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## My Heart Lies in **Historic Uxbridge**

BY LINDA WESSLING

hird time's the charm in Uxbridge, Massachusetts. I moved three years ago to our Garden Street ranch house in

Uxbridge from Milford -population of 30,000 plus, and I hail from a busy Boston suburb.

I escaped the congestion and sirens of Milford, having lived on South Main Street which

runs parallel to Milford Regional Medical Center, and the Logan airport noise and constant traffic that comes with living in proximity to Boston.

At first, I was leery of this new-to-me mid-size Blackstone Valley town, but I quickly settled here, unearthing its charm and learning to love what my husband and I refer to as our Garden Street estate, conveniently located less than 100 yards from Uxbridge Shopping Center where we have access to coffee, groceries and take-out dinners.

A close friend lived in Uxbridge shortly after moving to Massachusetts in the early 90's. She piqued my interest in the history of the town by describing the historic mills located on the north side of Uxbridge, which have since been converted to senior housing. This led me to a Google search to pull back the curtains on the beauty of the 30.4 square mile town, of which 0.8 square miles are water, located on the Rhode Island border which became the earliest industrialized region in the United

Uxbridge was named after the

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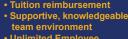
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**UXBRIDGE** 

continued on page 3



## **Library Poetry Tour Coming**

The Shawna E. Shea Memorial Foundation has announced the next stop on its Library Poetry Tour featuring New Bedford poet Jasmine Ramos. This event, part of the Shawna Foundation's mission to uplift diverse voice and foster creative expression in community spaces will take place Monday, May 19 at the Simon Fairfield Library in Douglas; Wednesday, May 21 at the Milford Town

Library; and Thursday, May 22 at the Uxbridge Free Public Library. All readings begin at 7 p.m. and are free. Everyone is welcome to experience the power of the spoken word through Ramos' evocative, high-octane work.

Jasmin Ramos was born and reaised in New Bedfor. After serving in the Army, she embraced her role as a mother of three while passionately pursuing her love for poetry. Her journey reflects a blend of strength, creativity and dedication to her craft.

The Library Poetry Tour is supported by the Milford Cultural Council, the Uxbridge Cultural Council and the Massachusetts Cultural Council and is critical to the Shawna Foundation's mission of giving voice to poets to change the world.

## **Opioid Task Force Funding**

tate Sen. Ryan Fattman (R-Sutton) and State Rep. Mike Soter (R-Bellingham) announce the Blackstone Valley Opioid Task Force, based in Uxbridge, will receive \$129,300 in funds from the

Mosaic Opioid Recovery Partnership. The funds for the program come from settlements paid by drug companies to the state.

The grant will be used to hire a local clinician, case manager, peer mentors and a van driver to provide clinical services and transportation. The grant will support services in Uxbridge, Douglas, Millville, Blackstone, Northbridge, Mendon, Sutton, Upton and Bellingham.

"I'm glad that Uxbridge is receiving the critical funding from the

Mosaic Opioid Recovery Partnership, "said Soter. "This grant will play a vital role in strengthening local efforts to combat the opioid crisis by supporting initiatives focused on prevention, recovery and family care. By addressing the multifaceted challenges of addiction, this funbding will help provide the necessary resources for individuals and families impacted by the crisis. It's an important step in creating a healthier, more resilient community."

ing the critical funding from the

## Dean's List

he following local students have made the Dean's List at Wentworth Institute of Technology for the Fall 2024 semester. Daniel Benoit of Douglas Isaac Stevens of Douglas Adam Holzman of Uxbridge The following local resident has been named to the Fall 2024

Dean's List at Simmons University in Boston.

Eva Llopiz, Douglas

To qualify for Dean's List status, undergraduate students at Simmons must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the





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## 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.

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4th Friday: The YankeeXpress North: Auburn, Oxford

4th Friday: Blackstone Valley North: Grafton, Millbury & Sutton

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#### Blackstone Valley Xpress/@2025

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#### **UXBRIDGE**

continued from page 1

Earl of Uxbridge from Uxbridge, England. Originally, our town

tion and public health.

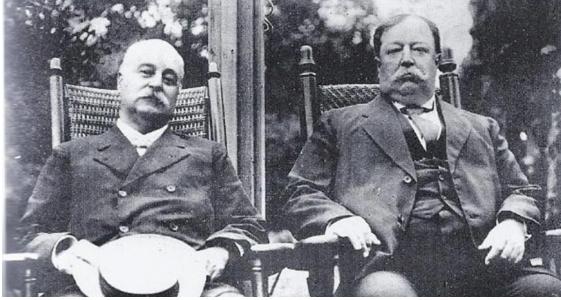
Think vaccination debates are something new? In 1775, Uxbridge voted against the smallpox vaccination, yet just with his father and brother, used the first power looms in their woolen mill. Capron was also a national leader of the abolitionist movement prior to the Civil War

(common with LDS adherents at the time), marrying eight wives and fathering 35 children.

In 1922, two years after women's suffrage, the Uxbridge Board of Selectman defied the

Massachusetts Secretary of State, appointing the first women jurors in Massachusetts.

> **UXBRIDGE** continued on page 4



Above: MA Gov. Eben Sumner Draper (left) and President William Howard Taft. Taft's grandfather was an Uxbridge native. Left, Lydia Chapin Taft, widow of Josiah, was the first legal colonial voter in the U.S.

was named Mendon (Mendham). President William Howard Taft's grandfather was an Uxbridge native. The Taft family migrated in 1680 to a section of Mendon that later became Uxbridge. The town, first colonized in 1662 and incorporated in 1727, played early roles in public education, women's suffrage, women's educatwo years later General George Washington would mandate the vaccination for the Continental Army, believing smallpox posed a greater danger to his troops than the British.

As newly elected president, Washington embarked on his 1789 inaugural tour of New England where his first stop was in Uxbridge. He chose to stay at the home of Revolutionary War veteran Samuel Taft, gifting 30 yards of chintz and five guineas to Taft's daughters for waiting on the visiting party.

Born in 1791, Effingham Lawrence Capron, was a Quaker who, and was considered a "liberator" of the Underground Railroad.

Latter Day Saints (LDS) Church leader Ezra Taft Benson was born in Uxbridge in 1811 and ran Wilson's Hotel in the center of town, earning a sizable sum that he later invested in a cotton mill in nearby Holland. He and his wife Pamelia eventually headed west and were baptized into the LDS Church in 1846 in Iowa. Taft practiced plural marriage



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## Fire Safety Grants for Worcester-**Hamden District**

tate Sen. Ryan Fattman (R-Sutton) announced \$52,053.89 of new grant funding for fire departments across the Worcester and Hampden district in the second round of Fire Safety Equipment Grants. These grants will fund new protective gear and tools like thermal imaging cameras and hazardous gas detectors. Sen. Fattman was also proud to announce \$77,417.48 in grants for the Student Awareness of Fire Education (SAFE) and Senior SAFE programs. These programs promote fire safety for children and the elderly, who are most vulnerable to burns. In total, fire safety programs

in the Worcester and Hampden district will receive over \$125,000 in new grant funds.

"I'm proud to announce this critical new funding to protect our firefighters and keep all residents in our communities safe," said Senator Fattman. "These grants will fund important safeguards for firefighters who put their lives on the line to protect our communities. Additionally, these grants will fund educational fire safety programming for seniors and children, which makes all of us safer."

The following towns in the Worcester and Hampden district received fire safety grants. Among the included towns are:

Charlton: \$4695 SAFE award, \$2175 Senior SAFE award, \$3424 Firefighter Safety Equipment Grant Douglas: \$4697 SAFE Award,

\$2187 Senior SAFE award, \$3831 Firefighter Safety Equipment Grant

Dudley: \$4699 SAFE award, \$2190 Senior SAFE award

Northbridge: \$5180 SAFE award, \$2400 Senior SAFE Award, \$2805 Firefighter Safety Equipment

Uxbridge: \$4700 SAFE award, \$2200 Senior SAFE award, \$3847 Firefighter Safety Equipment Grant

Webster: \$4,075 Firefighter Safety Equipment Grant

#### **UXBRIDGE**

continued from page 3

Six notable Uxbridge women: Lydia Chapin Taft, widow of Josiah, was the U. S's first legal colonial voter. When her husband died, Lydia became the largest landowner in Uxbridge and was given a proxy vote at the annual town meeting.

Deborah Sampson was the

U. S's first woman soldier. Abby Kelley Foster was a 19th century social reformer. Alice Bridges was an Olympic Bronze Medalist swimmer in the 1936 Berlin Olympics. Jeannine Oppewall was a Hollywood film art producer; and Jaqueline Liebergott was the first female president of Boston's Emerson College.

I have lived in numerous towns and cities across Massachusetts

and traveled to many states and cities around the world but my heart now lies in Uxbridge with its history and allure. I enjoy walking around the streets and wooded paths and breathing in the novelty of the area. As Elizabeth Barrett Browning wrote in one of her letters addressed to R. H. Horne in 1839, "The luck of the third adventure" is proverbial.



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## **How to Cope With Market Volatility**



Mark Freeman, CEPA

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The financial markets always go through periods of instability. And we may see more of that now, given concerns about tariffs, inflation and the economy. As an investor, how can you deal with this volatility?

