

## Quaker Meetinghouse Tours

You've probably driven by it hundreds of times - the unassuming brick building that sits high on the corner of Quaker Highway (Route 146 A) and Al-



drich Street. You may be surprised to learn that it's listed on the U.S. National Register of Historic Buildings. Known as the Quaker Meeting House, it has been standing there since 1770. On Sunday, June 22 you're invited to explore the interior of this fascinating structure at an Open House from 1 -3 p.m. Architect Philip Wheelock will explore the timber framed features of the building as well as its brick exterior construction. Learn how the Quaker worldview and the simplicity of the people informed the design of the building. Climb up the unique balcony with its sloping floors and ponder the intent of its builders and the puzzle they may have been attempting to solve. Observe how the original 1770 structure was changed in the early 1800s to accommodate a thriving Quaker community.

The Uxbridge Quaker Meetinghouse is a 501 (C) (3) non-profit organization whose mission is to preserve the historic structure and to share its history and use with the community.

An additional Open House will be held in September when the focus will be on "All About Bees" with bee-whisperer Ken Worchol. Plans are already underway for the annual Thanksgiving morning ecumenical service. It will be held at the Meetinghouse on Nov. 27.

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Canal Heritage State Park, 287 Oak Street, Uxbridge offers 1000 acres of open land.

## Roads to Travel

BY LINDA WESSLING

On April 18, 1775, a Boston silversmith, saddled up for what would become known in folklore as the midnight ride of Paul Revere, setting off the beginning of the American Revolution. West of the famous historic trek, Uxbridge, by 1824 embodied a crucial shipping highway completed between Worcester and Rhode Island; it was an overnight

stopping point on the Blackstone Canal. Today Uxbridge remains silhouetted with chimney stacks from the 19th century. In celebration of 250 years of freedom, I looked at various pathways and visitation opportunities in the area.

Sites to venture in the Uxbridge area include Blackstone River and Canal Heritage State Park that preserves 1,000 acres of riverbank and canal front and woodland trails. The trails follow paths the

Nipmuc Native American people once journeyed. Lookout Rock is the most scenic spot in the park, offering views of the winding Blackstone River, snaking its way through Uxbridge and Northbridge and through Rice City Pond, a natural pond which is surrounded by a parkland which was once a 15.6-acre junkyard. The park was purposely left underdeveloped to serve as part of the Blackstone Valley Greenway.

The Blackstone Valley Greenway (Blackstone Valley Bikeway) currently entails over 24 miles with a vision extending to 48 miles beginning in downtown Worcester to end in Point Park in Providence, Rhode Island. The bikeway when completed will offer an alternate mode of transportation to commuters as well as offer the region's foremost recreational resource connecting New England's second and third largest cities. In Massachusetts completed off-road sections include a 3.5-mile section beginning in South Worcester and ending in Millbury; a 3.6-mile canal way in Blackstone River and Canal Heritage State Park; and a 3.5-mile trail from Uxbridge to the Mass state line which crosses the Blackstone River in several locations.

River Bend Farm Visitor Center boasts a dairy farm that was worked from around the Revolution to the 1970s. West Hill Dam, on the West River, is one of the branches of the Blackstone River allowing seven miles of trails with fantastic views of the river. A quiet

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## ROADS

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back road in Uxbridge brings you to Bernat Mill, also known as Capron Mill, built in 1820, which comprises a three-story antique store loaded with furniture, hand-made gifts, art, prints and much more. Cormier Woods, a 186-acre reserve is on an old farmstead close to Southwick Zoo in Mendon.

If you're a rock-climbing enthusiast you may want to venture ten minutes from Uxbridge Common to Sutton to explore Purgatory Chasm State Reservation, which encompasses an extraordinary natural fissure in the landscape descending 70 feet and extending for a quarter mile, thought to be carved by glacial meltwaters at the end of the last ice age. Pout Pond on West River Rd. in Uxbridge houses walking trails on three sides and is linked with two miles of



Above, Hike to Lookout Rock to enjoy this vista, 2.5 miles over rugged forest floor with slight inclines, off the old Quaker Highway.

