

Grafton's Business Scene

BY CHRISTINE GALEONE

August is drawing to a close. Labor Day is on the horizon. But that doesn't mean that people in the area have to stop enjoying warm breezes and summer fun.

Local businesses and organiza-

seeking golfers, sponsors and raffle prize donations, early sponsors and donors include Homefield Credit Union, Koopman Lumber, Noel's Auto, The Post Office Pub, Theroux Dental and Wong's Restaurant. An auction and raffles will be held after the dinner. For more information, you can visit the nonprofit's

Stones Festival of the Arts is calling for entries for its annual show and competition. Submissions of fine art and photography will be accepted from Sept. 15 through Oct. 15. For more information, visit the festival's website, smallstonesfestival.org.

Koopman Lumber, the hardware



tions have been easing back into the swing of things as well. And they've been doing so in a variety of ways.

On Monday October 7, Engine Company No. 2 of Grafton, Inc. – a nonprofit run by firefighters from Grafton Fire Department Station Two in North Grafton – will hold its 18th Annual Grafton Fire Station Two Golf Tournament at Highfields Golf & Country Club. The event will raise money to help the GFD with training and equipment needs. Proceeds will also go towards a scholarship for a Grafton High School student. The registration fee of \$150 per player includes greens fee, cart and dinner. Although the nonprofit is

website, www.graftonengine2.org.

Next month, on Saturday September 14, the Stephen H. Roney Cornhole Tournament will be held at Houlden Farm in North Grafton. The team registration fee of \$100 should be paid by Sept. 1. Hole sponsorships of \$100 per hole are also available. The event will also include food trucks, raffles, The Shanty bar and an oyster bar. Proceeds will fund the Stephen H. Roney Memorial Scholarship. More information can be found on the Houlden Farm Facebook and Instagram pages.

Local organizations will also provide opportunities to people who are looking to express themselves creatively. The 2025 Small

and paint store which has a North Grafton location, as well as several others, has a lot to celebrate as summer winds down. It was founded 85 years ago, in August, by Pete Koopman. Its stores in Grafton, Whitinsville and Uxbridge will celebrate the milestone anniversary from 10 a.m. to 2 p.m. on Saturday Aug. 24. They will have food trucks, activities and discounted items.

Returning to routines can be enjoyable. And that's especially true when you get the chance to savor the end of summer in some way. Then, it's easier to look forward to autumn's blessings.

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

School Committee Re-assesses Gifted and Talented Student Policy

BY PATTY ROY

At its July 30 meeting, the Grafton School Committee approved a first reading of a measure that could eliminate a written policy for a gifted and talented student program. The policy will get a second reading at the next school committee reading.

During the public comment portion of the meeting two residents spoke in favor of keeping the policy.

Davina Premraj, a 2020 Grafton High graduate who recently completed college, said she was in such a program from grades on through three. She got more instruction in math, science and English which helped her in her later years of education when she tutored other students in math.

"It helped me learn better because my educational needs were different than the other kids in my class," she said. She also liked encountering other students with similar instructional needs.

"If we keep these policies here, we're better meeting the needs of students who have those requirements," Premraj said.

Gerry Mroz, Advocacy Co-chair of the Massachusetts Association of Gifted Education (MAGE) also opposed eliminating a written policy. MAGE reviews school committee policies and district practices across the state to identify how they served advanced and gifted students, he said.

"These students require

both productive challenges and support to develop academically, and more importantly, to cultivate the non-academic competencies that are far more critical for achieving happiness and success in later life," he said, adding that schooling focused on grade level standards often overlooks the needs of advance and gifted children.

In the discussion that followed, school committee chair Amy Marr said she had two children go through the district's public schools and at different times, they were identified as needing more or different kinds of instruction.

"The teachers kind of make that call; they don't label the students as gifted and talented, but they see a student who is finishing the math faster or can write a three sentence paragraph in a minute and a half and it's not challenging for them anymore," Marr said. "I trust our teachers to use differentiated instruction."

There are some students who are gifted in one area and not in others and that can change from year to year, she said.

Committee member Kristy Kielbasinski said she spoke with Jennifer Mannion, the district's curriculum director who explained that three criteria were used to identify a gifted student – MCAS scores, the computer adaptive STAR assessment tests and in-class work.

They approved the policy as a first reading.

ELIMINATE LOW BACK PAIN!

*In-Person Workshop

Date: Sunday, Sept. 29th 9:30-11:00AM

Location: Our **NEW Northborough Clinic!**
318 Main Street
Northborough, MA



SCAN FOR MORE DETAILS!

OR
Call (508) 861-1010 TODAY
To Reserve Your Spot!

*Limited Space Available



conmerge
PHYSICAL THERAPY

GET NOTICED!
 Contact Bill at 774-289-5564
 or by email at
bcronan@theyankeeexpress.com
 to learn how you can reach
**172,000 households and
 businesses each month!**

Grafton Recreation Updates

Grafton Recreation wants you to make note of the following dates:

Monday, August 26 at 9 a.m. registration opens for all fall/winter programs including the popular youth basketball program. View the brochure at www.grafton-ma.gov/DocumentCenter/View/13562/Fall-Winter-24-25.

Other important dates : The Collectibles Fair is September 7 . Second annual Collectibles

Fair at Grafton High School , 10 a.m. – 3 p.m. \$40 for a table.

The Fall Festival is October 20 on Grafton Common from 11 a.m. – 2 p.m.. Come and decorate a pumpkin and build a scarecrow while supplies last. Music, food, games. Presented by Grafton Children's Daycare and Preschool . Sponsor Republic Plumbing Supply.

Friendly Trick or Treat Oct. 30 sponsored by the town, 3-4 p.m. . Designed for ages 5 and under. All are welcome and costumes are encouraged. Start at the front door tent for a bag and a map. Visit the Town Hall offices plus tables from Grafton Public Library.

Grafton Celebrates the Holidays on Sunday, December 8 from 10 a.m. – 2:30 p.m. at Grafton High School, 24 Providence Road. Craft and vendor fair. Over 100 tables. Frosty stops, craft and vendor and fair and other fun holiday happenings.

Recreation department contact information: Phone: 508-839-8507 E-mail: recreation@grafton-ma.gov Address: Grafton Municipal Center, 30 Providence Rd., Grafton, MA 01519 Website: GraftonRec.com / [GraftonRecDept](http://GraftonRecDept.com)

CERAMIC CLEARCOAT PROTECTION INCLUDED IN ALL WASHES

WELCOME!

89 Southbridge St. Auburn, MA (across from Sword St.)

SUPER WASH \$14 **BIG KAHUNA \$20**

BASIC WASH \$11 **DELUXE WASH \$17**

Vacuums always 75¢

Logos for Visa, Mastercard, American Express, Discover, and Facebook.

Millbury Senior Center

127 Elm Street
 508-865-4710

Hours Mon., Wed., Thurs. 8 a.m. – 4 p.m.
 Tuesday 8 a.m. – 7 p.m.
 Friday 8 a.m. – 12 p.m.

Monday
 9:30 – 10:15 a.m. Light Exercise Class
 12 p.m. Lunch
 12:45 p.m. Mahjong Game
 1 p.m. Zumba
 Tuesday
 9 – 10 a.m. Blood Pressure Clinic

9:30 -10:30 a.m. Tai Chi
 12 p.m. Lunch
 1 p.m. Cribbage Wednesday
 9:30 a.m. Craft Class
 10:30 a.m. Line Dancing
 12 p.m. Lunch
 1 p.m. Social Bingo
 Thursday
 9 – 10 a.m. Yoga
 10 – 11:30 a.m. Coloring Class
 12 p.m. Lunch
 12:30 p.m. Pitch
 Friday
 9:30 – 10:15 a.m. Light Exercise
 11:30 a.m. Lunch

OPEN THE DOOR To A New Look

SALE BUY ONE GET ONE 50% OFF

CALL NOW TO BOOK YOUR APPOINTMENT

BUDGET BLINDS Book Today 508-865-9300
 Style and service for every budget.™

BLINDS | SHADES | DRAPERY | AUTOMATION

*Sale does not include shutters or Lutron products

BLACKSTONE VALLEY Xpress

Published on the 2nd and 4th Fridays of the month. Direct mailed to nearly 65,000 homes and businesses each month and available on news stands in the region.

2nd Friday: The YankeeXpress South: Charlton, Dudley, Webster
2nd Friday: Blackstone Valley South: Douglas, Northbridge & Uxbridge
4th Friday: The YankeeXpress North: Auburn, Oxford
4th Friday: Blackstone Valley North: Grafton, Millbury & Sutton

Contact us:

Patty Roy, Editor: proy@theyankeeexpress.com
 Submit business news and community events to news@theyankeeexpress.com
 To request advertising info, please email ads@theyankeeexpress.com
 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
 Christine Hodecker, The Yankee Xpress North and South (Auburn, Charlton, Dudley, Oxford, and Webster); chrishodecker@yankeeshopper.net
 Susanne Odell Farber, Upton, Mendon, Hopedale: sue@sodellconsult.com
 Laura Gleim, Billing & Sales: lgleim@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

Blackstone Valley Xpress/©2024
 74 Main St., Medway, MA 02053 • 508-943-8784 • www.theyankeeexpress.com

Hot on the Ice Cream Trail

BY PATTY ROY

Massachusetts has always had a tradition of eating lots of ice cream, year-round.

And why not, when we have always had plenty of the key ingredients – milk from dairy cows and ice cut from local ponds during cold winters. The ice was packed in sawdust and sent on ships around the world to warmer climates, according to Andrew Robichaud, an assistant professor of history at Boston University in his book-in-progress about the ice trade, tentatively titled “On Ice: America’s Nineteenth-Century Ice Age and the Making of Modern Life.”

Beginning around 1820 and for the following one hundred years, ice was treated as a crop, a short-lived product that was strategically cultivated and harvested.

Now, mixing history with tastiness, the state has developed the Massachusetts Ice Cream Trail, an initiative celebrating the history of making ice cream and encouraging native Bay Staters and visitors alike to sample the wares.

The map designates more than 100 places to stop for the cool and creamy treat. This is no light-hearted excursion – remember that Massachusetts dairy farms contrib-

ute more than \$61 million annually to the state’s economy. In fact, as a testimony to its earnestness, the trail was developed by the Massachusetts Dairy Promotion Board, the Massachusetts Department of Agricultural Resources (MDAR), and the Massachusetts Office of



Travel & Tourism (MOTT).

“We are excited to launch the Massachusetts Ice Cream Trail, a delicious route that highlights the incredible diversity of our dairy farms and ice cream shops,” said **Governor Maura Healey**. “Massachusetts has a vibrant

agricultural sector that thrives thanks to the hardworking farmers who diligently support our communities. This new tourism trail is designed to invite residents and visitors to experience our creative dessert offerings at traditional parlors, innovative shops, and local farm stands.”

You can feel good about eating locally produced ice cream, because the majority of local dairy farms are family owned, according to state resources.

“Small businesses are the heart of our state economy and contribute so much to the fabric of our communities,” said **Economic Development Secretary Yvonne Hao**. “We are excited the Massachusetts Ice Cream Trail celebrates our state’s dairy industry and showcases the businesses that deliver delicious treats and family-friendly activities for residents and visitors to Massachusetts.”

“With the creation of this ice cream trail, we now have a convenient guide to the ice cream shops and dairy farms in Massachusetts that are using locally-produced milk to serve up this summertime staple,” said **Ashley Randle**, **MDAR Commissioner and Chair of the Massachusetts Dairy Promotion Board**, who is also a fifth

generation dairy farmer.
For a copy of the Massachusetts

ICE CREAM
continued on page 4

FRED the FOOT GUY

Call Fred Gibson • Foot Care Nurse

508-844-7534

Providing in-home
Senior Toenail and

Foot Care Services for 13+ years.

Trust your feet to Fred!

Fully Insured / Flexible Schedule



Templeman
TREE SERVICE, INC.