Some investors try to take advantage of market ups and downs by attempting to follow the age-old advice to "buy low and sell high" — that is, they seek to buy stocks when they feel

prices have bottomed out and they sell stocks when they think the market has reached a high point. In theory, this is a great idea, but in practice, it's essentially impossible, because no one can really predict market highs

Rather than trying to anticipate highs and lows, your best strategy for coping with the price fluctuations of the financial markets is to diversify your investment portfolio by owning a mix of stocks, bonds and other types of securities. Different types of financial assets can move in different directions at any given time - so, for example, stocks may be up while bonds are down, or vice versa. If you only owned one of these types of assets, and the market for that asset class was down, your portfolio could take a bigger hit than if you owned a variety of asset types.

And you can further diversify within individual asset categories. Stocks can be domestic or international, large-company or small-company — and these groupings can also move in different directions at the same time, depending on various market forces. As for bonds, they too don't always move in a uniform direction, or at least with the same intensity — for instance, when interest rates rise, bond prices tend to fall, but longerterm bonds may fall more than shorter-term ones, which are closer to maturity with fewer interest payments remaining. Conversely, when rates are falling, longer-term bonds may be more attractive because they lock in higher yields for a longer time. Consequently, one diversification technique for bonds is to build a "ladder" containing bonds of varying maturities.

Some investments, by their nature, are already somewhat diversified. A mutual fund can contain dozens, or even hundreds, of stocks, or a mixture of stocks and bonds. And different mutual funds may have different investment objectives — some focus more on growth, while

others are more income-oriented — so, further diversification can be achieved by owning a mix of funds.

Furthermore, some investors achieve even greater diversification by owning alternative investments, such as real estate, commodities and cryptocurrencies, although these vehicles themselves are often more volatile than those in more traditional investment categories.

While a diversified portfolio is important for every investor, your exact level of diversification — the percentages of your portfolio devoted to stocks, bonds and other securities will depend on your individual risk tolerance, time horizon and financial goals. You may want to consult with a financial professional about creating the diversified investment mix that's right for your needs.

Ultimately, while diversification can't guarantee profits or protect against all losses, it can help you reduce some of the

risks associated with investing and better prepare you to deal with the inevitable volatility of the financial markets — two key benefits that can help you over the many years you'll spend as an investor.

Contact Mark today to discuss this topic or any of your financial goals.

Mark Freeman, CEPA Edward Jones Financial Advisor 77 West Main Street, Hopkinton, MA 508-293-4017 Mark.Freeman@edwardjones.com

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

You must evaluate whether a bond or CD ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances. Including callable bonds may increase the interest rate risk of a bond ladder. Bonds may be called prior to maturity, which could result in lower yields with new investments..

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## **BVT Has a New Superintendent**

or the first time in 31 years, the Blackstone Valley Vocational Regional School District is proud to announce that, effective July 1, 2025, Assistant Superintendent-Director/Principal Anthony E. Steele II will become the next Superintendent-Director, making him the fourth leader in Blackstone Valley Tech's (BVT) history. With a three-year agreement, he will take over for Dr. Michael F. Fitzpatrick, who will retire at the end of June. BVT is excited about Steele's lead-

ership and his vision for the future.

With nearly three decades of education experience at BVT, Steele has held many roles. The first was in 1997, when he began his career as an English teacher. He can still recall his first interview for this position.

"I vividly remember cresting the hill on Pleasant Street in 1997 and laying my eyes on our school for the first time. Customary jitters aside, I was relieved that my McNally Road Atlas led me to our

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campus on time and without incident. I was confident, yet hopeful to be offered the job, but I never imagined that BVT would become my home for the next 28 years and come to represent my life's work."

For BVT, it was an exciting and pivotal time when education reform would challenge vocational schools to meet the MCAS standard. Bringing a vocational perspective to the position, Steele said, "As a 22-year-old construction worker, I hung up my hard hat to try my hand at teaching English. I never anticipated the numerous opportunities for professional growth beyond improving my classroom teaching."

When Steele was named Assistant Principal/Director of Curriculum in 2001, BVT sustained a feverish pace of redefining what was possible in vocational education.

"It was thrilling to be a key player in transforming BVT from a strong, traditional vocational school to a nationally acclaimed career-technical center for the new era."

He says there has never been a dull moment in his career. "For the past thirteen years, I have been honored to serve as the Assistant Superintendent-Director/Principal under Dr. Fitzpatrick, who encouraged innovation and embraced change," said Steele. "My leadership experiences and growth at BVT were not accidental, but rather a philosophy in action that has al-

lowed our school to develop talent, maintain focus on our mission, and ensure smooth transitions as time passes. We strategically develop succession plans to maintain a deep bench of talent that ensures the upward trajectory of our school for generations. I am well prepared to build on Dr. Fitzpatrick's legacy and lead our school on a continued path of innovation and excellence."

Steele has also served on various state committees and held leadership positions in professional organizations throughout his career, including the Massachusetts Association of Vocational Administrators and the Massachusetts Secondary School Administrators Association. He appreciates the perspective gained from his longevity at BVT and is most proud of the school's culture of high expectations, collegiality, and the resulting success of its graduates.

Steele has been a key player in transforming the school into the successful model it is today. His foresight for the future is exciting for many reasons, and he has several immediate goals for the district:

Expand Access to Career Technical Education (CTE): Establish the Blackstone Valley Technical Institute, which will expand our adult Moonlight Program to implement 200-hour, credential-based programs in HVAC, Electrical, Plumbing, Welding, and Advanced Manufacturing. This grant-funded program will allow us to deliver high-quality CTE to adults interested in upskilling and retraining, provide skilled labor to the local workforce, and generate nontaxpayer revenue to help fund the school.

Artificial Intelligence (AI)
Across the Curriculum: Continue
to refine our AI Governance policies as we embrace this technology
in our teaching and learning. We
are training our academic teachers
and vocational instructors to use
AI in their classrooms and shops,
and likewise, we are training our
students on the responsible use of
AI. It is vital that we stay current with emerging AI tools and
practices and that our graduates



are prepared to utilize AI in the modern workplace.

Maximize the benefits of the "Skills-Based-Hiring" Movement: Through our Cooperative Education (Co-Op) Program, we will continue to increase the number of students placed in Co-Op employment positions. Over 180 students participate in Co-Op each year, providing a seamless pathway to employment after graduation. Our students learn sophisticated career planning through their Career Enrichment courses, and we are giving extra attention to analyzing emerging opportunities as the Skills-Based-Hiring movement grows nationwide. We will also continue to work with employers to create attractive opportunities for seniors going directly to work after graduation.

Expand the Role of The Valley Tech Education Foundation: With sensitivity that there are fewer tax and State dollars available each year, it is imperative to generate alternative revenue streams to maintain the quality of education at BVT. We wish to increase the Education Foundation's efforts to seek charitable donations through businesses, foundations, and the private sector, and expand fundraising activities and events. The goal is to strengthen the quality of education and student opportunities at BVT while decreasing the reliance on member town assessments.



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#### **SUPERINTENDENT**

continued on page 7



## **Junior Police Academy**

he Northbridge and Uxbridge Police Departments are teaming up again for our annual Youth/Junior Police Academy. This FREE one-week program is open to any Northbridge or Uxbridge resident that is entering grades 5, 6, 7, and 8 in September of 2025 and is eager to learn about all types of police work.

Students will learn about the various aspects of law enforcement to include: criminal investigations, crime scene processing, CPR overview, K-9 activities, criminal law and procedure, accident reconstruction, report writing and more.

A typical academy day consist of physical training, morning snack, morning classroom session, lunch, afternoon classroom session, clean-up and then dismissal. Throughout the week, there will be a major focus on personal accountability and respect. Attendees will be provided a uniform tee shirt.

Applications are available at Whitin Intermediate School, Northbridge Middle School, the Uxbridge Police Department dispatch center, and the Northbridge Police Department dispatch center. The deadline to apply is Monday June 30, 2025. For additional information, please contact Uxbridge School Resource Officer Daniel Deveau or Northbridge School Resource Officer Thomas DeJordy.

We hope to see you there!



## **Armenian Church and Community Yard Sale**

he Soorp Aadvadzadzian Armenian Church, 315 Church Street, Whitinsville, will hold its annual Church and Community Yard Sale Saturday, June 14 from 8 a.m. - 2 p.m. on its grounds facing Church Street.

Vendor space is available for a \$15 donation and a limited number of tables area available for a \$5 rental fee on a first come, first served basis. The green lawn, shade trees and great traffic expo-

sure make for a terrific yard sale location. The church will have its own fund-raising tables of donated goods to support its humanitarian programs. Traditional Armenian Losh Kebub sandwiches and rice pilaf will also be available for lunch.

Admission is free with lots of parking behind the church or along Church Street. For details and reservations, email Jeff at katama@gmail.com.

principal roles, and they will lead an exhaustive search for outside candidates as well. Either way, BVT will continue to be led by bold, innovative, mindful leaders with new ideas.

About Blackstone Valley Regional Vocational Technical High School (BVT):

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge.



continued from page 6

"I am eager to provide the unique blend of administrative experience, historical perspective, local knowledge, leadership style, and philosophy required of the next superintendent-director," said Steele. "I am honored to serve my school in this new role, and I am very excited about our future."