Below, The barn at Cormier Woods.



trails in the Blackstone River and Canal Heritage Park.

A fun fact, in nearby Northbridge actor Paul Newman was an occasional guest at The Victorian Inn along with his wife Joanne Woodward, and enjoyed Summer League basketball games at the outdoor courts of the now Northbridge Middle School on Linwood Ave. The mansion was tragically destroyed on April 29, 2022, in a multi-alarm fire, a great loss to the community as it was one of the area's few remaining mansions. This locality was once steeped in historic Whitin mansions

which characterize area mill owners' rise to power and status. The Whitin Lasell Manor at 120 Hill Street in Whitinsville was built in 1890 for Chester Whitin Lasell, grandson of the village's founder, Paul Whitin. Guests including Booker T. Washington and reportedly, President Taft, were entertained there. Sadly, that great house also burned on March 1, 2024.

These are but a few of Blackstone Valley's points of interest. Why not commemorate our freedom by exploring the area's possibilities for adventure?

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## BLACKSTONE VALLEY Xpress

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**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](mailto:proy@theyankeeexpress.com)  
Submit business news and community events to [news@theyankeeexpress.com](mailto:news@theyankeeexpress.com)  
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Bill Cronan, Blackstone Xpress North and South (Douglas, Uxbridge, Northbridge; Millbury, Grafton, Sutton); [bcronan@theyankeeexpress.com](mailto:bcronan@theyankeeexpress.com)  
Kate Carr, The Yankee Xpress North and South (Auburn, Charlton, Dudley, Oxford, and Webster); [katecarr@localtownpages.com](mailto:katecarr@localtownpages.com)  
Susanne Odell Farber, Upton, Mendon, Hopedale: [sue@sodellconsult.com](mailto:sue@sodellconsult.com)  
Laura Gleim, Billing & Sales: [lgleim@theyankeeexpress.com](mailto: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

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# American Legion & VFW Now at Same Address

The American Legion and VFW are now housed at the same address at 13 Cross Road, Uxbridge. It's also headquarters for the VFW Auxiliary, American Legion Auxiliary and the American Legion Riders. These are all non-profit organizations that support veterans' services, their families and the community.

All events are open to the public unless otherwise posted. The following events are open to the public this month:

Saturday, June 14 - 1-5 p.m. Enjoy a full New England Clambake to celebrate the Army's 250th birthday. The menu includes one lobster, seafood chowder, steamers, corn on the cob, potatoes, garden salad, bread

and butter, can of soda or bottle of water. Burgers will be available. Tons of raffles. Tickets are \$60 per person.

Saturday, June 21 - 6:30 p.m. The Mendon Brothers of the Brush are hosting a Porketta Dinner. This is a 21+ event with table raffles and a 50/50 raffle. Tickets are \$25 per person.

The Post also hosts bi-weekly meat raffles, Keno is available, also lottery, darts, music, live bands, indoor and patio seating. The Hall is available for rental at an affordable price.

Hours: Sunday and Monday-



closed. Tuesday, Wednesday, Thursday - open 12-7 p.m. Friday

and Saturday - open 12 - 9 p.m. For more information, call 508-

278-7540 or email UxbridgeVeteransHall@gmail.com

## Uxbridge Senior Center

36 South Main Street, Uxbridge  
508-278-8622

### DIRECTOR'S NEWS FOR JUNE 2025

The First Annual Golden Gala was a success! Thank you to the Uxbridge Elderly Connection for hosting this event! We especially thank all the sponsors who helped support us with donations for the beautiful centerpieces and other items. Thank you, Sally Selvidge, for the extra time and effort to make this event a wonderful experience. A fun time was had by all!

### WORLD ELDER ABUSE AWARENESS DAY (WEAAD) IS SUNDAY, JUNE 15

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older adults by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. Recognizing the warning signs of elder abuse can help determine if your loved one is being neglected or disrespected. Some indicators of abuse or neglect may include a change in behavior or appearance, a rapid display of injury marks like bruising or scarring, or a sudden change in financial resources. For more information or assistance, please call the senior center.

