 8, 2024 from 6-10 p.m. Attendees will enjoy a catered dinner, Grafton trivia questions, and are encouraged to bring photos or memorabilia to share remembrances of times in elementary, junior and senior high school.

For more information, and to purchase tickets for the Saturday reunion event (\$50 per person, coffee provided) contact Jean Bolton Adams via Facebook, email: JEBSCA2@aol.com or call/text, 508-831-8676.

CAR DOCTOR

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Q. My wife loves the Volvo XC40. She asked me to ask you for three other small SUVs that you would recommend.

A. The Volvo XC40 is a well-rounded vehicle and a tough competitor in its class. I would look at the Genesis GV60 and the Lexus NX. Two cars I like but I am a little afraid of long-term maintenance costs are the Jaguar I-Pace (a really nice car) and the Audi Q3. If your wife "loves" the Volvo XC40 that might be the best choice. Happy wife, happy life.

Q. I own a 2018 plug-in hybrid Honda Clarity. I really like the car and I especially like driving it in electric mode. The range for all electric mode ranges from about 30 to 50 miles depending on Temperature and type of driving. My question is, Is it ok to drive almost exclusively in electric mode and use very little gas? Does the car need to run in hybrid mode on occasion to circulate the oil throughout the engine? Also how often should the oil be changed considering the car is mostly drive in electric mode?

A. The car is designed to drive in EV mode as much as possible. I would add fuel stabilizer to keep the fuel fresh. Regarding oil changes, if the maintenance reminder doesn't come on to signal an oil change, change the oil once per year. Other than that, change the brake fluid every three years and follow the maintenance reminder for other normal service and enjoy your hybrid.

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](https://www.facebook.com/mrjohnfpaul).

"This event will be a place where classmates and spouses can share stories of the past and present in a relaxing, comfortable setting," says Jean Bolton Adams, Committee Chair. "Grafton was, and still is, full of special memories."

Additional activities such as tours of the middle and high schools, the Willard Homestead and Clock Museum, the Grafton Historical Society in the former South Grafton Library and the Grafton Library's new addition will be held on Friday, Saturday, and Sunday.

The Apple Tree Arts Great Room holds memories of 5th grade dancing lessons and elementary school holiday performances. The hot lunch cafeteria for the former Norcross and Norcross Annex elementary schools was located on the lower level of the building, now occupied by a local tavern.

GRAFTON HIGH SCHOOL 50TH REUNION ACTIVITIES TIMELINE:

Friday June 7, 2024:

- School Tours - Details on where to park will follow - please register with Debbie Hall Kranefuss, 408-221-9919 if you plan to attend the tours.
- NEW High School Complex Tour - 1 PM with Kevin Carney: 24 Providence Rd.
- Middle School (our HS) Tour - 2:30 PM

with Christopher Starczewski: 22 Providence Rd, Grafton

- Municipal Center/Senior Center Tour (before or after schools- OK to wander if building is open): 30 Providence Rd, Grafton
- 4:00 Art Bradish's Snack Bar- "no host" (if nice weather): 39 Shrewsbury St, North Grafton
- 6:00 Reunion Pub - "no host" in the back room: 198 Worcester St, North Grafton
- Saturday June 8, 2024:
 - *Impt 10:00 AM Willard Clock Museum Tour up to 18 spots available - no cost. MUST pre-register with Debbie Hall Kranefuss by 5/17/24.
 - 11:30 AM Grafton Center Library Tour: 35 Grafton Common, Grafton, MA 01519
 - 12:00 Grafton Country Store (Peterson's): 2 Grafton Common
 - 6-10 Reunion Event: The Great Hall at Apple Arts: 1 Grafton Common - second floor
 - After Reunion - Town Tavern - "no host" 1 Grafton Common - basement level
- Sunday June 9, 2024:
 - 1:00 History Walking Tour Grafton Center - Debbie Hall Kranefuss to narrate tour - Meet in the Common Gazebo
 - 2:30 Historical Society - former S. Grafton Library - Great models of the mills: 71 Main St, South Grafton
 - 3:00 Post Office Pub - "no host" 1 Ray St, North Grafton

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SPORTS

Grafton's Caity Tyldesley

BY CHRISTOPHER TREMBLAY.
STAFF SPORTS WRITER

Upon entering high school Grafton's Caity Tyldesley was a three-sport athlete, lacrosse, basketball, and soccer. She would continue to play all three sports for her first few years but eventually realized that lacrosse was not only her passion, but her best sport. Subsequently she dropped basketball and soccer to not only focus on lacrosse but work on improving her craft.