Having nurtured the talent within its administrative team. BVT has qualified, prepared internal candidates for the assistant superintendent-director and



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## **Douglas Public Library Schedule**

The Simon Fairfield Public Library's Upcoming Schedule. Please note that some events do require registration. If you have any questions regarding any events, please do not hesitate to contact the library at 508-476-2695 or email at us at douglas@cwmars.org Please note that we will be closed on Monday, May 26 in observance

Children's Book Clubs (Registration Required)

Tue. May 13 at 4 p.m.: Young Reader's (Grades K-2) Piggie Pie by Margie Palatini

Tue, May 27 at 4 p.m.: Book Bunch (Grade 2-5) Museum Kittens: The Midnight Visitor by Holly

Tue. June 3 at 4 p.m.: Young Reader's (Grades K-2) No Roses for Harry by Jene Zion

Thu. June 12 at 4 p.m.: Book Wizards (Grades 5-7) Candymakers by Wendy Mass

Children's Happenings Mon. May 12, 19, Jun 2 at 10 a.m.: Spring Storytime - FULL

Tue. May 13, 20, 27, Jun 4 at 10 a.m.: Spring Storytime (Registration Required)

Wed. May 14 at 11:30 a.m.: STEM Program Ages 3-6 (Registration Required)

Wed. May 14, Jun. 4 at 3:30 p.m.: Lego Club I (Registration Required)

Wed. May 21, Jun. 6 at 3:30 p.m.: Lego Club II (Registration Required)

Wed. May 21 at 5:45 p.m.: Reading to Bryce (Registration Required)

Wed. May 28 at 3:30 p.m. Lego Club III (Registration Required)

Cookies for

the Troops

p.m.: Songwriting Workshop Ages 9-12 (Registration Required)

Tue., Jun. 3 at 11:30 a.m.: Music & Movement with Deb Hudgins

Adult Book Clubs

Tue. May 13 at 6:30 p.m.: Intrepid Readers, The Boys From Brazil by Ira Levin

Thu. May 15 at 6:30 p.m.: Muggle Meet-Up, Harry Potter and the Order of the Phoenix by J.K. Rowling

Mon.May 19 at 6:30 p.m.: Plot Twisters Book Club, Girl with the Dragon Tattoo by Stieg Larsson

Tue. May 20 at 6:30 p.m. : Sci Fi Book Club, The Rising (The Alchemy Wars Book 2) by Ian Tregillis

Thu. Jun. 5 at 6:30 p.m.: Greatest Book Club Ever, Book TBA

Adult Happenings

Wed, May 14, 5/21. 05/28, 06/04, 06/11, 06/12 at 10 a.m.: Fiber Arts Friends

Thu, May 15 at 11 a.m.: Get Help with Jenna Gouin (Registration Required)

Mon, May 19 at 7 a.m.: Mon, May 19 @ 7:00 : Library Poetry Tour by the Shawna Foundation

Thu, May 22 at 5:45 p.m.: Fiber Arts Friends

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> **RSVP Senior** Fraud Helpline.



chael Shain, the founder and president of Thanks To Yanks. This amazing non-profit organization annually accepts cookie donations from local Scouts to send to de-

Also pictured is Mi-

ployed service members. Mr. Shain shared that he finds it "heartwarming to work with such a caring

group of young, dedicated patriots."

If you'd like to learn more about the fantastic work Thanks To Yanks does, you can find them on Facebook - just give their page a "Like"!

ily Brodeur, Emma Breach, and Hannah Grenier from Troop 64825.

are dedicated Girl Scouts from Service Unit 109 (A Valley United),

which serves Douglas, Northbridge, and Uxbridge, here putting

together cookies for members of the armed services.

Senior Fraud Prevention helps seniors recognize, resist, and report fraud. Call the Senior Fraud Helpline to speak with a compassionate listener.

**Call the AmeriCorps Seniors Fraud** Helpline @ 800-297-9760





## Whitinsville Social Library

17 Church Street, Whitinsville 508-234-2095 Northbridgemass/org

#### Hours.

Monday-Thursday: 10 a.m.- 8 p.m. Friday 10 a.m. - 5 p.m. Saturday 10 a.m.- 2 p.m.

## **Monday May 26: Closed for Memorial**

Friday May 30: Opening late at 12 p.m. due to Staff Development

#### **Saturday Snacks & Games**

Saturday, May 10 at 11 a.m.-1

Drop in to the Tween & Teen Room during the stated hours and play one of our board games with your family and friends. Snacks provided.

#### **Virtual: Author Heather World Discusses Spring Bird Migration**

Monday, May 12 at 7 p.m. Join Heather Wolf, author of "Find More Birds: 111 Surprising Ways to Spot Birds Wherever You Are" as she shares tips for jumping into the nature documentary happening around you, also known as spring bird migration. Learn how

to find more migrating birds and witness their fascinating behaviors, as well as cue into birds that will be breeding and raising young in the area. Register for Zoom link.

#### The Whodunnits

Tuesday, May 13 at 11 a.m. Read and discuss "Long Bright River" by Liz Moore. Copies of the book are available at the library or via Libby. Refreshments provided. This mystery, suspense and thriller book club meets the second Tuesday of each month. Register.

#### **Music and Movement with Deb** Hudgins

Wednesdays at May 14 and May 28 at 10:30 - 11 a.m.

Preschool Music & Movement Program. Lots of singing, dancing, games, stories and fun for everyone! For children 1-5 years. Children must be accompanied by an adult.

#### **Local History Help**

Wednesdays at May 14, May 21 and May 28 at 2-3 p.m.

Drop by the library for help on a local history or genealogy project with local historian and Northbridge Historical Society member Carol Brouwer.

#### **Get Help with Jenna Gouin**

Thursday, May 22 at 1:30-2 p.m.; 2-2:30 p.m.; 2:30 - 3 p.m.;3-3:30

Jenna Gouin MBA/MSOL in partnership with Blackston Valley Partnership for Public Health. Register at one of the available times.

#### **Memoir Book Club**

Wednesday, May 28 at 6-7:30

Read "The Many Lives of Mama Love" by Lara Love Hardin. Copies of the book are available at the library or online via Libby. Refreshments will be served. Please

#### **Introverts Book Club**

Thursday, May 29 at 6-7:45 p.m. Come gather at the library with fellow book lovers to read and relax. There are no assigned readings. Bring your own books or browse and borrow one of the library's. Register.

#### **Delayed Opening**

Friday May 30. Open 12 - 5 p.m.

## Free admission for Moms on Mother's Day at the Samuel Slater **Experience**

he Samuel Slater Experience will welcome all moms and mother figures at no charge on Mother's Day, May 11, from 12 - 4

If you have not yet visited this

interactive, immersive museum that tells the story of the American Industrial Revolution with high tech video, sound and motion, make it a

destination for a special Mother's Day trip.

Tickets may be purchased in advance online at samuelslaterexperience.com, using the code MOMFREE, or at the door. Regular ticket price is \$16 for adults,

\$10 for seniors, \$7 for students 5-18, free for kids 5 and under. Please allow an hour and a half for

All gift shop purchases will be 20 percent off.



The Samuel Slater Experience is at 31 Ray Street in Webster. Email admin@samuelslaterexperience. org or call 508-461-2955 for more information.



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## **United Presbyterian Church of** Whitinsville Celebrating 150 Years

ne hundred, fifty years ago, natives of Ireland and Scotland (Scotch-Irish) founded the United Presbyterian Church of Whitinsville. A

century and a half later, we celebrate the many events that have taken place since then, creating the history of our church. The sesquicentennial anniversary of the founding was on December 30, 2024, and we are having a year-long celebration through 2025 to commemorate our rich history.

The "Scotch-Irish" historically refers to Scottish Presbyterian immigrants who settled in Ulster, Northern Ireland, and later migrated to America, bringing their strong Presbyterian beliefs with them. making them a significant part of

Church. Essentially, the Scotching Presbyterianism in the United

the early American Presbyterian Irish played a key role in establish-

Presbyterian Church of Sutton and partly adherents of the Congregational Church of Whitinsville before starting the United Presby-

terian Church in Whitins-

During the anniversary year, we will be having a number of activities in celebration, including, a performance by the Whitinsville Community Center Youth Theater, movie nights, and the removal of a time capsule located inside the church cornerstone and replacement with a new time capsule. We invite the Whitinsville community and surrounding com-

munities to join us for these special events.

Please visit our website at whitinpres.org and click on the "150th Anniversary – Click Here" button for updates.



States due to their large-scale migration and commitment to the

In this area, they were recruited by Whitin Machine Works and were partly members of the United

## **Emergency Shelter Has New Help** for Homeless

he Blackstone Valley Emergency Shelter is continually looking for ways to help those who are experiencing homelessness in our Valley. We have two new opportunities where you might con-

**Emergency** 

sider volunteering. We have started a new program called "Baskets of Hope," which will provide laundry services to those experiencing homelessness. The volunteer commitment is once a month.

The shelter has announced the launch of a new initiative to support the homeless ny offering free laundry services once a month. If you are interested in supporting or volunteering, please reach out via email to by.emergency.shelter @ gmail.com or call 508-266-5122.