Serving the Community since 1980

**Full Service
Tree Removal Company**
FAST FREE ESTIMATES

Expert Hand Climbing Crews
Removals • Pruning
Stump Grinding • Cabling

Fully Insured • Workman's Comp

CONTACT US TODAY!

508-366-7693 • sales@templemantree.com
templemantree.com



Back by Popular Demand You Are Invited

Learn about Viking River & Ocean cruise ships and itineraries at our interactive event

Viking River Cruise Specialists

will be on hand to answer any questions you might have

EXCLUSIVE SPECIAL OFFERS

will be provided at event

Wednesday, September 18th

6:00 PM CHECK IN | 6:30 PM PRESENTATION

Beechwood Hotel

363 Plantation St. | Worcester, MA 01605

This event is for new to Viking guests –all promotions/specials will be extended to past Viking guests!



Due to demand, attendance is limited. RSVP Required. Reserve your spot today!



Tom Hansen & Ted Goulet
tgoulet@cruiseplanners.com

TNTGuysTravel.com • 774-261-8160

AP Mandella Landscaping
STUMP GRINDING
Chip Removal • LOAM & SEED

Free Estimates Fully Insured



Small Backhoe Services

Call Anthony @ 508-340-1640 • Auburn, MA

Our Family Caring For Yours

MULHANE
Home for Funerals
Honoring, Remembering, Celebrating

For Over 150 Years

Stuart & Matthew Mulhane

45 N. Main Street, Millbury
508.865.2560
www.mulhane.com



For a free Family Planning Guide please visit our website or scan the QR Code



MICKEY'S CAR WASH & DETAIL SHOP



SOFT TOUCH CAR WASH
 DETAIL SERVICES
 CERAMIC COATING

www.MickeysCarWash.com 508-917-8363

Local Students Named to Dean's List at Massachusetts College of Pharmacy and Health Sciences

Massachusetts College of Pharmacy and Health Sciences is pleased to announce the students who have been named to the Dean's List for the Spring 2024 semester:

- Isabelle Rindone, a native of Douglas, Mass., is pursuing a Bachelor of Science in Dental Hygiene degree and will graduate from the Boston, Massachusetts campus in 2025.
- Deryn Flynn, a native of Dudley, Mass., is pursuing a Bachelor of Science in Diagnostic Medical Sonography degree and will graduate from the Boston, Massachusetts campus in 2025.
- Chloe Dexter, a native of Dudley, Mass., is pursuing a Bachelor of Science in Premedical Health Studies (Physician Assistant Studies) degree and will graduate from the Boston, Massachusetts campus in 2026.
- Hannah Dion, a native of Dudley, Mass., is pursuing a Bachelor of Science in Diagnostic Medical

Sonography, Echocardiography degree and will graduate from the Worcester, Massachusetts campus in 2026.

- Taralyn Moore, a native of Millville, Mass., is pursuing a Bachelor of Science in Medical and Molecular Biology degree and will graduate from the Boston, Massachusetts campus in 2027.
- Julianna Marcoux, a native of North Oxford, Mass., is pursuing a Bachelor of Science in Diagnostic Medical Sonography degree and will graduate from the Worcester, Massachusetts campus in 2024.
- Peyton Sharry, a native of Oxford, Mass., is pursuing a Bachelor of Science in Nursing degree and will graduate from the Boston, Massachusetts campus in 2024.
- Katherine Fields, a native of Sutton, Mass., is pursuing a Bachelor of Science in Premedical Health Studies degree and will graduate from the Boston, Massachusetts campus in 2027.
- Nicolly Meira, a native of Uxbridge, Mass., is pursuing a Bachelor of Science in Nursing degree and will graduate from the Boston, Massachusetts campus in 2026.
- Kylie McLaughlin, a native of Uxbridge, Mass., is pursuing a Doctor of Pharmacy degree and will graduate from the Boston, Massachusetts campus in 2025.
- Nolan Holt, a native of Uxbridge, Mass., is pursuing a Doctor of Pharmacy degree and will graduate from the Worcester, Massachusetts campus in 2028.
- Josephine Corridori, a native of Webster, Mass., is pursuing a

Bachelor of Science in Magnetic Resonance Imaging degree and will graduate from the Boston, Massachusetts campus in 2025.

- Andy Nguyen, a native of Webster, Mass., is pursuing a Bachelor of Science in Medical and Molecular Biology degree and will graduate from the Boston, Massachusetts campus in 2024.
- Emilia Pianka, a native of Webster, Mass., is pursuing a Bachelor of Science in Premedical Health Studies (Physician Assistant Studies) degree and will graduate from the Boston, Massachusetts campus in 2026.
- Chibuchi Ike, a native of Webster, Mass., is pursuing a Bachelor of Science in Nursing degree and will graduate from the Worcester, Massachusetts campus in 2024.

The Dean's List recognizes those students with a full-time course load who have achieved outstanding scholarship with a 3.5 GPA or higher for the academic term.

The mission of Massachusetts College of Pharmacy and Health Sciences is to advance health science education, scholarship, and practice grounded in collaboration and inclusion. Founded in 1823, MCPHS is the oldest institution of higher education in the City of Boston. As the University moves beyond the 200th anniversary of its founding, MCPHS is committed to maintaining its position as the most comprehensive provider of health and life sciences education in the world.

ICE CREAM

continued from page 3

Ice Cream Trail guide and to learn more, visit www.visitma.com/ice-cream-trail.

You'll find local stops such as West End Creamery, 481 Purgatory Road, Whitinsville, (www.westendcreamery.com) Elmhurst Dairy Farms, 342 West Main Street, Millbury, Swirls & Scoops, 68 Worcester Street, Grafton and Whittier Farms, 90 Douglas Road, Sutton.

"As a representative of the Massachusetts Food Association on the Massachusetts Dairy Promotion Board, we are very excited to see this ice cream trail go live," said Lynne Bohan, Massachusetts Dairy Promotion Board member. "This project furthers our goal of increasing the awareness and the consumption of Massachusetts sourced dairy products throughout the state."

The John Henry Tavern is **NOW OPEN** for the season



42 Magill Dr., Grafton
(508) 839-1945
www.highfieldsgolfcc.com

Pro Shop is open 7am -6pm
 Monday - Sunday

- 18 Hole Championship Golf Course
- Summer Jr. Golf Camps - call pro shop
- Operation 36 - call pro shop
- Outdoor dining on Patio overlooking 18th Green
- Wedding & event seating up to 200

Check out our recently renovated Ballroom
 Contact Ann Marie at
(508) 839-1945
 Ext. 222

529 plan can help ease college 'sticker shock'



Tim Furbush, CFA

FINANCIAL FOCUS® Provided by Edward Jones

The school year will soon be here. And if you have young children, you're one year closer to the day when they may be headed off to college. When that day arrives, will you be financially prepared?

College isn't cheap. For the 2023-24 academic year, the average cost — including tuition, fees, housing, food, books, transportation and other expenses —

was nearly \$29,000 for in-state students at four-year public colleges and universities, and about \$60,000 for private schools, according to the College Board. Most students do get some type of financial aid or scholarships, or both, but even the "net" price of college can be considerable. So, it's a good idea to begin a savings program as early as you can.

One popular way to build money for college expenses is through a 529 education savings plan. When you invest in a 529 plan, your earnings can grow tax deferred and your withdrawals are federally tax free when used for qualified education expenses — tuition, fees, books and so on. And while you can invest in any state's 529 plan, you might be able to deduct your contributions from your state income tax or receive a state tax credit if you invest in your own state's plan.

Despite these tax benefits,

some people are concerned that a 529 plan can prove costly in terms of lost financial aid. And the value of a 529 plan is looked at as an investment asset on the Free Application for Federal Student Aid (FAFSA). However, recent changes to FAFSA may mean that a 529 plan has a relatively small effect on the amount of aid you may receive.

A 529 plan also can be used to pay for other costs, including:

- **K-12 expenses** — You can use a 529 plan to pay K-12 expenses, up to \$10,000 per student per year. Not all states comply with this 529 expansion for K-12, so you might not be able to claim deductions and your withdrawals could be subject to state tax penalties.
- **Apprenticeship programs** — A 529 plan can be used to pay for most expenses con-

nected to apprenticeship programs registered with the U.S. Department of Labor. These programs are often available at community colleges and combine classroom education with on-the-job training.

- **Student loans** — You can withdraw funds from a 529 plan to repay qualified federal private and student loans, up to \$10,000 for each 529 plan beneficiary and another \$10,000 for each of the beneficiary's siblings.

Another potential advantage of a 529 plan is its transferability. If you've named a child as a 529 plan beneficiary, and that child eventually chooses not to pursue any post-secondary education, you — as the account owner — can name another family member as beneficiary. And with the passage of the SECURE 2.0 Act, any unused 529 plan funds up to a lifetime limit of \$35,000 can be transferred

to a Roth IRA for a beneficiary, free of taxes and penalties. There are certain rules governing this 529-to-Roth move — for example, you must have had your 529 plan at least 15 years — so you'll want to consult with your tax advisor before making any moves in this area.

If you'd like to invest in your children's future education, a 529 plan can be a good choice — so study up on it soon.

Contact Tim for assistance with your personal finances.
Tim Furbush, CFA
Edward Jones Financial Adviser
Westborough, MA 01581
508-854-1608
Tim.Furbush@edwardjones.com

THIS ARTICLE WAS WRITTEN BY EDWARD JONES FOR USE BY YOUR LOCAL EDWARD JONES FINANCIAL ADVISOR.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

Al's

RUBBISH & CONTAINER SERVICE

77 Providence Rd., Sutton, MA 01590
Phone: (508) 865-4193
Website: www.alsrubbish.com
E-Mail: alsrubbish@gmail.com




Al's Rubbish Provides

- Dumpster Rental Services 7 Days
- All Rentals Include Drop Off and Pick Up
- No Hidden Fees
- Estate Clean Outs
- Furniture/Appliance
- We Recycle

DUMPSTER RENTAL SPECIAL!

SUTTON, MILLBURY, AUBURN,
OXFORD, WEBSTER, WHITINSVILLE,
NORTHBRIDGE and GRAFTON

10 yard	\$350
15 yard	\$450
20 yard	\$600

7 Day rental

FREE DROP OFF AND PICK UP!






Serving the Blackstone Valley and
the Surrounding Towns in Worcester County

Support
Local Small
Business

508-865-4193 • WWW.ALSRUBBISH.COM



Stay engaged with the people you love

Hearing healthcare shouldn't be complicated. Visit Hear Joy Audiology for all your hearing healthcare needs!

Do you or a loved one...

- Have trouble understanding?
- Turn up the TV or radio often?
- Have trouble hearing in background noise, such as a restaurant or crowded place?
- Find long periods of "listening" exhausting?

it may be time for a hearing evaluation! Call one of our offices today!

188 Worcester-Providence Turnpike
Sutton, MA 01590
(774) 293-1515



151 Douglas Pike
Smithfield, RI 02917
(401) 349-0456



HearJoyAudiology.com

Adult & Pediatric Hearing Testing • Cochlear & Bone-Anchored Hearing Aids
Hearing Aids • Tinnitus Management • Hearing Protection

Sutton Historical Society Hosts Worcester Rebellion Guest Speaker

Have you wondered what events took place between the Boston Tea Party on December 16, 1773 and the "shot heard round the world" on April 19, 1775? On Thursday, Sept. 5, at 7 p.m. in the First Congregational Church, 307 Boston Road, Sutton, the Sutton Historical Society will host Jonathan Lane, Executive Director of Revolution 250. Revolution 250 is a consortium of more than 70 organizations across the Commonwealth, working together on the commemoration of the 250th Anniversary of the American Revolution. Mr. Lane will set the scene of the eve of the American Revolution. The year 1774 marked



many acts of colonist rebellion including the Closing of the Courts, the County Conventions, the Provincial Congress and the First Continental Congress, in response to the Intolerable Acts. Mr. Lane will walk us through these pivotal moments, the sentiments of the Patriots and the Loyalists, and much more as we prepare ourselves for the 250th anniversary of Worcester County's resistance of the Crown on Sept. 6. Mr. Lane has more than 30 years' experience in public history, tourism and cultural programming, and is a member of the Society of the Cincinnati, the Sons of the Ameri-

can Revolution and the Colonial Society of Massachusetts.