"I had played all three sports in high school, but eventually lacrosse took over," Tyldesley said. "It had been building up; around seventh grade (four years playing club lacrosse) I had feeling that this was my sport. The competitiveness and the quick back and forth of the game really intrigued me."

The senior midfielder for the Gators grew up in a family of athletes and when she was in the first grade she found herself going to her siblings' lacrosse games and thought it was something special and immediately wanted to join in on the fun. It wasn't until three years later that she began to take the sport seriously and joined a club team.

Grafton girls lacrosse coach Karl Moisan first got a glimpse of Tyldesley when she started playing for his club team in the fourth grade.

"I was with my daughter when we were working on a drill and Caity went left as a righty. We both looked at one another in amazement and right there I realized that she was going to be something special," Moisan said. "Having a large family of athletes, they keep her in check and don't allow her to have a big head, but she is an intense individual and will let people know if they did something wrong and that even includes myself."

Although she felt that she was a talented player she was somewhat on edge when it came to try out for the high school varsity team as a freshman.

"Tryouts were very nerve racking," she said. "It was not very common for a freshman to make the varsity team. I did make the team but didn't get to start until the second game and have been there ever since."

During her younger years the now high school senior found herself trying out for the midfielder position and although she stated that she would have played any position to be on the field; she loves being around the ball and action at all times. It drives her insane when she is not involved on a consistent basis.

Playing with the older girls on the varsity team as a freshman boosted her confidence on the field, but when the season ended she knew that if she was to be an




impact player for the Gators she

was going to have to work on her shot selection. During that off-season w=she not only worked on that with her club team, but she also attended some shooting clinics.

Things obviously worked in her favor. As a sophomore Tyldesley found the back of the opposition's

net 98 times for goals while adding 87 assists. The following year she notched another 96 goals and handed out 68 assists.

TYLDESLEY
continued on page 21



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TYLDESLEY

continued from page 20

“She is a very knowledgeable individual with a high lacrosse IQ,” the Grafton coach said. “She is an all-round phenomenal player;

a two-time All-American and a three-time All-Star. She is the most decorated girls lacrosse player at Grafton and one of the top five players ever.”

With all the accolades, it was going to be a no brainer that some college would eventually ask her to

play for their program. University of Connecticut was that school.

“Since division I and II schools couldn’t contact you until after September 1 of your junior year, I sent out a bunch of emails to schools that I was interested in,” she said. “September 1, UCONN contacted me, I went out for a visit and was convinced right away that this was the school I wanted to go to.”

During her visit, she followed one of the girls on the team around for a day to see what a typical day would consist of. Tyldesley loved the atmosphere of the school and it wasn’t all that far away from home.

Then in October she got the call from UCONN. After hanging up the phone she talked it over with her parent and almost immediately called them back to accept.

“It was around eighth grade that I decided that lacrosse was the sport for me,” Tyldesley said. “From that point on I was convinced that I was going to play in college.”

While college is still another four months away, Tyldesley still needs to worry about her senior campaign with Grafton. The team has a much tougher schedule mapped out for them this year, but the senior captain is not backing

down.

“As one of the leaders on this team I am hoping to get the younger girls to like the sport and carry on the Grafton tradition,” she said. “Individually I wasn’t to be the best captain and leader for them that I can be. During my sophomore season I had some really good captains and I want to return the favor.”

In addition to being a top-notch captain, Tyldesley would also like to help her team get back to the State Tournament and take the Gators past the Round of 8, where they fell to Notre Dame of Hingham last year.

Milford Regional to Host Free Webinar for Parents on How to Best Support LGBTQ+ Youth

Milford Regional Medical Center’s Community Benefits Committee is sponsoring a free webinar, “Opening Doors to Youth Mental Health: How Parents Can Best Support Their LGBTQ+ Child.” The webinar is scheduled for Wednesday, June 12 at 7 p.m.

The latest in a series of youth mental health panel events, this webinar will feature clinical professionals’ expert guidance and provide resources to provide positive mental health. A parent will also join the panel to discuss her lived experience.