Bvemergencyshelter.org.

Mission - to gicve people in an emergency situation a safe place

The BV Emergency Shelter has provided shelter to those in need for the past eight years. The organization works with individuals and families who are experiencing homelessness or an emergency situation.

The BV Emergency Shelter will



be a safe place that links people in stressful situations to providers of services that could include a warming shelter, job training, addiction support, facilities for personal hygiene, mentoring, counseling and consistent accountability.

Our objective is not only to provide temporary assistance but to walk with individual and families in their adverse circumstances.

Towns served are Douglas, Grafton, Millbury, Northbridge, Sutton, Uxbridge, Blackstone and Millville.

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## **Uxbridge Senior Center**

36 South Main Street 508-278-8622

Thursdays: May 15, 22, 29 at 9:30 a.m. Walk & Talk Club. Weather permitting. Meet up spot is the McCloskey School. Must register at the Senior Center.

Tuesdays: June 10, 17, 24 at 11 a.m. Eight week session for Zumba continues at the McCloskey School with instructor Nancy Dalbec. No classes on May 13, 20, 27 or June 3.

Monday, May 12 - 1:30 p.m. Terrarium Planters with Therapy Gardens. Class size is very limited. Sponsored by the Uxbridge Elderly Connection Inc.

Tuesday, May 13 - 1 p.m.

Uxbridge Library Book Club will discuss "Tom Lake" by Ann Patchett. The next meeting is Tuesday, June 10 and the book will be "Who She Left Behind" by Victoria Artamian Waterman.

Tuesday, May 13 - 1 p.m. Benefit enrollment specialist Meka of Tri-Valley Inc will be on hand. Call the Senior Center to book an appointment.

Wednesday, May 14 - 5 p.m. The Uxbridge Elderly Connection Inc Annual Meeting at the Senior Center.

Monday, May 19 - 1:30 p.m. Ask the Attorney with Atty. Ralph Tepper. By appointment only. Call the Senior Center.

Tuesday, May 20 - 9 a.m. to 12

p.m. SHINE appointments with Pat Nectow. Insurance information. Call the Senior Center to schedule.

Friday, May 23 and Monday, May 26 - The Senior Center will be closed in observance of Memorial Day.

Tuesday, May 27 - 11 a.m. - 12 p.m. Free Blood Pressure Clinic with Karen McCarthy, Salmon Health VNA. RSVP to participate and join us for lunch.

Thursday, May 29 - 1 p.m. Teacup Craft with Sally. \$7 donateion. Payment due at sign-up. Class size is limited.

Friday, May 30 -11:30 a.m.-12 p.m. "PopUp Library." Books will be on display to check out,

library card sign-ups, etc. From the Uxbridge Public Library.

Friday, May 30 - 12 p.m. Annual Mother's Day celebration. Join us for this celebration which is sponsored by the Exbridge Elderly Connection. MGM (Michael Orlando and Gary Arnold) will entertain us. RSVP.

Friday, May 30 – 12 p.m. May birthday cake celebration.



## **Douglas Adult Social Center**

331 Main Street Douglas 508-476-2283

Daily Activities

Mondays - Painting class at 9:45 - 11:45 a.m.; Balance & Strength Exercise 12 p.m.; Mat yoga 2 p.m.

Tuesdays - Walking Club 9-10 a.m. at the Town Hall; Cribbage 9:30 a.m.; Zumba 9:30 a.m.; Bingo & Lunch \$4 at 11:30 a.m.; Technology Class 1 p.m. (by appointment only); Line dancing 2 p.m.

Wednesdays - Balance & Strength 10 a.m.; Darts 10 a.m.; Mahjong 1 p.m.; Dominoes 1 p.m.

Thursdays - Walking Club 9-10 a.m. at the Town Hall; Yoga 9:30

a.m.; Pitch 9:30 a.m.; Hand & Foot Cards 12:30 p.m.

Fridays - Balance & Strength 10 a.m.

Special Events:

Thursday, May 22 – 11:30. Lunch & a Movie, "Music of the Heart." Lunch is baked chicken, \$4. Sign up by May 16.

Friday, May 23 - 12 p.m. Ferncroft Wildlife Rescue. All About Opossums. Sub sandwich, chips and beverage, \$4. Sign up by May

Thursday, May 29 - 12 p.m. Blackstone Valley Regional Animal Shelter with information on kitten snuggles and dog reading. Taco









# Sheriff Says Spring "Smishing"Scams Surge

Various or County Sheriff Lew Evangelidis is warning residents about a recent wave of "smishing" scams targeting cell phones across Massachusetts. Smishing, a combination of "SMS" (short message service) and "phishing," involves scammers sending fraudulent text messages with website links to residents' cell phones.

According to the Federal Communications Commission (FCC), a typical smishing scam message may appear to be from your bank or another trusted organization. These messages often contain a link or phone number designed to entice you to click or call. If you engage with these

messages, you risk falling victim to the scam. Once you interact with the scammers, they may manipulate your personal information, which they can sell or use for further scams. Additionally, "smishers" may try to lure you into downloading malware onto your personal electronic devices.

Recent reports state that the following scams have been identified:

- \*\*MassDOT Toll Scam\*\*: In this scam, individuals receive a notification, often via email or text, claiming that they're being contacted regarding unpaid highway tolls. The text may demand payment via fake payment links or phone numbers.
- \*\*USPS Undeliverable Package Scam\*\*: In this scam, individuals receive a notification, often via email or text, claiming that a package sent through the United States Postal Service (USPS) could not be delivered. The message typically includes a link to resolve the issue, which leads to phishing sites designed to capture sensitive personal and financial information.
- \*\*One-Ring Scam\*\*: This scam involves receiving a phone call that rings only once or twice before hanging up. When victims return the call, they are connected to a premium-rate number, resulting in high charges that are billed to their phone. Many area code numbers used in this scam are international, leading to significant unexpected charges on victims' phone bills.

"Residents need to beware of any unsolicited calls that ask for their personal or financial information," commented Sheriff Evangelidis. "These callers can sound convincing, may be aggressive, and try to intimidate you with threats of jail time or steep fines. We encourage anyone who gets a suspicious call to hang up and contact their associated institutions directly to verify any requests."

Finally, Worcester County Sheriff Lew Evangelidis is issuing a warning to residents regarding a "spoofing" phone scam involving the Sheriff's Office. The phone scammer poses as an employee of the Sheriff's Office and informs the victim that they have an arrest warrant, charges filed in their name, or missed jury duty. The scammer then demands payment of a fine to avoid being arrested and serving jail time.

Sheriff Evangelidis says, "In general, if you do not initiate contact and an unknown caller is requesting money or making threats of arrest or loss of utilities, it's likely a scam."

The Worcester County Sheriff's Office encourages people to be aware of text and phone call scams like this and to never give personal or financial information to an unknown number soliciting payments. For more information on the Worcester County Sheriff's Office, please visit worcestercountysheriff.com.







## **Country Bank Welcomes Two New Team Members**

ountry Bank, a leading fullservice financial institution serving Central and Western Massachusetts is pleased to announce the addition of Lucy Sanchez to its Retail Lending Team and Liz Chrystal as the Vice President of Project Management.

Sanchez brings nearly two decades of experience in the banking insutry and a strong commitment to community engagement.

We are thrilled to welcome Lucy to the Country Bank team, Her extensive background in banking and mortgage lending with deep ties to the community and financial literacy., make her an exceptional addition to our retail lending team," said Miriam Siegel, Chief Culture & Develop-

Prior to joining Country Bank, Sanchez spent more than a decade at Freedom Credit Union. She is bilingual, fluent in English and Spanish and is a trusted voice in the Latino community. She played an active role on the Latino Initiative Board and does frequent outreach on television, radio and in newspapers, including authoring a financial literacy column for El Pueblo Latino.

Sanchez has personal experience as a small business owner as a former restaurant owner and the current operagtor of a sewing academy.

This firsthand knowledge of entrepreneurship allows her to better support customers on their own financial journeys.

Liz Chrystal has been appointed as the new Vice President of Project Management.

'We are thrilled to welcome Liz to the Country Bank team.. Her extensive experience across financial services and healthcare, combined with her passion for project leadership and community impact makes her an excellent fit for this role," said Siegel. "Liz's strong commitment to innovation with focus on execution while providing superior customer engagement aligns with our corporate values of integrity, service, teamwork, excellence and prosperity. W are confident that her skills and leadership will enhance our project management function and capabilities during our strategic initiatives forward."

Chrystal brings more than 16 years of project management experience including two years in the financial services industry. She holds a Bachelor of Arts in Business Administration and a Project Management Professional certification from Bryant University.

She has received a SHINE Award from Boston Medical

Center HealthNet Plan for her work in integrity and quality assurance. She also contributes to the Springfield Rescue Mission and the Cupboard Pantry in West Springfield.



## Plummer Place -Northbridge Senior Center

20 Highland Street Whitinsville 508-234-2002

Monday, May 12 - 2 p.m. Grief Support Group. All are welcome.