WAGON & CART SHOW

On Saturday, Sept. 28 from 11 a.m. – 3 p.m., join the Society at the M. M. Sherman Blacksmith Shop, 6 Singletary Avenue, Sutton, for a Wagon & Cart Show. Browse wagons, sleighs and other old-time horse drawn items. Pop into the blacksmith shop to meet our own smithy, Mark Brown, and learn the history of blacksmithing.

The above events are free and open to both members and the



general public of all ages. Updates and our full calendar of events can be found at suttonhistoricalsociety-inc.org. Questions can be directed to sutton1704@gmail.com.

Used Book Sale

The Friends of the Grafton Public Library will hold their annual back-to-school book sale at 10 a.m. on Saturday, August 24 and Sunday, August 25. Gently used books, games, DVDs and more will be available. Prices range from 50 cents to \$2 per book, with

special pricing for collections. Teachers will be offered 50 percent off all books. There will also be a bag sale on Sunday when you can fill a bag for \$5. Cash, check or PayPal accepted for purchases over \$5 only.

Small Stones Festival of Arts Entries

Submissions will be accepted beginning Sept. 15 until October 15, 2024. The show will open on January 25, 2025 and remain on exhibit until February 2, 2025.

Artists may submit up to five entries at \$10 per submission. The top 144 entries including drawing, sketches, ink and other 2D productions and fine art photographs (including film based, digital, infrared and alternative processes).

will be selected by jurors for exhibition at the show and will appear in the show

catalogue. The show will be held at the Brigham Hill Community Barn, 37 Wheeler Road, North Grafton.

We've been a Family Business for over 75 Years!
...And We Plan On Many More!!

FULL HEATING SYSTEM SERVICE & INSTALLATION
BUDGET PLANS • HEAT PUMPS • ON & OFF ROAD DIESEL
SR. & MILITARY DISCOUNT • OIL TANK INSTALLATION & REMOVAL



NYDAM OIL CO.
Since 1948

"WHERE QUALITY & SERVICE PREVAIL"

(508) 234-7002 Northbridge, MA (508) 234-5193

QUALITY BUILDING MATERIALS

FOR ALL YOUR NEW CONSTRUCTION AND REMODELING NEEDS

PROFESSIONAL SERVICE • FREE DELIVERY • ESTIMATING
Lumber & Plywood • Windows • Doors • Millwork • Roofing • Insulation • Decking • Rail Systems • Siding • Hardwood • Fasteners • and Much More!



Family Owned And Operated Since 1952

124 Main St., Millbury

cslumberco.com • 508-865-4822

Mon.-Fri. 7:30am-3pm • Sat. 7:30am-noon



State Primary Election, September 3

SUTTON IN-PERSON EARLY VOTING AT SUTTON TOWN HALL 4 UXBRIDGE ROAD

Saturday, Aug. 24 9 a.m. – 5 p.m.
Monday, Aug. 26 8 a.m. – 4 p.m.
Tuesday, Aug. 27 8 a.m. – 4 p.m.
Wednesday, Aug. 28 8 a.m. – 4 p.m.
Thursday, Aug. 29 8 a.m. – 4 p.m.
Friday, Aug. 30 9 a.m. – 12 p.m.

On Sept. 3, All polls are open 7 a.m. – 8 p.m.

Precincts 1 and 3 Vote at Middle School/High School Gymnasium

Precinct 2 Votes at Manchaug Fire Station

The last day to register to vote or change your party is Saturday, Aug. 24

GRAFTON IN-PERSON EARLY VOTING

Early Voting in the Town of Grafton will take place in the Municipal Center Gym, 30 Providence Road beginning Saturday, August 24, 2024, through Friday, August 30, 2024. The hours are as follows:

Saturday, August 24 - 9 a.m. - 3p.m.
Monday, August 26 - 8:30 a.m. - 4:30 p.m.
Tuesday, August 27 - 8:30 a.m. - 7 p.m.
Wednesday, August 28 - 8:30 a.m. - 4:30 p.m.
Thursday, August 29 - 8:30 a.m. - 4:30 p.m.
Friday, August 30 - 8:30 a.m. - 1 p.m.

*If early voting by mail, your application for Early Voting must be received by 5:00 pm on Monday, August 26th and your voted ballot **must be received in the Town Clerk's office** by the close of the polls on September 3.

September 3 polling
Polls open 7 a.m. – 8 p.m.
Precincts 1, 2, and 3 vote at the Grafton Middle School.

Precincts 4 & 5 vote at the Millbury Street Elementary School.

Deadline to apply for an Absentee/Mail In Ballot is 5 pm on Monday, August 26, 2024. In person absentee voting deadline is 12 p.m. is Friday, September 30.

MILLBURY IN-PERSON EARLY VOTING

Millbury Town Hall
127 Elm Street
Large Conference Room

*Please note that the Sept. 3 election is a dual election. It includes the State Primary Election and the town election for the Blackstone Valley Technical High School district debt exclusion. There will be two ballots.

In-person early voting will take place at Town Hall on Tuesday, August 27, 2024 – 8 a.m. to 7 p.m.

On Tuesday, September 3, 2024, the Official Polling Place for all precincts is located at the Millbury Jr/Sr High School Gymnasium, 12 Martin Street. Polling Hours are 7:00am - 8:00pm.

Contact Bill at 774-289-5564 or at bcronan@theyankeeexpress.com to learn how you can reach 153,000 households and businesses each month!



JOIN US AT ONE OF OUR UPCOMING EVENTS!



Educational Breakfast with Congressman Jake Auchincloss
September 5, 2024
7:30am-9:15am
Held at Galliford's Restaurant & Tavern, in Mendon, MA



Business After Hours Apple Pie Social
October 17, 2024
5:30pm-7:30pm
Held at Willard Clock Museum, in North Grafton, MA



BVCC 46th Annual Meeting & Awards Ceremony
November 21, 2024 | 7:15am-9:45am
Held at Pleasant Valley Country Club, in Sutton, MA



For more information & to register, please visit www.blackstonevalley.org/events

COMING IN OCTOBER

Fall Home Improvement



Reach up to 172,000 local readers focused on enhancing their indoor & outdoor living spaces when you advertise in our **Fall Home Improvement Guide!**

RESERVATION DEADLINE: SEPTEMBER 11, 2024

**ZONE 1
REACH 73,149**

Auburn, Charlton, Douglas, Dudley, Grafton, Hopedale, Mendon, Millbury, Northbridge, Oxford, Sutton, Upton, Uxbridge & Webster

**ZONE 2
REACH 96,651**

Ashland, Bellingham, Franklin, Holliston, Medway, Milford, Millis, Natick, Norfolk, Norwood & Wrentham

localtownpages **FREE PRESS**

Reserve your space today by contacting Bill Cronan at 774-289-5564 or by email at bcronan@theyankeeexpress.com

CABINET DEPOT

Quality at Warehouse prices!

Call Margaret to get your Free Measurement Free Design & Quote and ask how you can get **FREE GRANITE!***

*Does not include install
833 Providence Road (Rte. 122)
Whitinsville, MA
508-372-9023



"I loved my kitchen so much that I remodeled my bathroom too!"
--Peggy F.

Exceptional Price & Great Quality at **CABINETDEPOT.COM SHOWROOM OUTLET**
Marscott.CabinetDepot@gmail.com

SCHULTZY'S PLACE

Winner of Worcester's Hot Dog Safari's Golden Hot Dog!

Now featuring Homemade Portuguese Chourico Hash and Corned Beef Hash

3 Boston Road (Heritage Plaza) Sutton, MA • (508) 865-6777
Hrs.: Mon.-Sat. 5:30am-2pm; Sundays 6:30am to 2pm

~Summer Special~

\$3.00 OFF

a \$20 purchase Mon.-Fri. ONLY

One per table, not to be combined. Exp. 7/31/24

Over 40 Years of Home Building and Remodeling Experience

Stephen P. Benoit is an industry leading expert in multi-generational, disability inclusive, and age-in-place home design and construction.

Home Transformation To Span A Lifetime

With purposeful designs that prioritize the current and future accessibility needs of your family, we specialize in custom renovation to meet ADA standards and allow you to age-in-place. Your existing home reimagined for your longevity. Inconspicuous adaptation of your kitchen, bathroom, entryway, and outdoor space allowing barrier-free living for generations to come.

SPB Design Build

55 N. Main St., Uxbridge, MA 01569
(508) 922-1565
spbuild@gmail.com

Beef Barn

Great Food at Great Prices!
Many Flavors of Ice Cream Available!
Look For Our New Food Truck at Events!

200 Industrial Drive, N. Smithfield, RI • (401) 762-9880

Beef Barn Hrs: 11 am -9 pm / 7 days a week; Coffee Shop Hrs: 6:30 am - 11 am / 7 days a week
Ice Cream Hrs: Thurs. & Fri. 3:30 pm - 9 pm, Sat. & Sun. 12 - 9 pm

THOMPSON

Landscaping & Construction

- DRAINAGE • POOL FILL-INS • LAWN CARE
- LAND CLEARING • FULL LAWN INSTALLS • MULCH
- EXCAVATION • STONE & GRAVEL DRIVEWAYS
- PATIOS • RETAINING WALLS • WALKWAYS

Millbury, MA • 508-523-7790

Ebthompson36@gmail.com • Free Estimates • Fully Insured

What's on in Grafton

COUNTY MUSIC DANCES

The New England Country Music Club will sponsor the following dances with live Classic Country Bands at the Progressive Club, 18 Whitin St., N. Uxbridge.

Sunday, Sept. 8, Crossfire ; Sunday, Sept. 22, Rachel & Western Partners.

Doors open at 12:15 p.m., music

1-5 p.m., \$11 for non-members. Snacks may be brought in, cash bar for beverages. FMI: <http://www.Facebook.com/NECountryMusicClub>.

POLAR PARK TAKEOVER

Grafton Town Takeover at the WooSox , Polar Park on Wednesday, August 28 as the wooSox

take on the Toledo Mudhens. Each ticket purchased for that night will benefit the Friends of Grafton Elders. The area town with the largest turnout will be rewarded by Polar Park with special recog-

GRAFTON

continued on page 9

Silver Lake Beach Ends Season Early

Grafton Recreation Director Adam Lapointe notified the town that a visual inspection by beach staff of potential cyanobacteria blooms in the water led to the closure of Silver Lake Beach beginning August 8 due to safety concerns for bathers and animals.

The decision to close the beach was made with the safety of all rec-

reational facility users in mind and was not taken lightly, he said.

A reminder was issued that no one, including pets, should enter the water until the advisory is lifted to prevent any harm from cyanobacteria.

He also expressed appreciation towards the staff for their efforts in operating the beach successfully

and towards patrons for their support of Grafton Recreation.

Please contact the department with any questions at recreation@grafton-ma.gov or 508-839-8507, visit our website at GraftonRec.com, and follow us on Facebook (@GraftonRecDept) for the latest updates

Bikes and Baseball

Ocean State Job Lot and the Worcester Red Sox have teamed up for a 100-bike giveaway in September, with 50 bikes designated for Central Massachusetts Veterans Support Inc.

for Veteran children and the other 50 to the Boys and Girls Club and Big Brothers Big Sisters programs. These bikes are small starter bikes suitable for children age 5-7 years.

The WooSox will donate tickets to two lucky veteran families as part of our bike giveaway. Each selected family will receive tickets to the game on September 10, with the unique opportunity to walk on the field, be honored for their service, and receive one of the 50 bikes donated for the event.

To enter for a bike and the drawing, please email us at abaxter@wmvs.org and let us know if you are available to attend the game on September 10. The drawing will be held the week before the game,

and we will contact the winners directly.