### THE ANNUAL SUMMER COOKOUT WITH STATE REP. MIKE SOTER

Friday, June 27 at 12 p.m. at the VFW located at 13 Cross Road in

UXBRIDGE  
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# Healthy Breakfast Series



## Lydia Taft House

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**UXBRIDGE**

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Uxbridge. Please call the senior center to sign up early! The menu

will consist of a lobster roll and all the fixings. Thank you in advance to Rep. Mike Soter for putting on this spectacular event!

- Check out the Activity Calendar for some special pro-

grams coming up this month! The National Grid Customer Caring event, Customer Advocates will be here to assist you with your electric bills on Wednesday, June 18 from 10:30 a.m.-12:30 p.m. and continuing the third Wednesday of every month.

**WELCOME FRANK CACCAVELLI, OUR NEW MEDICAL DRIVER!**

Frank will be joining our team of drivers for our Transportation Program. Please help us welcome him to our crew!

• We are excited to announce that Uxbridge Senior Center has been selected, again, as a nonprofit partner in the Hannaford Community Bag Program. We will receive \$1 for each \$2.50 reusable Community Bag sold during the month of June 2025 at 158 No. Main Street, Uxbridge MA.

• Computer Tutoring with students from Blackstone Valley Tech will be held on the first Monday of each month. Please call ahead to book an appointment.

• Tuesday, June 17 and 24. An 8-week Session of Seated Strength Yoga, 12:15 p.m. – 1:15 p.m. continues from earlier in the month. Held at McCloskey School with instructor Pamela Landi, a certified personal trainer.

• Monday, June 16 at 1:30 p.m. Make July Fourth Tie Dye Shirts with Sally! Donation is \$7 per person. Payment and T-shirt sizes are due upon signup.

• Tuesday, June 17 from 9 a.m. – 12 p.m. SHINE Appointments Pat Nectow, our SHINE Counselor, is back to help you with your health insurance questions. Please call 508-278-8622 to schedule an appointment.

• Wednesday, June 18 from 10:30 a.m. – 12:30 p.m. National Grid Information Table – A representative from National Grid will be available to answer and assist you with discount rates, payment plans, arrears forgiveness, special protections, energy saving, and more. If you plan on joining us for lunch on this day, please call ahead to RSVP as space is limited. You are welcome to come either before or after lunch

as well! This event will be held monthly on the third Wednesday.

• Thursday, June 19 - The Senior Center will be closed in observance of Juneteenth. No lunches will be served, and no transportation will be available. We will re-open on Friday, June 20th at 8:00 am.

• Friday, June 20 at 12 p.m. Quarterly Lunch Talk with the Uxbridge Fire Department and presenting on the Emergency Key Access Program. Please join us to meet the Fire & Emergency Medical Response crew. This is an educational presentation and lunch event. Please call to RSVP. We will also have our June Birthday Cake Celebration!

• Monday, June 23 at 12 p.m. Pout Pond "Bring A Friend Day" sponsored by the Uxbridge Elderly Connection Inc. Bob Moon will be back to entertain us! Join us at Pout Pond and bring a friend for lunch! There will not be lunch served at the senior center on this day. This is weather permitting, if it rains, we will hold it at the senior center. Please remember to RSVP.

• Tuesday, June 24 from 11 a.m. – 12 p.m. Ask the Nurse Free Blood Pressure Clinic with the Salmon Health VNA. RSVP if you'd like to join us for lunch.

• Thursday, June 26 at 9:30 a.m. Our Walk & Talk Club Continues. Join Doreen Cedrone, our Wellness Coordinator, to walk the town loop every Thursday morning. This is weather permitting. Pre-registration is required. Get your enrollment forms at the center. The meet up spot is McCloskey School.

• Friday, June 27 at 12 p.m. Summer Kickoff with State Rep. Mike Soter. Join us at the VFW, located at 13 Cross Road, for lobster rolls and fun! This event is free, please RSVP early!

• Monday, June 30 at 1:30 p.m. – "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please call 508-278-8622 to schedule your appointment.

• Card Game played during lunch on Mondays.

• Hannaford grocery shopping every Tuesday. Pick up begins at 8:30 a.m. Please sign up in advance

by calling us at 508-278-8622 to reserve your seat on the van.