Tuesday, May 13 – 11 a.m. – 12 p.m. Salmon VNA Blood Pressure

Wednesday, May 14 - 9:30 a.m. "Women on the Move", the Plummer Place women's circle.

Wednesday, May 21 - 10:30 a.m. Book Club. Call for the assigned

Thursdays - 9:30 a.m. Meditation with Michelle. Set your intentions for the day in a calm, safe environment.

Wednesdays – 1 p.m. Plummer Place Singing Group with Raianne Richards. Develop your skills, enjoy camaraderie and songs. Call the Center to sign up. \$5 per class.

Writing Your Way meets the second and fourth Thursday of the month. Lori Gannon, instructor.

The following programs require registration:

Wednesday, May 21 – 1-2 p.m. Healing Crystals Program. Discover the healing powers of crystals, get an overview and basic understanding with LeeAnn Schotanus, owner of Studio East, Reiki Master and Yoga Instructor.

Thursday, May 22 - 10 a.m. "Everything You Wanted to Ask a Park Ranger and More!" Join Park Ranger Viola Bramel as she provides us an overview of the National Park Service and how to get various senior perks and benefits.

Tuesday, May 27 – 2-3 p.m. Medicare 101 with Joe Best. How and when to apply for Medicare, Medicare Advantage and explanation of Part D.

Wednesday, May 28 - 1-2 p.m. "Adapting as We Age." How to best navigate constant change so that we can continue to enjoy our lives and out loved ones. Learn the importance of developing a personal management system, sponsored by

Thursday, May 29 – 1-2 p.m. "Eating for Heart Health." A nutritional program to improve your heart health and lower your risk of developing heart disease.





# BVT Superintendent's Scholars Named Dylan Leeds of Northbridge and Jayden Quang of Millbury



ULLY INSURED • FREE ESTIMATES • RESIDENTIAL & COMMERCIAL www.gutters-downspouts.com Blackstone Valley Regional Vocational Technical High School (BVT) seniors Dylan Leeds of Northbridge and Jayden Quang of Millbury were recently honored as BVT's 2025 Worcester County Superintendents' Association (WCSA) Scholar Award recipients at the WCSA Annual Scholars' Recognition Luncheon.

They are the recipients of the Massachusetts Association of School Superintendents (M.A.S.S.) Award of Academic Excellence. The annual commendation, also known as the Superintendent's Scholar Award, is presented to the two seniors who exemplify the school's commitment to cutting-edge career technical training and rigorous academics. BVT is proud to recognize and celebrate the achievements of Dylan Leeds and Jayden Quang, who consistently demonstrate a commitment to academic excellence and continually contribute positively to their school community.

Dylan Leeds is a scholastically talented student who excels in and outside the classroom. Named a Commended Student in the 2025 National Merit Scholarship Program, a Rensselaer Medalist, and a member of the National Honor Society and the National Technical Honor Society, His dedication to academic and vocational studies was demonstrated in 2022 when he earned a gold medal in the Mobile

Robotics competition at the SkillsUSA State Leadership & Skills Conference and again in 2023 when he earned the gold medal in the Mobile Robotics competition at the State Leadership & Skills Conference and the District V Technology, where he plans to earn a Bachelor of Science in the Mechanical Engineering program. He will be well-prepared to establish his professional career in the traditional mechanical design and engineering industries, as well as





Dylan Leeds (left) of Northbridge and Jayden Quang of Millbury have been named BVT's recipients of the Massachusetts Association of School Superintendents of Academic Excellence. They will graduate in May from BVT's Engineering & Robotics program. Photos submitted.

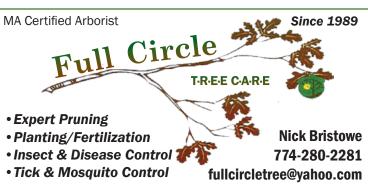
Leadership Conference—advancing to the National Leadership and Skills Conference where he placed in the top 10. A John & Abigail Adams Scholarship recipient, Dylan has made the Commendation List every term of his high school career. Dylan also participates in the cooperative education program employed at Primetals in Sutton, where he applies his mechanical engineering skills.

Dylan is excited to further his technical training and hands-on learning at Wentworth Institute of emerging opportunities such as manufacturing and the development of biomedical and electromechanical devices.

Jayden Quang is the Distributive Clubs of America (DECA) Vice President of Hospitality, the Varsity Math Team Captain, and a National Honor Society and National Technical Honor Society member. He earned the Most Outstanding Student award in Engineering and











intellectual/developmental disabilities and other complex challenges.

## Tai Chi for Body and Mind at **Plummer Place**

ynne Galluzzo is the new Tai Chi instructor at Plummer Place, the Senior Center in Whitinsville. She has over six years of experience practicing Tai Chi both in-person at Plummer Place and leading classes online.

Galuzzo has a deep passion for the art and describes it as a graceful, flowing practice, like a slow meditative dance.

In addition to Tai Chi, Galuzzo enjoys Qi Gong, an ancient disciplaine that combines gentle stretching and mindful breathing. Both Tai Chi and Qi Gong are good matches for all fitness levels and require no special equipment, just comfortable clothing.

P{lus, all movements can be done standing, without the need to get up and down from the floor. The health benefits of these practices are well-documented. Studies, including research from Harvard Medical School, highlight improvements in balance, memory, flexibility and self-confidence.

"I'm not very athletic," Galuzzo said, "but this is fun, easy and engaging. It's made a real difference in my life."

The classes are offered at Plummer Place every Monday at 11 a.m. They are also on Northbridge Community TV (NCTV) at any time. Try it – it's a practice that nurtures body and mind.

#### **SCHOLARS**

continued from page 14

Robotics in the 2022-23 and 2023-24 school years. His dedication to academic and vocational studies was displayed when he earned a silver medal in Mechatronics at the SkillsUSA State Leadership & Skills Conference in 2023 and 2024. A John & Abigail Adams Scholarship recipient, Jayden has made the Commendation List every term of his high school career. In addition to academic success, lavden excels as a student-athlete on the soccer field—a contributing member of Colonial Athletic League boys champion teams in 2023 and 2024.

After analyzing multiple placement opportunities and options that will strengthen his workforce entry options, Jayden is eager to further his education and training by studying computer science at the Georgia Institute of Technol-

"Dylan Leeds and Jayden Quang exemplify the modern career-technical student by demonstrating extraordinary commitment to career technical training and rigorous academics and are an inspiration for their peers and teachers. It is a pleasure to have them represent our school," said Steele. "It is equally exciting to see how they apply what they have learned at BVT and in their future professional endeavors."

#### OBITUARY

Hannelore Amelia Pacheco (Kuhlmann), 95, formerly Holbrook, known affectionately as Hanna to her friends and family, passed away peacefully of natural causes on May 1, 2025, in Raynham, Massachusetts. Born on December 8, 1929, in Mecklenburg, Germany, she was a beacon of adventurous spirit, generosity, and captivating charm throughout her 95 years.

Hanna's early years in Germany were marked by an appreciation for the great outdoors, a passion that only grew as she did. Her love for ice skating, skiing, and hiking was matched by her talent in each, and became an integral part of her life. Her melodious voice found a home at The Boylston Schul-Verein, Walpole, a German Club, where she joined the singing choir, and she sang with gusto and joy, sharing her culture and zest for life with all those around her.

A master of the garden, Hanna cultivated beauty and life in the soil of her home in Holbrook, creating an oasis that reflected the care and attention she gave to every aspect of her life. Her gardens were a symbol of her nurturing soul, a

trait that extended into her relationships with her loved

She is reunited in eternity with her husband, Manuel Costa Pacheco, her mother Dora Becker, and her sister, Ursula Clark, whom she cherished deeply. Hannelore leaves behind a legacy of love carried on by her children Bruce Pacheco and wife Beth, Mark Pacheco and wife Linda, and Michelle McSherry and husband George, her grandchildren Jonathan, Lauren, Emily, Hannah, Katelyn, Shane and Joshua and her greatgrandchildren Evelyn and Kellan. Each family member carries forward a piece of Hanna's extraordinary legacy through their own

Those who knew Hanna will remember her as a woman who embraced life's challenges with a remarkable blend of strength and grace. Her generous nature knew no bounds, and she was always the first to offer help to anyone in need. Her life was a tapestry of experiences that made her one of the most interesting and engaging individuals to be around.

Hanna's passing leaves a void in the hearts of all



who loved her, but her spirit remains a guiding light. Her adventurous tales, her laughter in the chorus, and the beauty of her gardens will continue to inspire and comfort her family and friends. Hannelore Amelia Pacheco's life was one welllived, full of passion and kindness, and she will be dearly missed by all who had the privilege of knowing her.

A private memorial service honoring her life will be held at Cartwright funeral followed by burial at Blue Hills cemetery.

The family would like to thank Old Colony Hospice of West Bridgewater for their compassionate care. Memorial contributions may be sent in lieu of flowers to Old Colony Hospice, 321 Manley St. West Bridgewater, MA 02379.

www.oldcolonyhospice.org





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BY AMY PALUMBO-LECLAIRE

'm getting attached. I've fallen in love with a spunky puppy who's turned three and stolen my heart. I've watched him learn how to swim, catch a frisbee on the fly, and study ants. I've admired the magnificent way he soars across a frozen pond, and skids freely while I holler his name. "Lewwwk! Come."