Registration is required. To reg-

ister, visit milfordregional.org and select “Classes and Events” on the homepage and then view “Webinars.” A link will be sent 24 hours prior to the webinar to complete registrations. Registration closes on June 11.

Direct questions to Milford Regional Public Relations and Community Benefits Manager Michelle Sanford at 508-422-2827 or msanford@milreg.org.

Milford Regional’s Community Benefits Committee is dedicated to the improvement of the community’s health through its leadership and local partnerships.

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EXIT 17

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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.

MONDAY, MAY 27

• GFWC, Auburn Junior Woman's Club is holding their 21st Annual Duck Race

on Memorial Day this year (5/27)! After the Memorial Day Parade is finished our duck race will commence at Mirror Pond behind the Auburn Public Library on Southbridge Street. The duck race is our largest fundraising event. Proceeds from the event go towards scholarships for Auburn Seniors.

SATURDAY, JUNE 1

• Saint Peter's Parish in Northbridge will be holding a Yard Sale on Saturday, June 1st, 7:30am to 3:00pm in the parish hall. If you are moving, spring cleaning or just have too much clutter, bring us your gently used items for our yard sale. You may drop-off your donations every Saturday from 10:00-1:00pm April through May, starting on Saturday, April 6th at the parish garage. We are accepting kitchen items, home goods, toys, sporting goods, books, small furniture items, clothing for donation and much more. Please see our website for a complete list of what we are accepting. You may also call or email the parish office, if you have any questions: 508-234-2156 or email: parishoffice@stpeterrockdale.org.
 • The Charlton Garden Club is holding its annual Plant Sale on Saturday, June 1st on the Charlton Common from 9 am to 12:30 pm. Stop by for a choice selections of plants from annual and perennials to vegetables and woody plants. Come chat with our members. A Massachusetts Master Gardener Association volunteer

will be on hand to test your soil's pH and make limestone recommendations if necessary. Bring a half cup of soil for free testing. When collecting your soil sample, take several subsamples from the soil surface down 4 to 6 inches. Mix these together and place about half a cup of soil in a container to bring to the plant sale. Plant sale proceeds are used for program support, community activities like Earth Day and the Old Home Day Flower Show, and town beautification projects such as the Common plantings. We appreciate your support!

• On Saturday, June 1st at 2 p.m. Booklovers' Gourmet is hosting an author talk and signing with James L. Parr, author of *World War II Massachusetts, a collection of stories that could well be subtitled "The Hidden History of the War in the Bay State."* The book is filled with unusual and forgotten tales of ordinary citizens doing their part to support the war effort. Grandparents, moms and dads, school kids and even the family pet worked and sacrificed as the country suffered through blackouts, shortages, rationing and uncertainty. Jim gives a one hour slide presentation with fascinating images, highlighting the strange events and forgotten heroes of this unique time in American history. The event is free and open to the public. Signed books will be available for purchase. To RSVP, please call 508-949-6232 or email deb@bookloversgourmet.com.

SATURDAY, JUNE 8

• Please join us for our Annual Community Yard And Plant Sale! As we've done in the past, we will rent spaces and tables, plus we'll do all the advertising and remember, our prime location can't be beat! Spaces Are \$25 For Non-Members. Tables Are Available To Rent For \$5 Each. Last year our Community Yard Sale and Plant Sale was so successful that we had to implement a wait list! We anticipate the same level of interest again this year, so don't delay in reserving your spot. We are very excited at the thought of gathering, again, with our church family and our neighbors on the church's front lawn. Call the church office, 508-832-2845, to reserve your spot! All are welcome! First Congregational Church of Auburn, 128 Central Street, Auburn.