• Come join our Knitting Group! Our Knitting Group meets every Tuesday at 1:30 p.m. at the Senior Center. Even if you don't know how to knit or crochet, come and visit us! The group members are always willing to teach you. The group also has some beautiful handmade gifts available for sale at the senior center. If you need a baby shower or birthday gift, please stop by, and check out the selection of items! All sales go to the Uxbridge Senior Center Activity Donation Fund.

• Every Wednesday from 9 am – 3 pm – The Uxbridge Senior Center Transportation Program Community Shuttle. This shuttle is for seniors and individuals with disabilities to destinations such as post office, pet care appointments, hair salon or barber, bank, pharmacy & shopping anywhere in the Uxbridge/Northbridge area. Note: this replaces the weekly bank/pharmacy and Shaw's Ocean State rides. Call 508-278-8622 for more information and to book your free ride. Ride requests require a 48-hour notice.

• Wednesdays - Try Canasta Hand, Knee & Foot Card Game. The start time has changed to 1:15 p.m. due to parking spaces. Let us know if you'd like to join us for lunch!

• Wednesdays – Play Scrabble. The start time is now 1:15 p.m. due to parking spaces. Come by for an afternoon playing Scrabble. Boards are supplied by the senior center. Let us know if you'd like to join us for lunch!

• Medical Transportation is accepting appointments. Call 508-278-8622 to schedule your rides.

The senior center is in need of the following donations: Lysol wipes, newly packaged napkins, paper towels, tissues, toilet paper, tea (regular and caffeine free), ground regular & decaf coffee. We thank you for your support!

Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

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# Steps to Take Before — and After — a Divorce



Mark Freeman, CEPA

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Not necessarily. You can help yourself greatly by making a series of moves. Here are some to consider:

### Before the divorce is final ...

- *Determine how you'll cover the cost of the divorce.* To meet the costs of a divorce, which can be tens of thousands dollars, you may need to tap in to

your income stream and savings accounts, or even explore alternative options, such as borrowing from your retirement plan, if it's allowed by a divorce court judge.

- *Create a budget.* You may want to build a temporary budget. Your divorce attorney can advise you on how long your separation period may last in a contested case.
- *Start building separate bank and brokerage accounts.* Consult with your divorce attorney on ways to establish independent bank and brokerage accounts without harming your spouse.
- *Understand your retirement benefits.* Know the value of your and your spouse's 401(k) or similar plans, IRAs, pensions, stock options and other employer benefits. Also, you might need to negotiate the splitting of retirement benefits through a qualified domestic relations order (QDRO). A tax professional and a financial advisor can help you understand how different QDRO proposals can affect your retirement goals.

### After the divorce is final ...

- *Finish building your separate financial accounts.* You may want to close any joint accounts or credit cards, change online access to financial accounts, remove your name from bills for which you are no longer responsible and complete any agreed-upon asset transfers, such as dividing retirement assets.
- *Create a new budget.* You can now create a longer-term budget, incorporating any spouse or child support you receive as income. You may also need to adjust your spending to reflect items in the divorce agreement, such as expenses now covered by your former spouse and court-ordered responsibilities for paying college education expenses for dependent children and possibly the attorneys' fees for a former spouse.
- *Review your protection plans.* You may need to review your life, homeowners and auto insurance policies. And if you were covered under your spouse's

health insurance plan, you may want to apply for COBRA to stay on that plan up to 36 months or switch to your own employer's plan, if available. If you don't have access to an employer's health insurance, you may want to explore a marketplace plan from the Affordable Care Act or contact a health insurance broker.

- *Review your estate plans.* To reflect your new marital status, you may need to work with your legal professional to change some of your estate-planning documents, such as a will, living trust, advanced health care directive or power of attorney. Also, review the beneficiary designations on life insurance policies, IRAs, annuities and investment accounts, as these designations can likely supersede instructions on your will or trust.
- *See your tax professional.* You may need to consult with your tax professional on issues such as changing your tax return filing status, claiming a child as

a dependent and dealing with tax implications of assets received in the divorce.