We look forward to celebrating and honoring our veterans with this memorable event. For those not selected in the drawing, the remaining bikes will be available for pickup at our location: 135 Worcester Providence Turnpike, Millbury, MA 01527. We will notify you via email when they are ready for pickup.

If you are a veteran with a child in need of a bike, please email us at abaxter@wmvs.org to get your child on the list. Bikes will be distributed on a first-come, first-served basis during the week of September 10.

Labor Day Breakfast

The First Congregational Church of Sutton will host their 70th Annual Labor Day Breakfast on Monday, September 2 from 7-10:30 a.m. on Sutton Common. Menu includes: Eggs, Ham, Sausage Links, Pancakes, Home fries, Cornbread, Juice and Coffee. Ticket donations are \$14

for adults, \$8 for ages 5 to 10 years old and free to children 4 and under. Please bring a donation of non-perishables to benefit the Sutton Food Pantry. For more information contact the church office at 508-865-6914 or email fccs@suttonfirstchurch.net

UNITRANS TRANSPORTATION

POOL WATER DELIVERY

508-278-9946

EMILE
401-692-0780

SCOTT
401-692-0781

Healthier Baking in the Blackstone Valley

BY CHRISTINE GALEONE

August is drawing to a close. Backpacks are being filled. Lunches are being packed. Sleeping in and going to the beach are now yesterday's joys.

But while it's true that summer vacation is over, there are new joys to be discovered. These double chocolate walnut muffins are among them. They're filled with wholesome ingredients. And they're the ideal snack for many chocolate lovers.

Although these muffins are a hearty snack, they generally have fewer calories and sugar than store-bought muffins. More importantly, they don't contain any added dyes or artificial preservatives. And homemade baked goods are healthier than highly processed ones.

You can also feel good about the ingredients. Walnuts are heart healthy and mind healthy. They're excellent sources of omega-3-fatty acids, protein and magnesium. Cocoa and dark chocolate chips are rich in magnesium and antioxidants. Additionally, cocoa contains selenium, iron, zinc and theobromine. Because of this,

cocoa can help increase immunity, improve cognition, and it can improve muscle and nerve function. The selenium in cocoa may also help reduce the side effects from radiation therapy in people fighting cancer. Cocoa's flavonols and polyphenols also reduce the risk of heart disease. Finally, eggs, which are filled with nutrients, are excellent sources of protein, selenium, vitamins B5, B12 and B2.

DOUBLE CHOCOLATE WALNUT MUFFINS

Ingredients:

- ½ Cup of Walnuts
- ½ Cup of Dark Chocolate Chips
- 1 ¾ Cups of Flour
- ¼ Cup of Baking Cocoa
- ¾ Cup Granulated Sugar
- 1 ¼ tsp. Baking Soda
- 2 Eggs
- ½ Cup Olive Oil or Salted Butter
- 1 Cup Milk
- 1 tsp. Vanilla

Directions:

Combine flour, cocoa, sugar and baking soda in a large bowl.
Combine butter (or olive oil), milk, vanilla

and 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 walnuts and chocolate chips. Pour into 9-12 muffin cups. Bake at 400 degrees for about 20-25 minutes. Remove from oven and let cool until warm. Serve warm, and enjoy!

When you can't sleep in or travel to the ocean shore, you can still happily indulge in this relaxing treat. Happy (healthier) baking!

GRAFTON

continued from page 8

September 20 at 7 p.m.; October 25 at 6 p.m.; November 15 at 5:30 p.m.

tion! Go to www.milb.com/worcester/tickets/town-takeovers for tickets. Sponsored by Altus Dental.

VIEW THE NIGHT SKY

River Bend Farm, 287 Oak St., Uxbridge.

Gather with local astronomers to view the night sky. All events are on Friday evenings. Details on what you'll see are on our events calendar.

FARMER'S MARKET

The Grafton Farmer's Market is open on the Grafton Common every Wednesday for the summer produce season, from 2 - 6 p.m.

Collectibles Fair: September 7, 10a.m. to 3 p.m. at the Grafton Municipal

Gym, 30 Providence Road. Toys, cards, sports memorabilia, coins, comics, records. Rent a table or come to shop!

GET NOTICED!

Contact Bill at 774-289-5564 or by email at bcronan@theyankeeexpress.com to advertise today!

MASTER PLUMBER LIC. NO. 9216 MASTER SHEET METAL LIC. NO. 115

Valley Plumbing & Heating, Inc.

PLUMBING • HEATING • GAS FITTING
BIG OR SMALL, WE DO IT ALL! SENIOR DISCOUNT

RICHARD J. WUNSCHEL
(508) 234-3649

10% DISCOUNT SENIORS VETERANS HANDICAP

30 LACKEY DAM ROAD, SUTTON, MA 01590-2714

\$50 off ANY JOB (one per household)

HIRING HAIR STYLIST

Come join a busy day spa aiming to make everyone feel their best inside and out! We take pride in being family oriented, value your personal time, and aim for a drama free! positive work environment.

REQUIREMENTS:

- MA Cosmetology License
- Some clientele with room to build
- Comfortable and confident behind the chair
- Good communication Skills

Located:
104 Hartford Ave. E,
Uxbridge
Resumes emailed to studioeast104@gmail.com
Subject: **STYLIST RESUME**
For more information call us at 508-234-7113

Raffle Basket estimating at \$230 • \$5 per entry
From August 1st- September 28th
All money will be donated to Peace of Bread

Landscape & Masonry Materials

Homeowners & Contractors Welcome!

- Bulk Loam • Mulch • Stone • Compost
- Garden Fertilizers • Controls • Repellants
- Grass Seed • Drainage Pipe • Fire Pits
- Bluestone • PA Fieldstone • Granite
- Flagstone • Cobblestone • Palletized Stone
- Wood Pellets • Chimney Supplies
- Concrete & Mason Sand
- Concrete & Mortar Products
- UniLock Pavers and Walls

2677 Broncos Highway, Nasonville, RI
(Former Roots & Shoots)
401-766-7333

Monday - Friday 7am - 4pm • Delivery Available

connections

PHYSICAL THERAPY

NOW OPEN!

CALL TO SCHEDULE YOUR APPOINTMENT NOW!

40 Douglas St.
Uxbridge, MA 01569

Connections Physical Therapy is a family, locally owned and operated company with 19 clinics throughout Massachusetts and Rhode Island! Connections PT is committed to providing the highest quality of care for our patients in a one-on-one setting. We are thrilled to be joining the Uxbridge community this August. Call us now to set up an appointment!

Services:

Orthopedic Physical Therapy
Post-Surgical Rehabilitation
Neck and Back Pain Relief
Manual Therapy • Sports Injury Treatment
Vestibular Rehabilitation And More!

Contact Us:

508-501-5008
508-501-5009
Uxbridge@ConnectionsPT.com
Connectionspt.com

Grafton Senior Center

30 Providence Rd, Grafton, MA 01519

MA Certified Arborist Since 1989



Full Circle
T-R-E-E C-A-R-E

- Expert Pruning
- Planting/Fertilization
- Insect & Disease Control
- Tick & Mosquito Control

Nick Bristowe
774-280-2281
fullcircletree@yahoo.com

DK FLOORS LLC
(Formerly Dan's Carpet Service)

- Carpet • Linoleum • Repairs
- L.V.P. Planks • Restretch • Installs
- Residential & Commercial

FREE ESTIMATES

Grafton resident
Fully Insured
30 years Experience

Call Dan
508-769-5767



Quality Service at Reasonable Prices

Free Estimates
Fully Insured

- Excavation • Landscape Construction • Stump Removal • Fencing
- Drainage Systems • Prop. & Building Maintenance • Landscape Lighting

Dauidspropertyrepair.com • (774) 239-3776



New England Steak & Seafood Restaurant

Casual Elegant Dining and Banquets

PRIME RIB AND STEAKS
Prepared over our open pit

FRESH SEAFOOD & LIVE LOBSTERS
CHICKEN & PASTA DISHES
APPETIZERS, SALADS
COMBINATION DINNERS
AND KID'S MEALS

TRY OUR FAMOUS Cinnamon Rolls & Chowder

Mon. 4-9pm; Closed Tues.; Wed. & Thurs. 11:30am-9pm;
Fri. 11:30am-10pm; Sat. 4-10pm and Sun. 12-9pm
Serving this area with the finest steak and seafood for over 65 years

508-478-0871 • 11 Uxbridge Rd. ~ Rt. 16 Mendon
See Our Menu on our website
www.nesteamandseafood.com or on Facebook



Phone: 508-839-9242
Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.

Blood Pressure Clinic: Thursdays at 11 a.m.
Bootcamp: A more intense workout that combines cardio & strength training. Thursdays at 9:30 a.m.
Breathing & Healing Chair Yoga: Tuesdays at 9 a.m. and Fridays at 10a.m.- Free for Grafton Seniors thanks to Friends of Grafton Elders
Cardio Barre Exercise: Thursdays at 12 p.m.
Congressperson Office Hours: Varies
Council on Aging: Meets second Thursday of every month at 1 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: Second and fourth Wednesdays at 10:30 a.m.
Duplicate Bridge: Tuesdays and 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- 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 p.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 at 10 a.m.
Pinochle: Thursdays at 9:30 a.m.
Pitch: Monday and Tuesday at 1 p.m.

Rummikub: Wednesdays at 1 p.m.
Senior Exercise Class: Tuesdays and Thursdays at 10:30 am. Free for Grafton Seniors, thanks to FOGE.
SHINE: Serving the Health Insurance Needs of Everyone. The first Friday of the month by appointment.
Social Knitting: Mondays at 10 a.m.
SNAP (Supplemental Food Assistance Program): See Lisa Kelley for appointment.
Tax Work Off Program: Call Shannon for more information.
Tone and Stretch Exercise: Mondays at 9:30 a.m.
Transportation: Call the office for information.
Watercoloring Class: Fridays at 1 p.m.
Wii-TV Game Exercise: Available in the TV room almost any time!
Writer's Group: Meets second and fourth Friday at 1 p.m.
Zumba Gold: Wednesdays at 8:45 a.m. FOGE sponsored.




In Person Use Only!!

\$5.00 OFF ANY PIZZA ORDER MADE IN PERSON exp. 10/31/24

Classic & Gourmet Pizzas • Paninis
Piadinas • Salads • Gluten Free

27-C Galaxy Pass, Sutton • (508) 917-8182
Open: Tues.-Fri. 11:30-9:30; Sat. 4-9:30; Sun. 11:30-9




430 Main St., Oxford, MA

We repair all makes and models of Garage Doors and Electric Openers
- Commercial and Residential -

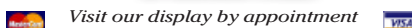
Sales • Service • Installation

800-605-9030 508-987-8600
www.countrysidedoors.com email: countrysidedoors@aol.com



Renew your home's appeal with a new garage door.
Many new styles and colors to choose from.

Visit our display by appointment



Sutton Senior Center

19 Hough Road
Sutton

508-234-0703

Hours: Monday - Friday, 8 a.m. - 3 p.m.

ACTIVITIES

Darts - Tuesdays at 10:30 a.m.
Cribbage - Wednesdays at 1 p.m.
Pitch - Thursdays at 10 a.m.
I'm Sorry - Fridays at 9:30 a.m.
A fun and easy-to-learn card game
Bingo - Fridays at 1 p.m. presented by The Friends of Sutton Elders

Book Club - Our reading group meets monthly hosted at Sutton Library

Computer Club - A social gathering for all skill levels Thursdays at 9 a.m. led by Paul Holzwarth

Movie & Popcorn - Check the newsletter

HEALTH AND WELLNESS

Blood Pressure Clinic - Wednesdays at 10 a.m. A nurse will check

your blood pressure, height & weight

Chair Yoga - Mondays at 10 a.m. and Thursdays at 1 p.m. Yoga exercise while seated, focused on stretching and relaxation led by certified instructor Gloria Beaupre.

Barre Cardio - Tuesdays at 12:30 p.m. Low intensity workout inspired by ballet moves led by certified instructor Crystal Lee.