• Annual Church and Community Yard Sale
 Soorp Asdvadzadzin Armenian Church, 315 Church Street in Whitinsville holds its Annual Church and Community Yard Sale on the front lawn facing Church Street on Saturday, June 8th from 8:00am to 2:00pm.
 Vendor space is available for a donation of \$15 per spot so if you were contemplating your own yard sale but

HAPPENINGS!

continued on page 23

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LAKE TOUR CRUISE	JUL 13 • 10AM
LAKE TOUR CRUISE	JUL 14 • 10AM
LAKE TOUR CRUISE	JUL 20 • 9:30AM
LAKE TOUR CRUISE	JUL 21 • 10AM
YACHT ROCK DANCE PARTY CRUISE WITH CHUCK PERKS	JUL 27 • 6:30PM
CHILLIN IN THE 90'S CRUISE WITH CHUCK PERKS	AUG 17 • 6:30PM
BOOGIE NIGHTS/DISCO DANCE PARTY CRUISE WITH CHUCK PERKS	SEPT 18 • 6:30PM
HALLOWEEN BOOS CRUISE WITH CHUCK PERKS	OCT 18 • 6:30PM

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HAPPENINGS!

continued from page 22

don't have the space you can't been the green lawn, tree shade and great traffic exposure along Church Street. Since this is an outdoor event, please provide you own tables, tarps and canopies if desired. Admission to the buying public is free with plenty of parking along both sides of Church Street or behind the church. For details and reservations, please email Jeff at katama@gmail.com.

• On Saturday, June 8th at 2:30 p.m. come hear Fred Gerhard read from his new poetry book, *Drifting to "Hello"* (Khotso Publishing) at Booklovers' Gourmet, 72 East Main Street, Webster, MA. His poems have also appeared in numerous magazines and anthologies. A 2023 winner of Poetry in the Pines, he writes from Ashburnham, MA, where he leads monthly poetry workshops. The event will also include an open mic portion. To sign up to read, please call 508-949-6232 or email deb@bookloversgourmet.com. Space is limited.

SATURDAY, JUNE 15

• The Sutton Historical Society, Inc. will be hosting the Annual Sutton Town-Wide Yard Sale on Saturday, June 15 from 8 am to 1 pm. The Society publishes a map of locations throughout town including limited spaces for rent at the M. M. Sherman Blacksmith Shop, 6 Singletary Avenue, Sutton. Registration fee is \$10 to be listed on the participating location map. Map will be posted on Facebook and uploaded to suttonhistoricalsociety-inc.org prior to the event. Registration forms are available at suttonhistoricalsocietyinc.org. Questions can be directed to sutton1704@gmail.com. Don't want to have a yard sale, but have items to donate? Members of the Society will pick up your donations. Contact Brian Stevenson at 774-708-0582 or email us at sutton1704@gmail.com.

SATURDAY, JUNE 29

• Sutton Fourth of July parade kicks off from Sutton Center at 10 am. Fun community events will be held at the

Sutton Schools from 11 am to 4 pm. Information on the parade, participants, and the post parade events can be found at thesuttonfourth.org. The Historical Society will be set up with the civil war cannon for ole tyme photos. Stop by and learn about what the Society has to offer, and how we are preserving local history and preparing for the Nation's 250th anniversary. Visit www.thesuttonfourth.org for more information.

HIKES WITH BLACKSTONE VALLEY HERITAGE CORRIDOR HIKES

Led by volunteer Trail Ambassador Phil. Phil's hikes begin at 10 a.m. Saturday, June 15: Douglas State Forest Hike, Douglas

FRIDAY NIGHT AT THE TUTTLE POST

88 Bancroft Street, Auburn
May 24 at 7:30 p.m. Ed Sullivans
May 31 at 7:30 p.m. Steven George

Karaoke with Brian at 8 p.m. every Friday night in the Tuttle Lounge.

1-5pm. Snacks may be brought in, cash bar for beverages. www.facebook.com/NECountryMusicClub

THE NEW ENGLAND COUNTRY MUSIC CLUB

Dances with live classic country bands - Progressive Club, 18 Whitin St., Uxbridge
Sunday, June 9, "Rustic Country"
Sunday, June 23, "Angela West & Show-down" Doors open at 12:15, live music

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The New England Country Music Club will hold the following dances with live classic country bands at the Progressive Club, 18 Whitin St., Uxbridge, MA: Sunday, June 9, "Rustic Country"; Sunday, June 23, "Angela West & Showdown"; Doors open at 12:15, live music 1-5pm. Snacks may be brought in, cash bar for beverages. facebook.com/NECountryMusicClub



The North Street Elementary School Parent/Teacher Group in North Grafton held its Fun Fair on May 18. A good-natured Ms. Rosemary Kurposka, the school's co-principal took a seat in the dunk tank.

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