Going through a divorce is not easy — but by taking the appropriate steps before and after the divorce is finalized, you can at least help put yourself in a more secure and stable financial position to begin the next phase of your life.

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

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# UniBank Donates to Town Beautification Projects

UniBank has continued its advocacy for locally keeping up appearances. It recently has made two generous donations to Northbridge Beautification and the Douglas Common Preservation Society Inc.

Northbridge Beautification was awarded \$5000 by UniBank and the funds are being used to install plantings around town such as the ones on the Cross Street island, as well as hanging planters and potted plants at the Whinsville Social Library and War Memorial.

The plantings are being maintained by volunteers from the community.

UniBank recently made a donation of \$2500 to support Douglas Common, continuing the bank's



Left: Ornamental plants ready for the their summer beds in Northbridge.

Above, pictured back row L-R: Kathleen Richards (DCPS), Lynn Paresky (DCPS), Lin Ives (DCPS), Karen Sherlock (DCPS); Front Row L-R: Elvis Lulo (UniBank Douglas Branch Manager,), Karen Yacino (UniBank VP/Area Manager).



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tradition of being a major sponsor of the Douglas Common Preservation Society, Inc.

The Society helps with general expenses for improvements and beautification of the Common. The funds also help with the holiday tree lighting and decorations on the Common.

UniBank's donation will also assist with the Preservation Society's summer plan to repair and repaint the gazebo.

UniBank CEO Michael Welch

said "The town of Douglas has been integral in the growth of UniBank, and we are grateful for the consumers who bank with us, businesses who place their trust in us, and to the entire community that allows us to give back, as that's the true core of our mission. We are more than grateful for this opportunity to donate to the overall well-being of the town. When local people, businesses do business with other local businesses that is when the magic happens and all prosper."

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# Local Woman, Holly Gallerani, to be Named “Commonwealth Heroine”

Each year the Massachusetts Commission on the Status of Women (MCSW) partners with state legislators to identify women who make outstanding contributions to their organizations and in their communities. Elected officials are encouraged to submit one woman from their constituency as a means of recognizing their invaluable efforts and extraordinary acts of service, who are making a big difference in their communities but not necessarily making the news.

This year, the Class of 2025 Commonwealth Heroines comprises more than 125 women from across the state, leaders in industry, business, nonprofit, advocacy, and more. The MCSW will be celebrating the 22nd Annual Commonwealth Heroines Class of 2025 on Thursday, June 26, 2025, at the Massachusetts

Statehouse in the Gardner Auditorium.

“I’m honored to nominate Holly Gallerani as a 2025 Commonwealth Heroine,” said State Rep. Michael J. Soter (R-Bellingham). “Holly embodies the spirit of selfless service that defines our communities. For 15 years, she served as Uxbridge Town Clerk and has been a driving force behind countless local initiatives, including 28 years of Uxbridge First Holiday Night and many years on the Uxbridge Fourth of July Committee.”

“Her compassion shines through her ownership of Mendon Street Kitchen for 10 years, where she welcomes everyone and provides invaluable support by offering volunteering jobs to struggling homeless citizens, teaching them job skills, and ensuring they have food and

whatever else they need. Holly’s commitment to enriching the lives of others is truly remarkable, as evidenced by numerous accolades including being named a Zip Trip Uxbridge Hometown Hero in July 2018 and receiving the National Society Daughters of the American Revolution Community Service Award in March 2020. Holly Gallerani consistently makes a profound difference in Uxbridge and the wider Commonwealth.”

“The Commonwealth Heroines are women who don’t make the news, but make all the difference in their communities,” said MCSW Chairwoman Mary-dith Tuitt. “Thousands of women in every community across the Commonwealth perform unheralded acts on a daily basis that make our homes, neighborhoods, cities, and towns better places to



live. Commonwealth Heroines use their time, talent, spirit, and enthusiasm to enrich the lives of others in their community. They

are mentors, volunteers, and innovators - they are the glue that keeps a community together.”

# 100 Hands for Hope Challenge: Local Shelter Seeks Volunteers to Reopen This Winter

The Blackstone Valley Emergency Shelter (BVES) is challenging the community to lend a hand—and a heart—by joining its 100 Hands for Hope Volunteer Challenge. The goal: to recruit 100

volunteers to commit to just one shift by October 31, 2025, which will let them reopen the Valley’s only winter emergency shelter this November.