Muscular Strength & Range of Motion Exercise - Wednesdays at 10 a.m. Light weights and bands are used to strengthen and tone muscles led by certified instructor Gloria Beaupre.

Tai Chi - Thursdays at 9 a.m. Gentle and flowing movements for a low-impact workout led by certified instructor Gary Lachapelle.

Gentle Mat Yoga - Mondays at 12:15 p.m. Combination of gentle positions to increase mindfulness, breath and flexibility led by certified instructor Crystal Lee.

Kung Fu Fitness - Tuesdays at

11 a.m. An upbeat combination of various karate moves led by certified instructor Gary LaChapelle.

Blackstone Valley Boat Rentals



GROUP RATES

- Scouts
- Families
- Birthday Parties



STAND UP BOARDS For Rent
Daily, 1/2 day (up to 3 hrs.) or for the weekend.

KAYAK & CANOE Rentals
Daily, weekend, weekly or onsite rates. Includes: Paddle and Life Jacket - A Deposit Required.

FIN & FEATHER SPORTS
Route 140 Upton, MA - 508-529-3901
www.finandfeathersports.com

Youth Outdoor Summer Camps

Location: Hopedale Pond, Hopedale
Boating - Fishing - Archery - More...





for Girls & Boys - ages 6-14 yrs.
4 activities per day - Times 9am-2pm
5 Sessions available this Summer!
Starts 7/2/24

Go to WWW.FINANDFEATHERSPORTS.COM



FIN & FEATHER SPORTS OUTDOOR ADVENTURES
Rte. 140 Upton, MA 01568
508-529-3901
info.finfeather@gmail.com

Outdoor Adventures is now in our 14th season!
NOW OFFERING 2 & 3 Day Clinics in Hopedale

FOPPEMA'S FARM

"Family Owned & Operated Since 1983"

OUR OWN BUTTER & SUGAR SWEET CORN



Eggplant, Peppers, Lettuce, Heirloom Tomatoes, Cukes, Swiss Chard, Cherry Tomatoes, Beets, Radishes, Summer Squash, Carrots, Melons and MORE arriving every day.
Also featuring: gifts from the garden, baked goods, ice cream, local honey, candy, frozen meat products, specialty gourmet foods and much more....

1605 Hill St., Northbridge • 508-234-6711
www.foppemasfarm.com
Hours: Mon.-Sat. 9 to 6; Closed Sundays

Massachusetts grown... and fresher!
We have Peaches

Guy Fishman Concert

A benefit concert to Lift your spirits ... and Lift our community

Cellist Guy Fishman will be performing at the Unitarian Universalist Church in Grafton (UUSGU) on Saturday, September 14, 2024, at 3:00 pm. The concert benefits the UUSGU LiftUP Campaign, aimed at installing a vertical lift to the main meeting space and sanctuary of the meetinghouse.

Mr. Fishman is a principal of Boston's Handel and Hayden Society and a specialist in early music. He has performed as a soloist, recitalist, chamber musician, and orchestral player for Boston Baroque, Emmanuel Music, the Boston Museum Trio, and others. His dynamic performances are in demand both in this country and abroad.

Mr. Fishman plays a rare cello made in Rome in 1704.

The concert starts at 3:00 pm, doors open at 2:30 pm.

Tickets are \$25 for general seating, with limited VIP seating at \$35. Children under 12 are \$20. Tickets can be purchased online here:

<https://www.eventbrite.com/e/guy-fishman-liftup-benefit-concert-tickets-886329875517>

About the Unitarian Universalist Society of Grafton & Upton

The Unitarian Universalist Society of Grafton & Upton is a community of people who recognize the inherent good in all people,



extend love and acceptance to everyone, embrace the worth and dignity of every individual, and foster each other's spiritual growth, no matter their beliefs.

About the LiftUP Campaign

The UUSGU LiftUP Campaign has two goals. First, install a vertical lift to the main meeting space and sanctuary of our meetinghouse. Second, make our historic meetinghouse more available as a community resource and landmark of Grafton Common.

The LiftUP Campaign is aligned with our core values, and will provide access to 20% of the population that is now excluded from our meetinghouse.



Nicolopoulos

Plumbing and Heating, Inc.

5 Harback Road
Sutton, MA 01590
508-865-3713

RESIDENTIAL - COMMERCIAL

- Heating Repairs & Installations
- Plumbing Repairs & Replacements
- HVAC Repairs & Replacements
- Remodels • Drain Cleaning

NOW SERVICING OIL SYSTEMS!!

- 24 Hour Emergency Service -

www.nicolopoulosplumbingandheating.com Lic. #MPL 15663

NO JOB TOO SMALL



LIVING WITH LUKE

amyleclaire@hotmail.com

The Struggle of Luke's Loyalty

BY AMY PALUMBO-LECLAIRE

A dog's loyalty is boundless. A dog expresses joy in your presence, longing in your absence, and a smile to the mere thought of you. To the mere thought of you. Read that again. Nothing compares to a dog's unconditional love.

"OH MY GOSH. You're here again!" Luke greets me with a wiggle and a whimper every single morning, as though we've been estranged for years. "I've missed you so much, Momma. I have so much to tell you." His oversized stuffed lamb hangs from his mouth, and he often uses its dirty head to poke me in the hip, initiating a cruel game of Chase. The two of us race like fools around the house. I stop at the dining room corner and hide, spooking my pup on the other side of the house. Luke skids and slides then finally catches his footing before dashing away. The lamb remains powerless in his jaw. Then, satisfied by the morning ruckus, he'll drop the lamb and stare up at me. "What are you thinking about,

Momma?" He tracks my moves. "You need to go the bathroom? Good idea. I'll wait right here." He lies down at the foot of the toilet and waits for me to finish. A dog's loyalty never fades. Even if you neglect your dog repeatedly, he will be there waiting, forgiving, and loving you still. For this reason, along with so many more, I include Luke in most excursions. "Luke can come, too." His head squares to a phrase that's become part of his dog vocabulary.

"I can come, too?" He tap-dances to both doorways, not wanting to miss a single moment of what's to come. He has no idea where we're going. The thought of going somewhere is stimulation enough for a dog. "Which way are we heading out?" Despite wanting to be first in line, Luke will dash down, then back up the basement stairs if I'm running behind. "Almost ready, Momma? Don't forget your lipstick!" He waits for me to grab my pocketbook then cuts me off on the way down the stairs again. "I got the travel crate. You can sit in the front again. Hey, WE'RE GOING FOR A RIDE!" Dogs remind us that the simple things in life are usually the best.

Incidentally, Luke has joined us on hikes, outdoor dining experiences, baseball games, ice cream outings, and quiet times at local



Above, Luke and Momma Lamb; Right, almost ready to go for a ride

coffee shops. "Your dog is so well behaved." He lifts his head to a local and smiles. "I'm trained during spontaneous learning situations. That's why I'm such a good boy." Luke is correct. The more I'm with him, the more he's immersed in natural situations which require training and, consequently, the more willing he is to behave and follow commands such as Leave It, Sit, Stay, Wait, Go Easy, No and Listen. Thus, the more willing we are to include him. Humans and dogs, nevertheless, seem to differ here. A dog expects nothing from you and will still want to be with you. You don't have to behave a certain way, listen to commands, or live life according to a tailored regimen. You must simply be yourself. Even sweeter, a dog shows appreciation for the mere thought of you. Luke has come to know the names of his loved ones. Read on.

"Grammy is coming over, Luke!" He stops what he's doing and stares at me, translating the name Grammy. "Are you kidding me??" I imagine a miniature image of my mother floating in the cartoon bubble of Luke's dog mind. She's

off in Luke's mind. A new cartoon image emerges, that of my miniature mother seated at her car's steering wheel. His mouth opens to a knowing smile. He knows she's on her way, yet he still paces and checks windows, just in case.

Finally, Grammy's white SUV appears at the front lawn. For Luke, the moment is epic. One might think that a celebrity NASCAR driver has just appeared. He's thought about her for stretches of seconds and now she's at his house. LEGIT!! I let him out on the front step so that he can watch



WWW.TLCPETHAVEN.COM

Over 30 years in Business
Denise and Bill Jones

Dog and Cat Grooming & Boarding
Luxury Suites Available
Doggie Daycare
In-Home Services Available

PET HAVEN & Mobile Groom-In-Vans
68 US Route 146, Sutton MA • 508-865-3180

154 Riverlin St.
Millbury, Ma. 01527
508-865-8155

- Grooming
- Daycare
- Boarding

by Kelly Hauk

BEST OF CENTRAL MASS
Best Pet Groomer 2016 & 2017

www.barknbubblesmillbury.com

carrying bags and bags of stuffed animals. Ecstatic, he rushes to the front door and presses his head against the door panel glass to inspect the yard for his grandmother. Dogs have zero concept of the intangible essence of time. Every word uttered is a sudden present-tense verb. However, I'm a believer in accelerated learning lessons. I'm a believer that Luke can learn to piece together all that's comprised of the word "time."

"Luke, first Grammy has to go for a ryyde." I enunciate the word 'ride' with long, drawn-out syllables to mirror the idea of length. "First, Grammy has to go for a ryyde." I watch the light bulb go

his grandmother parallel park. She shifts the wheel and turns, backs up again, and then repeats, trying to get her car aligned just right. Her brake lights blink on and off, offering Luke added fascination. "When will Grammy get out of the car?" He smiles in adoration and lowers his head as though stalking a bunny. He doesn't want to miss out on a single trick of Grammy's moves.

Finally, she opens the door and steps out of the driver's seat. I watch Luke wiggle with elation. He has learned to be gentle and

LUKE
continued on page 13

REAL ESTATE

Why Your Asking Price Matters Even More Right Now

If you're thinking about selling your house, here's something you really need to know. Even though it's still a seller's market today, you can't pick just any price for your listing. While home prices are still appreciating in most areas,



BY MARK MARZEOTTI

they're climbing at a slower pace because higher mortgage rates are putting a squeeze on buyer demand. At the same time, the supply of homes for sale is growing. That means buyers have more options and your house may not stand out as much, if it's not priced right.

Those two factors combined are why the asking price you set for your house is more important today than it has been in recent years. And some sellers are finding that out the hard way. That's leading to more price reductions. Looking at the price reductions data, it definitely a pattern of increasing supply and homebuyer demand that is just exhausted by high mortgage rates. . . As home sellers are faced with less demand than they expected, more of them have to reduce their prices. That's because they haven't adjusted their expectations to today's market.

LUKE
continued from page 12

stay DOWN, but quieting his love for a person is a struggle that is so real We can be ourselves in front of our dogs, but we expect them to



Luke stops to think about his favorite human

Maybe they're not working with an agent, so they don't know what's happening around them. Or they listed their property just before the influx of inventory which seems to be growing daily. Either way, they aren't basing their pricing decision on the latest data available – and that's a miss.

If you want to avoid making a pricing mistake that could turn away buyers and delay your sale, you need to work with an agent who really knows your local market. If you lean on the right agent, they'll help you avoid making mistakes like:

1. Setting a price that's too high: Some sellers have unrealistic expectations about how much their house is worth. That's because they base their price on their gut or their bottom line, not the data. An agent will help you base your price on facts, not opinion, so you have a better chance of hitting the mark.

2. Not considering what houses are actually selling for: Without an agent's help, some sellers may use the wrong comparable sales (comps) in their area and misjudge the market value of their home. An agent has the expertise needed to find true comps. And they'll use those to give you valuable insights into how to price your house in a way that's competitive for you and your future buyer.

3. Overestimating home improvements: Sellers who have invested a significant amount of money in home improvements

behave as humans. They cannot quite be themselves. They need to shush and mind their manners. A dog loves so freely and exuberantly that all of this is counterintuitive.

Grammy strolls innocently across the front yard. Tote bags full of prizes dangle from her hands. Perhaps, I decide, she's taken for granted Luke's love for her, love that can't be bought. "Make sure you say HI to Luke," I remind. Ever loyal and compliant, Luke sits at the heels of a human whose side he'd never leave. Satisfied with a mere pat on the head, he smiles gratefully. "Love you, Grammy."