The emphatic tone of the command resonates. He freezes and spins back towards me. "Don't worry, Momma! I was just exploring the winter lake!" He settles down at my feet, lifts his head high and

#### LIVING WITH LUKE

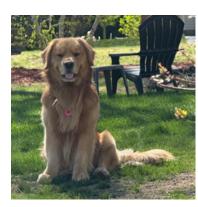
## A Potent Kind of Love

brandishes a wolfish smile. "Life is so good." I massage his ears and compliment him. "You're the best boy, Luke. Thank you for listening. Mummy doesn't want to lose you."

It's true. Luke is a big part of my life now. I don't want to lose him.

A dog's life is short. Dog parents sign up knowing this—even those who have experienced multiple passings. The joy of owning and sharing a life with a dog seems to supersede the pain of losing one. Nonetheless, the loss is nearly unbearable. Regardless of our dog's age, we are never ready to say good-bye.

Ten years is considered an average life span for a Golden, with some studies suggesting that a decade is considered generous. Luke laps a wedge of blueberry scone from the palm of my hand. He's trying so hard to "be easy" these



days. He lowers his head like a lamb's while I pet him. "Maybe you can give me just one more piece to reinforce a learned habit."

Ten years? My pup is already three and we have so much more to accomplish. There are beaches and rivers and friendships to soak up. There are trails and bunnies and football games to follow. His gaze



rests on the last piece of scone. Luke is unconcerned with the doom and gloom of his too-short life, or the fact that his mom will suffer a numbing, hollow pain, one redeemed only by strange, erratic dreams. What just happened? Where's Luke? Oh, not this. My dog. Sigh.

'You're having a good day, aren't you, Luke?" He lifts a paw to agree. "Every day is a good day when we're together Momma." Luke does not concentrate on suffering. He has people to see and places to go. That's what got me thinking.

#### **Dogs Live in the Moment**

Dogs naturally live every day as though it's their last. Have you ever noticed how grateful a dog is to be a part of the simplest of routines? "I GET TO COME ON A CAR RIDE WITH YOU!!!!" He barrels down the stairs when I give him the affirmative signal, the jingle of his leash and a high-pitched voice. "Luke can come to." It doesn't matter where we're headed, but only that we are together. Traffic jams are simply an opportunity to see

drivers up-close.

"Hey, Mom—that lady is laughing at me." I notice him tilt his head to the driver behind us. Indeed, her smile is lavish. I explain to him that adult drivers love to see dogs in cars. "The sight of a cute dog is a welcome surprise and respite from road rage. She's not laughing at you, she's just happy to see you, Luke." His frozen stare becomes a smile. "If you think I'm cute, you ought to see my Daddy."

#### Dogs Receive and Give Freely.

In life, giving often feels better than receiving. The "giver" receives a surge of joy when presenting a gift to a loved one. "I thought of you when I saw that stuffed bunny on the shelf. I know how much you love to watch them in our yard, so I found you one. This brand is known for the longest chew time, too." We pat ourselves on the back and glimmer with a giver's high. Here's the truth. A stranger could offer your dog a cardboard box and

**LUKE** 





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#### **REAL ESTATE**

## Do You Think the Housing Market's About To Crash? **Read This First!**

ately, it feels like a lot of people have been asking the same question: "Is the

housing

market about to

crash?"

been

If you've

scrolling

through

watching

social media or



BY MARK MARZEOTTI

the news, might have seen some pretty scary headlines yourself. That's why it's no surprise that, about

70% of Americans are worried

about a housing crash in 2025. But before you hit pause on your plans to buy or sell a home, take a deep breath. The truth is: the housing market isn't about to crash - it's just shifting, and that shift actually works in your favor.

Today's Inventory Keeps the Housing Market from Crashing. Economists are saying, there's just generally not enough supply. There are more people than housing inventory. It's Econ 101. Think about it. If there's a shortage of something – like tickets to a popular concert - prices go up. That's what's been happening with homes. We still have a shortage of supply. Too many buyers and not enough homes

push prices higher. Even though the number of homes for sale is climbing, data from Realtor. com shows we're still well below normal levels

That ongoing low supply is what's stopping home prices from dropping at the national level. Again, economists are saying "...

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#### **LUKE**

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he will be just as happy to receive it. "I love boxes!! Especially square Amazon boxes!! Let me at it!" The box will move and bounce like a live cartoon while he wrestles. Dogs are fully and naturally appreciative. They give and receive freely.

#### In a dog's world, giving is natural. Receiving matters just as much.

Our dogs provide us with intangible gifts, the stuff money can't buy. They give us their time, companionship, unconditional love, loyalty and affection. We give back all of this, along with a forever home. When we are sad, we need to think about all that our dogs have received. Like them, we need to be grateful.

Where would Luke be without all that he's received from me? What if a different family with a different lifestyle didn't realize that he has a mild case of claustrophobia? "These people are cool, but these four walls are getting old." What if he sat crated all day long? He'd scratch at the latch, I imagine, and find a way to free himself. Then, like an episode from Lassie, he'd run and run along back roads and find his way back to me. "Luke!! I missed you so much!" We'd roll around on the ground like a pair of fools.

Right now, I don't have to miss Luke or worry about the future.

I have today. We have today! He curls up on his bed like a fox, tail wrapped around his mouth. "Love you, Luke." I collapse by his bedside and snuggle for a few moments. Then I fluff up his blankets on the floor, in case he wants to change positions throughout the night.

Luke will receive rich and priceless gifts from me each day, until he's ready for his last. Life is too short for my gloom. We will stay blessed by a life lived out loud and with a potent kind of love. (I still pray that this meatball will reach a solid nineteen).

Write to Amy: amyleclaire@hotmail.com Visit Luke: livingwithlukevalentino@IG



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## The Glowing Stone and the Ghost Girl

BY THOMAS D'AGOSTINO

he strange paranormal events that transpired in St. Stephen's Cemetery in Attleborough, Massachusetts, established in 1889, caused nationwide attention. So much so, that it was said to be on the show, Unsolved Mysteries. Although the segment aired a long time ago, some of the locals still living in the area remember cars reportedly lined on both sides of the street full of paranormal enthusiasts, thrill seekers and legend trippers all

there to see for themselves, the legend of the glowing stone.

The marker is not any special elaborate monument or anything that would immediately stand out from the rest of the headstones or memorials. Yet, the stone (name withheld out of respect) has been heavily studied and investigated by paranormal researchers and scientists alike. It was proven that the stone would glow with a greenish hue around dusk and into the early twilight. Fantastic accounts of people witnessing the sun's rays dipping below the ho-

rizon while the memorial would begin to ooze with light on its own accord. Investigators of various sciences gathered and tried many experiments, including turning the stone to dispel the possibility of an outside reflection being cast upon the marker. This was to no avail as the stone still emitted the now famous light. After returning it to its original position, the stone took on a reddish hue for several days before returning to its familiar green glow.

The date of decease on the stone are 1962 and 1964 which means the phenomena began sometime after the stone was put into place in the 1960s. From then until recently, the legend of the glowing stone has sent scores of people on a pilgrimage to witness the uncanny event. Alas, recent reports state the stone no longer glows, but that has not stopped some from visiting in hopes of perhaps an encore performance of the green glow.

If one does not witness the glowing stone, perhaps they will get a visit from one of the resident ghosts of the cemetery. The road that goes to the left of the giant cross leads toward the rear of the cemetery where Eugene (1881-1924), his wife Albertine (1888-1936), their son Ernest (1918-2002) and two year old Doris Doucette (1917-1919) are buried under a monument bearing their names. Eugene and Albertine had six children in all, but only two are buried with them. One of them, Doris, seems to enjoy greeting visitors who happen to wander into that section of the cemetery.

There are numerous reports of a child's footprints left in the wet grass or on the pavement. Other reports include the sound of footsteps that resemble a small child walking or skipping. The sound usually follows people as they walk down the road near Doris's resting place. Some have heard the laughter of a small child near the grave as well.

The ghost of Doris also appears every now and then. Her apparition appears near her grave and then vanishes into thin air. Witnesses have also seen the ghosts of who they believe are Albertine and Eugene roaming around their gravestone, probably looking for Doris as she frolics among the tombstones looking for someone to play with. Whether The ghosts know the living are there, or just appearing and disappearing at random is anyone's guess. Perhaps they are just eternally passing time, a mom and dad spending the afterlife with the daughter they lost so young. If you should happen to visit the cemetery and see any one of the ghosts of Eugene, Albertine, or Doris, you may want to make an attempt to ask them why they linger in the place where their mortal frame is interred. Who knows, you might just get an answer.





## Filling Voids for the Team's Sake

BY CHRISTOPHER TREMBLAY, STAFF SPORTS WRITER

rowing up, Lorelai Drapeau started playing Nipmuc youth softball because of her dad's baseball background. Not only did he influence her, but he was also her coach and she found that she truly enjoyed the sport. Eventually she began to

addition to making her feel more accomplished playing the sport on a higher level.

While the Thunder allowed her to improve upon her game, she came to the conclusion that there was just too much drama and that was not the scene for her so she tried out for the Blackstone Valley Venom, another local tournament team.