Meanwhile, I plan Luke's next excursion.

Stay tuned for more on Luke Valentino.

Follow him on IG @livingwith-lukevalentino

Write to Amy at amyleclaire@hotmail.com

may overestimate how much those upgrades affect their home's value. While certain improvements can increase a home's appeal, not all upgrades are going to get a great return on their investment. An agent factors in what you've done and what buyers in your area actually want as they set the price.

4. Ignoring feedback and market response: Some sellers may be resistant to lowering their asking price based on feedback they're getting in open houses. An agent will remind the seller how important it is to be flexible and respond to market feedback in order to attract qualified buyers.

In the end, accurate pricing depends on current market conditions – and only an agent has all the data and information necessary to find the right price for your house. The right agent will use that expertise to develop a pricing strategy that's based on current market conditions and designed to get your house sold. That way you don't miss the mark. The right asking price is even more important today than it's been over the last few years. To avoid making a costly mistake, connect with The Marzeotti Group or a local REALTOR.

Mark Marzeotti
REALTOR®

Marzeotti Group
Mark.Marzeotti@LamacchiaRealty.com
(617) 519-1871
www.MarzeottiGroup.net

945 W Boylston Street
Worcester, MA 01606

OFFICE SPACE FOR RENT

Available March 1
Store front in Uxbridge, MA
Great location for hair salon or office.
Easy access off Route 146.
Space is 20x40, newly painted,
plumbed for salon, new flooring.
\$1500.00 per month.
Call 401-692-0780
for more information

Gibson's Natural Pet

Lodging ~ Daycare ~ Grooming
Training ~ Pet Supplies

139 Upton St. (Rt. 140),
Grafton, Ma 01519
Phone: 508-839-1757
Fax: 508-839-1736

Hours:
Mon-Thurs. 6:30am to 6pm
Fri. 9:30am-4pm Closed for lunch 12-1pm
Sat. 8am to noon Sun. 5pm to 6pm only

Grafton@GibsonsNaturalPet.com
www.GibsonsNaturalPet.com

TALES FROM BEYOND

tomdagostino.com

Vermont's Haunted Railroad Bridge

BY THOMAS D'AGOSTINO

Sometime between 2 and 3 in the morning on Saturday September 5, 1887, Vermont's worst railroad disaster took place in Hartford, a few miles from White River Junction as the Vermont Central Railroad express train from Montreal jumped its tracks and plummeted onto the frozen White River below.

The train had been carrying a full load of passengers, many traveling from Boston to Montreal. The engine was towing a baggage and express car, a mail car, two ordinary passenger cars, the sleeper car; St. Albans from Springfield and the Pullman sleeper, Pilgrim out of Boston. Most of the riders were on their way to see the circus in Montreal.

The 650 foot long bridge spanned the White River at a height of 50 feet. At the time, subzero temperatures had formed a two-foot thick surface of ice on the river. As the train sped down the tracks, a broken rail about 200 feet from the viaduct caused the cars to slam into each other then pull apart breaking the coupling

between the forward sleeper and the other cars. The engine, baggage and smoking cars passed over the bridge safely but the other cars, striking the ties came to the end of the bridge and completely wiped out the heavy beams resting on the abutment sending cars and bridge toppling onto the frozen river below.

The coaches and bridge then exploded into flames before the stunned onlooker's eyes. 40 people died in the wreck and another 40 were badly injured or burned. The intense heat melted the ice in some places making rescue efforts all the more difficult. It is estimated that 50-60 people perished from the result of the wreck. According to legend, 13 year-old Joe McCabe was able to free himself from the burning twisted debris, but watched helplessly as his father burned in the inferno.

The inefficient wooden bridge was later replaced with a steel overpass making it much more sturdy and safer. In time, people passing by began to notice a little boy near the river below. Many thought nothing of it but, others noticed something was not quite



Hartford Railroad Bridge. Photo courtesy of Bob and Vickie Hughes

right about the young man. His translucent appearance may have been enough to hint that he may not be of this world, but the fact that he is seen hovering above the water gives away his presence as being ethereal. Countless witnesses have seen his apparition wandering the site below the bridge. Even paranormal investigators have had experiences with the ghost. There are a few more spirits that linger in the area as well. One is believed to be the conductor of the train who was also one of the casualties on that fateful night. Many claim his ghost meanders along the tracks

making sure they are in perfect order as to avoid another deadly wreck. There are also claims of a ghostly locomotive silently rolling over the bridge with no cars attached to it.

Why the spirit of the young man lingers in the spot is a mystery. Some say it is the place his ghost has returned to after he died due to the traumatic incident that he was part of, while others tend to think it is a residual entity moving about the scene of the wreck. He is seen a few feet above the water which would account for his being on the ice that was about that height in

the winter according to paranormal investigator and dowser, Stephen Marshall who once actually felt the presence of spirit energy while dowsing at the scene. Either way, there are a few ghosts roaming about the White River. Take a trip to the bridge, but beware of the phantom train that might silently steam by, or the countenance that might be spied hovering above the rocky stream.

The Woodstock Bridge spans the White river and Route 14 in Hartford. Take I-91 to Exit 11 and follow Route 14 to bridge.

FREE: 100 gallons of home heating oil or propane*

FREE: \$100 Account credit towards your first tune-up or service plan*

Give us a call today!
800-649-5949

jeffrichards@medwayoil.com

Introducing your neighborhood consultant, Jeff Richards - 14 year resident of Douglas as well as a combined 12 years in Uxbridge and Northbridge!

Be Sure to Ask About our New Customer Program

Your neighbors have voted us GOLD MEDAL WINNERS!

Call today to learn more about our services!

Fuels

- Heating Oil
- Propane
- Diesel
- Bagged Coal

Installations

- Oil & propane heating systems and water heaters
- Oil to propane conversions

MEDWAY OIL & PROPANE

"Your Total Home Comfort Company"

Family owned and operated since 1954

Service

- Emergency service 24-7
- Oil & propane fired equipment

Programs

- Flexible pricing and budget programs
- **Ask about our Veteran, Military, First Responders discount**

SPORTS

The Move To Outfield Turns Out to be the Right One

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Playing softball in the Grafton recreational league growing up, Ashley Donaldson found that she really enjoyed the sport and by the age of ten she wanted more. Joining a summer league, she was now not only able to play softball more often but was able to improve her skills along the way in hopes of someday making the high school team.

Donaldson got involved with the club team Evolution out of West Boylston and would practice her craft with them during the fall and winter seasons and participate in tournaments during the summer – making her a year-round softball player. In the spring, she would eventually play for the Gators.

She found that she truly enjoyed the sport and it didn't matter where she played as long as she was on the field in some capacity. However, when one of her coaches decided to try her out in the outfield, Donaldson soon found a position that she wanted to play in every game.

"One of my summer coaches

decided to stick me in centerfield as he thought that I could become a good outfielder," she said. "At first I was very shocked with the move as it was a position that I



hadn't played in a long time, but I soon realized that I was a much better player in the outfield. Being fast, I loved being able to run after

fly balls and track them down."

As high school softball tryouts approached during her first year at Grafton, the freshman was a little nervous and really didn't expect to make the varsity team with all the talent it had. Eventually the team was announced and Donaldson found her name associated with the varsity squad; shocked but totally thrilled that she earned a spot on the top team.

Although she was on the varsity roster, she found herself sitting on the bench for the majority of the first half of the season watching and learning from all the older girls on the team.

"I was ok with it as I got to watch some good softball, while learning," Donaldson said. "The girls supported all the younger athletes and gave us the encouragement that we needed to be successful in the future."

About half way into the season Donaldson had her named penciled in as the starting second baseman, a position she hadn't encountered in some time.

"I had to reacclimate myself to playing the position, but I was comfortable with it once again

although it did take me a couple of games," she said. "The older girls continued to support my play and told me not to let it bother me if I made a mistake; forget it and move on, don't let it get in my head."

Donaldson took the advice to heart and had herself a decent sec-

SPORTS
continued on page 17

Proudly Serving Worcester County for 4 Generations!

**110 Linwood Ave
Whitinsville, MA
(508) 234-9442**
HOURS
Mon.-Fri. 7am to 5pm;
Sat. 7am-Noon;
Closed Sundays

NEW EXPANSION OF 7 SERVICE BAYS!!!

- All Major Tire Brands
- Diagnostics
- AC Recharge
- Scheduled Maintenance Programs
- Full Automotive Repairs
- 4-Wheel Alignment
- Timing Belts
- Diesel Repair

WWW.CROTHERSTIRE.COM

ENTER TO WIN TWO GENERAL ADMISSION TICKETS!

Southwick's Zoo
Winter Wonderland
New England's Premier Holiday Lights Display
TWO WAYS TO ENTER!

Winners will be chosen at random and notified by phone or email. Tickets are for entrance to Winter Wonderland display only.

Answer these two questions and send your response to: Our Town Publishing: CONTEST, 74 Main St., Suite 16, Medway MA 02053

1. What is your favorite animal or attraction at Southwick's Zoo? _____
2. What would you like to see more of in your local newspaper? _____

Name: _____ Phone: _____

OR



The Yankee Xpress BLACKSTONE VALLEY Xpress localtownpages FREE PRESS

By entering this contest, you are providing consent for Southwick's Zoo and Our Town Publishing (the publishers of The Yankee Xpress/Blackstone Valley Xpress, Free Press and the newspapers of Local Town Pages) to contact you via phone or email for this promotion or upcoming promotions. Only one winner per household. Cannot be an employee or family member of Southwick's Zoo or Our Town Publishing to win.

"Where Summer Gladly Shines its Countenance Upon The Valley!"

U-KNIGHTED

AUTO & TRUCK REPAIR


We are the "Give me a BRAKE... I'm EXHAUSTed Repair Shop"

45 East Hartford Ave., Uxbridge
508-526-3169

FREE Brake Inspection with every Oil Change

Custom Exhaust & Brake Experts
• Engines • Transmissions • Tires • Oil Changes
• Brakes • Converters • Welding & Fabrication Services

KEARNS



COLLISION Repair

FREE ESTIMATES • QUALITY SERVICE
1734 Providence Rd., Northbridge, MA • 508-234-5211
Thomas F. Colonair Jr.
www.kearnscollision.com

Professional Car Cleaning Motorcycles & Boats

Keep your Car Clean and Shiny

This Sunny Season Long!

Over 40 years in business

218 Worcester St., N. Grafton
774-272-0815
www.catacchioautodetail.com




ARTS

AUTO BODY

194 Church St., Whitinsville • (508) 372-9000
artsautobodyma@gmail.com

AUTOMOTIVE AND AVIATION PAINTING EXPERIENCE
WWW.ARTSAUTOBODYWORKS.COM



COMPLETE AUTO GLASS SPECIALISTS

- Chip & Crack Repair
- Windshield Replacement
- FREE Mobile Service



MOBILE AUTO GLASS SPECIALIST

Insurance Company Preferred Shop.

- Certified technicians to your location
- Foreign & domestic auto, truck, bus, motor home, windows & sunroofs
- Construction equipment, heavy duty vehicles
- Fabrication of flat glass
- Vehicles equipped with convertible or vinyl roof
- In-shop service • Free mobile service
- Saturday service
- Free pick-up and delivery within a 10 mile radius
- Quality workmanship guaranteed
- Customer safety and satisfaction is our first priority
- Servicing customers for over 25 years

201 W. Main Street, Dudley, MA 01571
800-479-7697 • 508-949-1327
Monday-Friday 8am to 5pm • Saturday 8am to 12pm

Visit Us at roysautoglass.net

THE CAR DOCTOR

jpaul@aanortheast.com

Thick White Smoke Could Mean Coolant Issue

Q. I have a 2010 Buick Enclave CXL. It was working fine until one day thick white smoke started coming out of both mufflers. Do you know what that could be? If it is something expensive, I will likely just junk the car.

A. White smoke out tail pipe is coolant being burned during combustion. It sounds as if the is an internal coolant leak. It could be one of two possibilities a cylinder head gasket/engine block issue or a leaking intake manifold. I would have it towed to a repair shop for an evaluation. Depending on the repair, it is going to be expensive or very expensive.

Q. I have had a Toyota RAV4 for years and now it is time for a replacement. One vehicle that I am looking at is the Hyundai Tucson, what do you think?

A. The Hyundai Tucson is a very nice compact (although not really small) SUV. There are a couple of engine choices, front or all-wheel-drive

and a variety of trim levels and option packages. The last Tucson that I drove really impressed me. The ride was smooth and quiet, fuel economy was in the high twenties, the infotainment system worked well. Although I still prefer knobs over touch screen. I would not hesitate to buy one if it fits your needs and budget.

Q. I am considering changing professions, right now I am in retail, but I like working with my hands and especially on cars. I live in the Boston area, what do you suggest and where do I start?

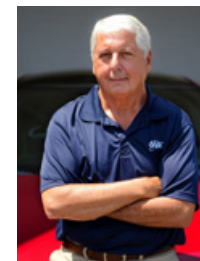
A. Perhaps start with a part-time job on Saturday in a garage while you still are working full-time. If you really like the work and atmosphere, then consider professional training. Here in New England we are fortunate that there are very good choices that also are degree programs. Mass Bay Community College is the one I am most familiar with. They offer programs sponsored by four major automotive brands including BMW, Toyota/Lexus, General Motors, and JEEP/Chrysler/Dodge/Ram. In addition, Mass Bay offers a non-manufacture specific All Brand General Studies program, which provides students with a broad education and hands-on training on multiple types of makes and models of vehicles. Mount Wachusett Community College (Gardner MA) also has a very good automotive program. Recently the Governor in Massachusetts announced free community college for many Massachusetts residents. This even makes these community college automotive programs more appealing. The idea of free tuition and possible paid co-op work sounds like a winning combination.

Q. I have a 2011 Grand Cherokee with a 3.6 Pentastar engine with 186,000 miles on it. It has been maintained by me, and oil and filter always

changed earlier than recommended, always using Mobil 1 synthetic. Does it make sense for me to get ahead of repairs and put timing chain kits, lifters, and rocker arms and water pump as well as oil filter housing in this otherwise bullet proof engine? I would do the work myself, being a retired mechanic. I love this vehicle and believe it could be driven another 100,000 miles.

A. I certainly think the synthetic oil and more frequent oil changes can certainly help minimize repairs. The rockers arms and camshaft can wear if oil isn't changed often enough. The oil filter housing is a failure point and Dorman makes an aluminum one that is more robust than the OE plastic housing. The timing chain and related components is a bit like the rocker arms the quality oil and oil change intervals could be extending their life. I hate replacing good parts but getting close to 200,000 miles and if you plan on keeping it and you have the time talent and budget -which it sounds like you have the repairs probably makes sense. You know the common failure points, so either watchful waiting or do it all. For me I would wait, look and listen, but your idea is certainly a good one.

Q. I have been driving for nearly 65 years. Hence have driven and or owned lots of cars and hence been through a lot of maintenance issues. The other day I was surprised by a new recommendation when paying for an oil change, tire rotation and mul-



BY JOHN PAUL

CAR DOCTOR
continued on page 17

Jeff Inman

GENERAL CONTRACTOR

Handyman Services to
Landscaping / Snow Plowing
New Construction & Additions
Gravel Driveways, Remodeling

Licensed General Contractor • Fully Insured
(774) 772-9599
jeff@JBIInmanConstruction.com



DOUGLAS, MA
CSL #CSFA-106551 / HIC #198675
JBIInmanConstruction.com

SPORTS

continued from page 15

ond half of the season as Grafton earned themselves a number 12 seed in the Division 2 State Softball Tournament and made it to the Round 8 before losing to Westfield, the eventual state champion.



Upon entering her second season with the varsity team Donaldson was once again expecting to play second base, but when the Gator coach found out that she could play the outfield all bets were off. The then-sophomore would open the season in left field where she would play a couple of games before moving to center, where she would be a fixture for the remainder of the season.

“Being in the outfield that year, I got my confidence back,” she said. “That in turn helped me with my summer ball”

As a freshman, when she did play someone would hit for her when it came to her time to bat, but during her sophomore campaign she was allowed to step into the box and take her hacks. Donaldson said, she considered herself a singles type of hitter, where she could get on base and then attempt

to steal bases.

Once again, much like her sophomore season, Donaldson was hoping that she'd once again be patrolling the outfield for Grafton, but it wasn't to be the case. The junior was going to be moved again, she would find herself in the infield, but not at second base, instead she would be play-

ing shortstop now. In addition to shortstop, she would also find her way into the circle on occasions for the Gators.

“We didn't have too many pitchers this past year and one day in practice I threw a pitch. The coach saw it and told me going forward that I was the team's number two pitcher. I thought that he was joking, but it turns out he wasn't.”

Donaldson remembers being in centerfield during a game in which Grafton was getting beat up when Coach John Gemme signaled her in from the outfield to pitch. The outfielder was beside herself.

“All the way in I was laughing. This can't be real, I have no experience pitching at all,” she recalled. “I got five warm-up pitches and then they restarted the game. I just tried to pitch as accurately as I could so I wouldn't walk anyone, but they were hitting me.”

With the way things have gone for her over the past few seasons who knows where she will be playing come next spring when she steps on the field as a senior. She is not going to try and attempt to learn how to throw certain pitches with only one year left and her coach isn't expecting her to.

“If I am called upon to pitch again next year I am just going to try and focus on my accuracy. Coach Gemme doesn't want me to try and learn anything new, it would just lead to walks,” she said. “I hope that I don't have to pitch next year as I believe that we have some pitchers coming up. I'd rather stick to shortstop, where I'll work on my fundamentals and footwork during the offseason.”

While taking the field as the team's short stop, Donaldson is just hoping to go out next spring and have fun in her final year at Grafton.

“This summer I was back in center field for my travel team and during the fall and winter I'm going to be working on my footwork trying to get better and ready for my last season,” Donaldson said.

Following her senior campaign, she is planning on playing one more year during summer ball and will most likely hang up her spikes after that.

CAR DOCTOR

continued from page 16

tipoint inspection. “Your lug nuts are swollen on your 2015 Buick Lacrosse (50,220 or so miles). We may not be able to rotate your tires the next time.” We drove it off the lot brand new 12/31/2014. I have never heard of this. Any thoughts?

Unfortunately, this is a pretty common with some vehicles. The steel nut rusts under the chrome cap. If this were my car, I would replace the two-piece lug nuts with solid lug nuts. The one piece solid lug nuts are chrome plated and won't swell up with age. When replacing the factory lug nuts, make sure they are the same size, use the same size lug

wrench and have the same tapered design as the factory style.

TOM BERKOWITZ
Est. 1980

TRUCKING, INC.

279 Douglas Road • Whitinsville, MA 01588
508-234-2920
www.tomberkowitztruckinginc.com • info@berkowitztrucking.com

Hours of Operation:
Monday-Friday 8am-4pm • Saturday 8am-12pm

STUMP and CONCRETE REMOVAL ROLL OFFS or BRING TO US!!! TRANSFER STATION AVAILABLE

- Residential Curbside Pick-Up • Commercial Pick-Up • Dumpsters
- House Clean-Outs • Bulk Pick-Ups • Demolition • Roll-offs

PUBLIC SCALE: You bring your items - Weigh in and pay as you go!
• Concrete • Bulk Items • Dirt • Asphalt • Leaves & Grass • Brush & Stumps

Bank LOCAL. Borrow LOCAL.

CONVENTIONAL • JUMBO • REFINANCE • CONSTRUCTION

UniBank mortgages¹ are funded locally. Decisions are made locally. Our lenders will put their expertise to work for you and help you to find the right fixed or adjustable rate mortgage for your unique needs.

Get started today! Contact your local UniBank branch or view rates and apply online today!

UNIBANK
Connecting all offices:
1.800.578.4270 • www.unibank.com

Member FDIC • NMLS #583135 ¹Homeowners insurance required. Subject to credit approval. Other terms, fees, and conditions may apply.

EQUAL HOUSING LENDER

SMALL LOAD OPEN YEAR ROUND

CONCRETE, LLC

Custom Concrete - Metered Pours

CONCRETE APPLICATIONS

- Patios
- Pads for AC units, Sheds, Hot Tubs, Etc.
- Footings
- Retaining Walls
- Walkways/Sidewalks
- Curbing
- Steps

Saturday pours available

WHY SMALL LOAD CONCRETE?

- Buy ONLY what you need/metered pours
- Less Expensive than mixing it by hand
- Custom Mix / Pour on the job site
- Cost Effective • No Waste
- 1 Yard Minimum
- Winter rates in effect

Call to schedule your pour today
508-770-1200

34 Providence Road, Sutton, MA
www.smallloadconcrete.com



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.

SATURDAYS, THROUGH AUGUST 31
• Douglas Farmers Market from 9 a.m. – noon. Rain or Shine. Held at the historically

significant E. N. Jenckes Store Museum, 283 Main Street, Douglas. Explore various vendors and support local businesses. Visit the museum and learn about preservation.

MONDAY, SEPTEMBER 2
• The First Congregational Church of Sutton will host their 70th Annual Labor Day Breakfast on Monday, September 2nd from 7:00 to 10:30 a.m. on Sutton Common. Menu includes: eggs, ham, sausage links, pancakes, home fries, cornbread, juice and coffee. Ticket donations \$14.00 Adults, \$8.00 ages 5 to 10 years old and free to children 4 and under. Please bring a donation of non-perishables to benefit the Sutton Food Pantry. For more information contact the church office at 508-865-6914 or email fccs@suttonfirstchurch.net

SATURDAY, SEPT 14
• The St. Vincent de Paul Society at St. Mary's of Uxbridge will host their annual fundraiser "The Friends of the Poor Walk"

at 9 a.m. at St. Mary's Church 77 Mendon Street, Uxbridge. Walkers will meet at the handicapped entrance and then walk or run the town loop at 9:30 a.m. For more information, call 508-278-2226.
• Pasta & Meatball Dinner at St. Peter Parish in Northbridge on Saturday, September 14th starting at 5:30 pm in the Parish Hall. Bring your family and friends for a wonderful meal and meet some new friends. Tickets are \$15 per dinner and include salad and dessert. To go meals will be available for pick up at 5:00pm and all orders must be purchased in advance. Please call the parish office at 508-234-2156 or email parishoffice@stpeterrockdale.org to purchase tickets or if you have any questions.

FRIDAY, SEPTEMBER 20
• Paul D'Angelo set to headline Comedy night at Slater's at 7:30 pm With special guests Dave Rattigan & Jim Ruberti. Doors open at 6:30 PM; show starts at 7:30 PM. Tickets are on-sale now at www.samuels-

laters.com. Samuel Slater's Restaurant is located at 200 Gore Road in Webster.

SATURDAY, SEPTEMBER 21
• The Sixth Annual Lions Club Car Show will be held from 10 a.m. – 2 p.m. at Valley Chapel, 14 Hunter Road, Uxbridge. All cars, motorcycles and trucks are welcome. The event benefits the Lions Club's many community programs. Music, picnic fare, local vendors and Sweet Wise Ice Cream Truck will also be on hand. Registration fee for vehicles is \$15. Admission is free. More than 100 vehicles entered last year. Registration is available in advance by sending a check to Uxbridge Lions Club, P.O. Box 455, North Uxbridge MA 01538. Include name, phone number, vehicle make and model.
• Dog Orphans Inc., 90 Webster Street, Douglas is holding an Open House from 10 a.m. – 2 p.m. Stop by with your formerly orphaned dog to say Hi! There will be raffles, nail trimming for dogs and cats, professional photos by Brielle, hamburgers and hotdogs and a watermelon-eating contest for dogs.