In the early days playing for the town league Drapeau found herself trying many different positions, but third base is where she believes that she is at her best. During her freshman season playing for the varsity team, she found herself getting into a few games here and there, but it was playing the hot corner. That same year, she decided to try winter track for something to do; her she would throw the shot put and run the hurdles. Last fall she found herself bored and decided to join the soccer team with her friends.

eryone had grown over the years.

She had worked hard at improv-

ing her craft and playing for the

Venom helped her to bring her

game to the next level. At that

just a sport.

point softball became her life, not

"When I joined track I figured that I had the arm for the shot

put, it was throwing in a different way," she said. "As for the hurdles, there were no girls doing it so I threw myself into the event and seemed to pick it up quickly. My best friend's brother was a hurdler so he helped me out."

During her sophomore campaign on the softball field, she found herself playing first base for a couple of games and coming into this year she knew that things were going to be different, the team having graduated a lot of seniors.

"I knew this year, although my heart is at third base, I'd probably being playing different positions and it could be difficult at times," Drapeau said. "I don't mind playing different positions if it's going to help the team out. I just want to do my best while helping the team win more."

Playing different positions was

an understatement as Drapeau got ready for her junior season for the Rams. At the time of this writing, Northbridge has only played six games and Drapeau found herself as the opening day pitcher. She has played behind the plate, as well as her third base position.

"Being short on numbers, having only 10 players, I knew that there was a big possibility that we would need someone this year to give our number one pitcher a rest," Northbridge coach David Mills said. "However, due to an injury at that position Lorelai was thrust into action almost immediately and she opened the season for us."

Drapeau mentioned that it was no big deal to move into the

**SPORTS** 

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get noticed for her talent on the

"In addition to playing softball

I was also involved in gymnastics; a sport that I had enjoyed for the

longest time but I was growing

out of it," Drapeau said. "At that

time people were also telling my

player and should join a tourna-

Drapeau gave up gymnastics

and decided to join the Central Mass Thunder, where she was

hoping to fulfill her softball life-

style. Originally, she found that

playing for a tournament team

that in the long run it would be

a change for the better for her in

was definitely different, but knew

dad that I was a good softball

ment team."

"I figured that I was going to make the U16 team, but to my surprise they selected me to play for the U18 College Showcase team," she said. "I remember getting that text; it was a huge confidence builder. It was crazy that I wasn't going to have to work my way up to get to that team and the program was a welcoming community, something that I was looking for."

Although it was an entirely new situation for her, Drapeau noted that she knew some of the girls and upon entering her second season with the Venom she has not only found the character development that she was looking for, but she also noticed how ev-





THE CAR DOCTOR jpaul@aaanortheast.com

## Calipers Rusting Prematurely, Most Likely Road **Treatments Are the Cause**



I changed calipers, rotors, and brake pads and both • back tires of my 2012 Acura TL on December 2024. The work was performed at a AAA repair shop. Now the calipers look completely rusty. What should I do now?

Surface rust is not too serious, it is more the • caliper slides that you need to make sure are properly lubricated. Certainly, you could take off the calipers and paint them to prevent more rust. Rustoleum makes a high temperature caliper paint. The rusting issue is typically caused by ice melting chemicals. The latest replacement for rock salt, such as calcium chloride, and magnesium chloride, often in liquid brine form are great for road safety but tough on car parts and bridges. You certainly could stop at the repair shop, show them the calipers, and ask if they have had any issues with that part or supplier.

I have a 2020 Subaru Forester and when it was ● in a local shop for an oil change the technician showed my some cracking in the front suspension bushing. He said it was not serious, but it is something I should take care of in the future, maybe by year end. Any thoughts on this?

Some cracking in rubber bushing is normal • and to be expected with age. If you take a screwdriver and stress the crack and it goes completely through the bushing, the bushings need replacement. In fact, Subaru states cracks with a width greater than 13mm (1/2 inch) will have an impact on the vehicle ride quality and will require replacement. Cracks with a width of 13mm (1/2 inch) or less will not cause any functional concerns and will not require replacement.

I had an issue with my car running rough. I went to • the dealer to ask about service, and they suggested based on experience, that the car has excessive carbon build up. They recommended cleaning using walnut shells. What do you know about this?

Years back the engine combustion chamber and • specifically the intake

valves would build up with carbon deposits. The issue was mostly solved with gasoline with a higher percentage of cleaning additive. Today we are seeing a

similar issue with direct injection design engines. Direct injection engines are prone to carbon buildup because fuel is injected directly into the cylinder,



BY IOHN PAUL

rather than at the intake valves. This lack of fuel cleaning additive at the valves and ports leads to more combustion deposits over time. The walnut shell blaster is used once the intake manifold is removed to blast off any deposits. I first heard about walnut shell blasting to clean carbon buildup in aircraft engines. The walnut shell abrasive can be easily targeted to the valves and without causing damage to any other

I recently purchased a lightly used Ford Transit • van that was used by a caterer who purchased it new. I

#### **CAR DOCTOR**

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#### **CAR DOCTOR**

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like the truck. It works out great for my work and for bringing my art to flea markets. The one odd issue is on warm days when I have the air conditioner on, and I sit parked I hear a weird noise. It sounds like dripping water on a hot pan. Any ideas?

You are exactly correct it is water dripping but • not on a pan but on the exhaust system. When the air conditioner is working it removes moisture from the air and that moisture drains on the ground. The air conditioner evaporator drain hose needs to be lengthened and repositioned to allow the water to drain without hitting the exhaust.

I just purchased a 2012 Volvo S-60, and it is really • a great car. It feels solid, gets decent mileage but there is one issue that bugs me, there is not an exterior trunk lock. Can a

From what I have gleaned looking this up, the lock • is there, but there is no access to it. The trim piece needs to be removed, and a hole drilled

and then you have access to the lock. The lock is then covered with a plug to keep things weather tight.

I recently inherited an old Jeep. It was a former army Jeep, and it looks like it is in good condition, sort of. The brakes are shot, and the engine is stuck. The brakes look simple enough to fix, but the engine has me concerned. Any idea where to start to free this up?

I would remove the spark plugs and add Marvel Mystery oil to the cylinders. Or vou could make vour own cleaner. Mix a 50/50 mix of transmission fluid and acetone also works well. Add this to the cylinders and let the mixture do its magic overnight. The next day try rotating the engine by hand. Go a little in each direction until vou can make a complete revolution. Add more Marvel Mystery oil or the homemade mixture and rotate the engine until it feels smooth. Once everything is moving then you can move onto fuel and ignition. When you get it running there will be a lot of smoke from the oil, but it should clear up over time.

#### **REAL ESTATE**

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if there's a shortage, prices simply cannot crash."

More homes for sale means price growth Is easing, and, as more homes become available, that takes some of the intense upward pressure off home price growth leading to healthier price appreciation. So, while prices aren't falling

nationally, growing inventory means they also aren't rising as fast as they were. What we're seeing is price moderation and that moderation should continue through the rest of this year. In 2025, you should expect the pace of house price appreciation to moderate from the levels seen in 2024, while still maintaining a positive track. Put simply, that means prices will continue going up in most areas, just not as quickly. That's good

news for anyone who's been having trouble finding a home and feeling sticker shock from the rapid price appreciation of the past few years. But of course, what's happening with prices and inventory is going to vary by local market. So, talk to The Marzeotti Group or another trusted agent to find out what's happening where you live. Don't let the talk scare you. Experts agree that a housing market crash is unlikely in 2025.

#### **SPORTS**

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pitching circle for the Rams as she had pitched before in her earlier playing days.

"It wasn't out of the ordinary and I knew that I could handle the situation," she said. "The biggest problem was that I am very hard on myself and my biggest fear was that I'd be too hard. It was a challenge at first, but I realized that I was doing this for the better of the team."

The Northbridge coach went on to say that Drapeau does everything for the sake of the team.

She has stepped up to fill a void; it's a pretty big thing to do and can be extremely difficult at times," Mills said. "Teams usually have only a limited number of

pitchers and it is really hard to find someone last minute. Lorelai gave up her position to help the

At the plate the now junior has steadily improved her hitting over the years. This year, along with the other juniors, she will be counted on heavily. Mills was also looking for the junior to move up in the batting order; last year she batted sixth and so far this season she has been batting in the number three slot, where the coach is looking for some contribution.

Individually, Drapeau is hoping to create community at Northbridge, bringing everyone closer together like it used to be when she first made the team two years ago. She wants the rest of the team to come to practice excited while having the same passion for the game as she does. Drapeau is also looking for the team to be

in the right mental aspect for the game. She noted that softball is a game of failure and you need to help not only yourself but your

While it's still early, the junior would love nothing more than to continue to softball career after high school is done. Currently she is looking into Salem State, Springfield College and Endicott College as some places she would like to attend. At this time, the early leader is Endicott, as it not only has the major she is looking to get into but they also have good softball program.

With college still in the future, the Drapeau is just hoping that she can put her softball skills to the best use and help her team advance into the State Tourna-

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# Happenings!