MONDAY, SEPTEMBER 23
• The 18th Annual Uxbridge Senior Center Gold Outing sponsored by the Uxbridge Elderly Connection at the Whitinsville Golf Club. The event will begin at 12 p.m. with

HAPPENINGS!
continued on page 19

Grafton FLEA MARKET

Looking to go into business for yourself OR Looking to expand your current business?

Reach 1000s of people a week



The Grafton Flea Market is an indoor/outdoor market with hundreds of dealers and has been in operation for over 50 years. Conveniently located at

296 Upton St., Rte. 140
on the Upton-Grafton Town Line

For more information call 508-839-2217

or visit www.grafftonflea.com

THE YARD

MULCH • WOOD CHIPS • COMPOST
SAND • STONE • LOAM

605 Quaker Highway (Rt. 146A),
Uxbridge, MA

508.278.2628

P.O. Box 77
Uxbridge, MA 01569



INDIAN RANCH SUMMER CONCERT SERIES

OVERLOOKING WEBSTER LAKE • 200 GORE ROAD, WEBSTER, MA

GET THE LED OUT
A CELEBRATION OF "THE MIGHTY ZEP"
AUGUST 23 • 7PM

Little Feat
CAN'T BE SATISFIED TOUR
WITH SPECIAL GUEST
Steel Wheels
AUGUST 24 • 1PM

ROK FEST 2024
DRAW THE LINE
THE ONLY AEROSMITH ENDORSED TRIBUTE BAND
BEYOND PURPLE DEEP PURPLE TRIBUTE BAND (PLUS HITS FROM WHITESNAKE, RAINBOW & DIO)
BURNING SKY BAD COMPANY TRIBUTE BAND
GOLD AS ICE FOREIGNER TRIBUTE BAND
PINK HOUSES JOHN COUGAR WELLENKAMP TRIBUTE
AUGUST 31 • 12PM

BRETT YOUNG
LIVE IN CONCERT
WITH SPECIAL GUEST
OWEN SEGLING
SEPTEMBER 7 • 1PM

SEVENTH ANNUAL LOCAL GUITAR AWARDS
FEATURING:
REDNECK CASTAWAY BAND - A TRIBUTE TO KENNY CHESNEY
BAND PERFORMANCES BY:
LEXI JAMES & WILDHEART, HOUSTON BERNARD, NATE RAMOS, RED SOLO CUP - A TRIBUTE TO TOBY KEITH
ACOUSTIC PERFORMANCES BY:
KEVIN HERCHEN, WHITNEY DOUCET
PLUS - A SPECIAL PERFORMANCE BY:
RICKY DURAN
SEPTEMBER 22 • 12PM

CHRIS JANSON
SEPTEMBER 29 • 1PM

FOR COMPLETE SCHEDULE AND TICKETS, VISIT WWW.INDIANRANCH.COM

SAMUEL SLATER'S RESTAURANT

LAKESIDE DINING • 200 GORE ROAD, WEBSTER, MA

COMEDY NIGHT AT SLATERS
SPECIAL GUEST **DAVE RATTIGAN** FEATURING **PAUL D'ANGELO** SPECIAL GUEST **JIM RUBERTI**
SEPTEMBER 20

SUMMER HOURS:
WEDNESDAY - SATURDAY (12PM - 9PM)
SUNDAY (12PM - 8PM)

FOR TICKETS, RESERVATIONS AND MORE INFORMATION, VISIT
WWW.SAMUELSLATERS.COM
LAKESIDE DINING • 200 GORE ROAD, WEBSTER, MA

BOOK YOUR PRIVATE EVENT TODAY!

From small groups to large gatherings, we accommodate all party sizes



Email functions@samuelslaters.com or visit www.samuelslaters.com/private-functions

INDIAN PRINCESS PRESENTED BY websterfive

Lake Tours and Specialty Cruises



LAKE TOUR CRUISE	AUG 23 • 4PM
LAKE TOUR CRUISE	AUG 24 • 10AM
MARGARITAVILLE CRUISE	AUG 29 • 6:30PM
SUNSET CRUISE	AUG 30 • 6:45PM
LAKE TOUR CRUISE	AUG 31 • 9:30AM
SUNSET CRUISE	AUG 31 • 6:45PM
SUNSET CRUISE	SEP 6 • 6:45PM
LAKE TOUR CRUISE	SEP 7 • 10AM
SUNSET CRUISE	SEP 7 • 6:30PM
BOOGIE NIGHTS/DISCO DANCE PARTY CRUISE WITH CHUCK PERKS	SEP 18 • 6:30PM
LAKE TOUR CRUISE	SEP 22 • 9:30AM
MARGARITAVILLE CRUISE	SEP 26 • 6:30PM
LAKE TOUR CRUISE	SEP 29 • 10AM
HALLOWEEN BOOS CRUISE WITH CHUCK PERKS	OCT 18 • 6:30PM

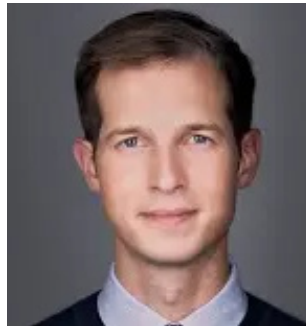
FOR FULL CRUISE SCHEDULE AND TICKETS VISIT
WWW.INDIANRANCH.COM/CRUISES
CRUISING WEBSTER LAKE • 200 GORE ROAD, WEBSTER, MA

Auchincloss to Give Keynote Speech at BVCC event

The Blackstone Valley Chamber of Commerce and the Blackstone Hub for Workforce

Development will host an Educational Breakfast featuring Congressman Jake Auchincloss (D- MA 04) as the keynote speaker.

The breakfast will be held at Galliford's



Restaurant & Tavern, 2 Southwick Street, Mendon on Thursday, September 5 from 7:30 – 9:15 a.m.

Tickets are \$60 for members and \$70 for non-members. RSVP by August 29. Tickets may be purchased at www.blackstonevalley.org.

Auchincloss is serving his second term representing the Mass. Fourth Congressional

District. He has an extensive relationship with and support for STEM careers, workforce training and the connection of work and learning in addition to his work on the committees for Transportation and Infrastructure and the Select Committee on Strategic Competition Between the United States and China. His areas of focus include healthcare, clean energy, gun violence and building a strong middle class.

Grafton Fantasy Football for the Family

The Grafton Rec. Department will host a fantasy football league with a draft two days before the football season begins! We will host the draft at the municipal center in the Recreation Department where we will turn this area into the draft war room with snacks, food, and refreshments and

different football-themed decorations! Bring a laptop or mobile device to draft on.

All ages are welcome, parental involvement required for youth. Draft night Sept. 3rd from 5:30-7:30pm in the Grafton Recreation Dept.

Entry fee is \$10

The season will be a fourteen week season.

Weekly virtual strategy sessions with Grafton Rec staff.

End of season winner will receive a prize! Visit https://graffonma.myrec.com/info/activities/program_details.aspx?ProgramID=29870

HAPPENINGS!

continued from page 18

a shotgun start. Teams of four may sign up to play for \$100 per golfer and nine holes including greens fees, cart, gift bag and buffet supper. A full sponsor package includes green fees for a foursome, cart, gift bag, additional four dinners at your reserved table, tee sign, special recognition on golf program and event press and announced recognition at the awards

supper. The event benefits the Uxbridge Senior Center.

[email officesupport@mystpatrick.com](mailto:officesupport@mystpatrick.com) or call 508-234-5656.

SATURDAY, OCTOBER 12

• St. Patrick's Church Autumn Recycling Event. 8am - 1pm. 7 East St, Whitinsville. We will be accepting gently used books (no encyclopedias) & media; gently used textiles/clothing & accessories; electronics for a fee (no propane, batteries, lightbulbs); rinsed bottles/cans returnable in MA (no glass). Please keep items for each station separate. For more information & pricing,

THIRD WEDNESDAY OF EACH MONTH

• Coin Show at the VFW Post 1385. 13 Cross Road, Uxbridge. 3-7 p.m. Free Admission, Free Appraisals

WILBUR BROTHERS LLC.
 GENERAL CONTRACTORS
 MILLBURY, MA
 FULLY LICENSED & INSURED
DAN WILBUR
 OWNER
508-282-1570
 WILBUR-BROTHERS.COM • WILBURBROTHERS@GMAIL.COM

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**

NORTHBRIDGE COIN & GOLD

68 Church St., Whitinsville, MA
(508) 266-0265
 Store Hours: Wednesday and Thursday 10-5
 Friday 10-7; Saturday 10-2

Shop our always changing inventory

BUYING

Gold & Silver
 Coins & Currency
 Jewelry & Diamonds
 Comics & Cards

Stop by or make an appointment

45 RIVER ST, MILLBURY, MA
 Mon.- Sat.: 11:00 am - 12:00 pm • Sun.: 11:00 am - 9:00 pm
508-581-4088
508-581-4085
508-581-4078

Order for pickup or delivery at RAVIOLISMILLBURY.COM

SPECIALTY Pizzas & Calzones

Ravioli Special Pizza	Chicken Broccoli Alfredo Pizza
Lobster Scampi Pizza	Veggie Pigrim Pizza
Meaty Meat Pizza	Chicken Bacon Ranch Pizza
Tuscany Pizza	Puttanesca Pizza
Hawaiian Pizza	Mad Max Cordon Blue Pizza
BBQ Chicken Pizza	BLT Pizza
Taco Pizza	The Spinache Pizza
Buffalo Chicken Pizza	The Aegean Pizza
Mona Lisa Pizza	Sweet & Sour Chicken Pizza
Teriyaki Chicken Pizza	Cheeseburger Pizza
Quattro Formaggi Pizza	Chicken Fajita Pizza
Steak Bomb Pizza	Shrimp Scampi Pizza
Margherita Pizza	

or Create Your Own Pizzas & Calzones

- PASTA
- BURGERS
- PANINIS • WRAPS
- SEAFOOD • SOUP
- APPETIZERS
- SALADS

FOR ALL YOUR FUEL NEEDS

NEW BOILER INSTALLS

- Crown Boilers
- Williamson Furnaces
- Oil Tank Installs



Central air conditioning and ductless mini splits

ALL NEW INSTALLS COME WITH A 3 YEAR PARTS AND LABOR WARRANTY, AS WELL AS THE MANUFACTURERS WARRANTY.



We do NOT Sell Biofuel!

Which will help prevent system breakdowns.

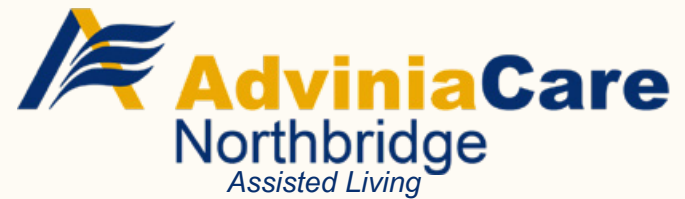
HELP WANTED -

Class B CDL driver with air brake, tanker and hazmat endorsements. Must have DOT Medical Card.



A Full Service Oil Company
24-Hour Emergency Service

WWW.LMTOIL.COM • WE DO ONLINE ORDERING



\$3k YOUR Way

NEW MOVE-IN'S ONLY

We are offering \$3k off your first 3 months (\$1,000 off a month) OR use part of discount to cover community fee!



CALL NIKKI TO LEARN MORE:
508-372-9818



OFFER EXPIRES AUGUST 31, 2024

Ray's

AUTO BODY

Quality Workmanship

Over 35 Years in Business • I-Car Gold Certified

On All Insurance Company Lists

Every Vehicle Must Pass a 25 Point Safety Inspection



FREE RENTAL NEVER PAY FULL DEDUCTIBLE!

188 Worcester St., (Rte. 122) Grafton, MA

508-839-9508

restrictions apply

Print & Deliver

We Print and Deliver your inserts.



Perfect for Big Events, Coupons, Menus and More!

For more information, or to schedule your insert, please contact Laura Gleim at 508-943-8784 or by email at lgleim@theyankeeexpress.com