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

#### FRIDAY, MAY 9

• Mendon/Upton Cub Scouts Pack 1 will host a Comedy Night at the End Zone Sports Pub, Mendon. Headliner is Mo Mussa, the 2021 winner of New England's Funniest Comedian and a finalist in the 2023 Boston Comedy Festival. Show is for 18 years and older. Tickets are \$30 and may be purchased at Mendon Imperial Gas and Country Store or ggomes1113@ gmail.com or online using Eventbrite. Show is 8-10 p.m. Doors open at 7 p.m.

#### **SATURDAY, MAY 10**

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• The Millbury First Congregational Church, 148 West Main Street, Millbury is sponsoring a Flea Market and Craft Fair from 9 a.m. to 2 p.m. Anyone wishing to reserve table space, please call Jeri Stead 508-865-5371. The \$25 inside area consists of a large supper table plus a card table. Inside tables can be organized the night before. An outside reservation is \$15, and those chancing the weather need to provide their own table. "The Kitchen" will be selling refreshments and at lunch time, hot dogs will be served. There will also be a Bakery Table, and a Church Flea Market Table.

- Open House and Reptile Show The Touchtone Community School, 54 Leland Street, Grafton will hold an Open House and Reptile Show from 9 - 11 a.m. Experience reptiles from around the world! Meet (and hold!) 15+ species, and learn about their diets, defense mechanisms, and conservation efforts to protect their natural habitats. Discover how actions at home affect global environments, and inspire your child's interest in environmental stewardship. Ideal for ages 6 - 10. Limited Space. Register to hold your spot: touchstoneschool.com/scalesandtales.
- Booklovers' Gourmet presents "Technicolor Daydream" paintings by Jennifer D'Andrea on display and for sale during the month of May in the café gallery at 72 East Main Street, Webster. A meet and greet with the artist will be held from 2-4 p.m. with light refreshments. Free and open to the public. For more information, call 508-949-6232.

#### **THURSDAY, MAY 15**

• Historical Portrayals by Lady J presents "Farm Girl on the Front Lines: Deborah Sampson's Secret" highlighting the story of this Patriot woman who disguised herself as a male to serve her young country. At 1 p.m. in the Sutton Senior Center, 9 Hough Road,

Sutton. Presented by the Sutton Historical

#### SATURDAY, MAY 17

- Free Kids' Clothing Giveaway at Valley Chapel, Uxbridge: Families in the community are invited to a Free Kids Clothing Giveaway from 9 a.m. - 12 p.m. at Valley Chapel, 14 Hunter Road. This family-friendly event offers free children's clothing of various sizes, and everyone is welcome to come and find what they need—no registration or proof of income required. In addition to clothing, there will be fun activities for the kids, including yard games, face painting, popcorn, and cotton candy. It's a great opportunity for families to enjoy a morning together while picking up some essentials. While all items and activities are free, guests are welcome to bring non-perishable food items to contribute to People First the food pantry of Uxbridge. Donations are appreciated but not required to participate. For more information, contact the church 508-278-2315 or visit valleychapel.us or facebook.com/VCUxbridge
- Visit "Arts in the Valley", the largest K-12 art show in Massachusetts at Sutton Elementary School, from 10 a.m. -2p.m. More than 700 participants from 15 school districts displaying 300-plus fine arts pieces. More than an art show, it's a showcase of real-world skills like problemsolving, critical thinking, and imagination. Admission is free. Bring your family, friends, and community spirit!
- Join the 10th Annual Family Fun Fishing Day at Riverbend Farm, 27 Oak Street, Uxbridge from 10 a.m. – 2 p.m. Fishing goes until 1 p.m .with awards at 1:20 p.m. There will be activities for the whole family and food and ice cream will be available

for purchase from Joey D's Wingz 'n Thingz and Sweet Wise Ice Cream Truck. All ages and abilities welcome. Fishing poles, bait and instruction will be available when you pre-register. Participants are also welcome to bring your own. Pre-registration opens April 14 at thebrwa.org/familyfishing2025. The event is free, but pre-registration is required. Contact Joanne Holahan with any questions at 508-278-5200. The rain date is May 18.

• Community Yard Sale at St. Denis Church 23 Manchaug Street, Douglas Saturday May 17 from 7:30 a.m. − 2 p.m. 10'x10'vendor spaces are available at \$25 each, Hot dogs, hamburgers and more available • Vendors Welcome Visit saintdenischurch.com to register or for more information. Everyone who registers will be entered into a drawing; one lucky winner will win back their registration fee.

• Sutton Garden Club's Annual Plant Sale will take place on Sutton Common, 3 Uxbridge Road, Sutton, 10 a.m. – 12 p.m. A variety of perennial plants and other greenery from our gardens will be on sale with payment by cash, check or Venmo. A Silent Auction of donated items will be located once again on the Bandstand. High bidders do not need to be present at the end of the Sale to win. Garden and gift items crafted by SGC Members will also be available for purchase.

This year, we are pleased to feature free soil testing by the MA Master Gardeners Association. For those interested in soil testing, please note that samples must be taken 3-4 days prior to the Plant Sale. For more information, including proper soil

#### **HAPPENINGS!**

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#### **HAPPENINGS!**

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collection, visit -massmastergardeners.org/ educational-resources/soil-testing. A new Membership Year for SGC starts in April and there will be a Membership Table at the Plant Sale for those interested in joining the Club for our upcoming year of programs and activities.

Proceeds from the Plant Sale fund our community efforts, including our Scholarship Fund, plantings and maintenance at the Bandstand and Manchaug Square during the summer, decorations and wreaths for the Bandstand and Commons at Christmastime and also helps fund our Gardening programs during the year. Updates regarding the Plant Sale, including any in case of severe weather, will be

posted on our Facebook page, facebook.

#### **SUNDAY, MAY 18**

com/SuttonGardenClub.

• Food truck festival and Craft Fair. Millbury Redevelopment Authority presents the 8th annual Fundraiser. Street food and entertainment and friendly Alpacas! 11 am-5 pm at the Millbury High School, 12 Martin St in the rear parking area. Rain or Shine. \$5 admission, under 12 are free. Learn mnore on FB @Millbury Food Truck Festival• Visit "Arts in the Valley", the largest K-12 art show in Massachusetts at Sutton Elementary School, from 10 a.m. - 2 p.m. More than

700 participants from 15 school districts displaying 300-plus fine arts pieces. More than an art show, it's a showcase of realworld skills like problem-solving, critical thinking, and imagination.

• The New England Country Music Club will hold a dance with live classic country band "Crossfire" at the Progressive Club, 18 Whitin St., Uxbridge. Doors open at 12:15, live music 1-5pm. Snacks may be brought in, cash bar for beverages.

#### **MONDAY, MAY 26**

• St. Patrick's Church, 7 East Street, Whitinsville will hold a Memorial Day Breakfast before the town's parade. It will be served from 8-10 a.m. Delicious pancakes, scrambled eggs, orange juice and more will be served. Veterans meals are offered free of charge. There will be a 50/50 raffle. The breakfast is sponsored by the Knights of Columbus Mumford Council #365. For more information, call 508-234-5656.

#### **SATURDAY, JUNE 7**

• St Peter's Parish in Northbridge will be holding a Yard Sale on Saturday, June 7, 7:30 a.m. - 3 p.m. in the parish hall, 39 Church Ave, Northbridge. If you are moving, spring cleaning or just have too much clutter, bring us your gently used items for our yard sale. You may drop-off your donations every Saturday from 9 a.m.-1 p.m. starting April 26 through May 17, to the parish garage, behind the church. We are accepting kitchen items, home goods, toys, books, small furniture items, clothing, that is not ripped or stained and much more. Please see our website for a complete list of what we are accepting. You may also call 508-234-2156 or email the parish office: parishoffice@stpeterockdale.org if you have any questions.

#### SATURDAY, JUNE 14

• The Sutton Historical Society Inc. will host the annual Town-Wide Yard Sale from 8 a.m. 1 p.m., rain or shine. The registration fee is \$10. Registration forms are available at sutton1704.org and must be received by Friday, May 30. Participants can either set up at their home address or request a spot at the M.M. Sherman Blacksmith Shop, 6 Singletary Avenue, Sutton. Theo society creates and distributes location maps identifying all participating location to assist visitors with locating all vard sales. Send questions to sutton1704@gmail.com. The Sutton Historical Society is a 501c3 organization.

#### **WEDNESDAY, JUNE 25**

• Uxbridge Spartan Basketball is having a one-time only golf fundraiser to raise money for scoreboards at Hecla Street basketball courts at Blissful Meadows, 801 Chocolog Road, Uxbridge. The cost is \$175 per golfer or \$400 for a foursome. Registration opens at 8 a.m. Shotgun start at 9 a.m. Please make checks payable to Uxbridge Spartan Basketball Association, P.O. Box 386, North Uxbridge, MA 01538. The organization is a 501c3 charity. Sponsor opportunities are

available: hole/tee sign \$200; beverage cart \$500; or registration table \$1000. You can also register at https://tinyurl.com/ **IISRAGolf** 

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

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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





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

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Featured The As of Yet Unnamed Players





#### Signs ups begin @ 5:30pm

Singh Performance Center, 60 Douglas Rd., Whitinsville, MA Hosted by Open Sky's Community Membership Dept. Questions? Michelle.Benjamin@openskycs.org or visit openskycs.org/openmic