The Blackstone Valley Emergency Shelter, which provides life-saving overnight accommodations to individuals experiencing homelessness during the coldest months of the year, relies entirely on volunteers to operate. This year’s campaign is a call to action for neighbors, churches, civic groups, and local residents to step forward in compassion and service.

“We’re calling on our neighbors, friends, and workplaces to step forward and be part of something that truly changes lives,” said Leslie Reichert, CEO of BVES. “Just one shift can mean the difference between someone sleeping outside or having a warm, safe place to stay.”

Volunteer shifts are simple and meaningful—each person is asked

to monitor one of two 5-hour overnight shifts. No experience is needed, and all training is provided in person. Volunteers are never alone, with teams scheduled to ensure safety and support through-

out the night.

BVES is known for its welcoming, low-barrier approach that treats every guest with dignity and respect. As the shelter prepares to reopen in November 2025, the

need for new volunteers is urgent.

To learn more, visit: [bvemergencyshester.org](http://bvemergencyshester.org). For questions, contact the shelter at 508-266-5122



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# Spring cleaning is greener with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your

## Business spotlight

town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep commu-



nity roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or

donate items. Only after he tries to repurpose items do they end up at the transfer station.

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

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

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing

your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

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

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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at 774-287-1133 or visit us online at [www.affordablejunkremoval.com](http://www.affordablejunkremoval.com).

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# The Beauty of Hands at Work

“The Work of Your Hands,” is a project that’s had been created once before at the Whitinsville Retirement Home, said director Jeannine

retirement home’s residents, each one cradling an object of interest, or habitual use – a golf club, knitting needles or pictures of loved ones.

Work of Your Hands” in 2021 that printed on canvas in color and then displayed for a time on the dining room walls.

were not here when the hands project was first completed and Crawford thought it time to do the project again.

“I enlisted the help of local talented artist Leah Guanipa who also happens to be our artist in residence and a staff member,” she related. “Immediately, Leah grabbed hold of the idea and ran with it! Leah had a vision and a passion throughout the project that was beautiful to behold. Each time she entered my office regarding this project, we would share what she had learned and my own knowledge about each resident’s life experiences and the work of their hands.” The day the project was unveiled, the inspiration that flowed through the artist into each recorded photograph filled the room creating a deep discussion for all.

It’s true that a picture is worth a thousand words, and it’s important for people of all ages to feel seen and heard, to know that their contribution to life has been appreciated and acknowledged as being one facet that makes up all of humanity.

“A project like this helps us recognize one another and to stop and realize we are more than what we think we are. We are more alike than the current division that surrounds us, we are united in our living and our purpose and we need each other to make great things happen,” Crawford offered.

It’s often our quick judgment of one another that separates us, she continued, and it blinds us to the depth of our common human condition, something that is a part of all of us.



Crawford. It’s a concept that was presented by Barb Hendee over five years ago. Barb was an employee who had borrowed the scheme from another facility.

The art installation includes photographs of the hands of the

“I loved this idea and thought it was such a beautiful endeavor. When I became director, I knew it was something I wanted to do with our residents,” Crawford said. Whitinsville Retirement Home held its first exhibit of “The

“We all had a good time matching up the ‘hands’ portrait to each resident and later gave each resident their own ‘hands’ canvas to share with their family,” Crawford said.

Most of the current residents

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# Local Fire Departments Donate Equipment for Animal Enrichment at Southwick's Zoo

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Southwick's Zoo has received a donation of retired fire hoses from the Uxbridge Fire Department and the Blackstone Fire Department to be used for animal enrichment throughout the zoo.

The fire hoses will be re-purposed by the Mendon zoo's animal care team to create new enrichment for various species. Applications include swinging structures for primates, hammocks for sloths, and more.



These enrichment tools promote natural behaviors and improve the animals' physical and mental stimulation.

According to zoo staff, fire hoses are ideal for enrichment purposes due to their strength, durability, and safety. The materials allow keepers to create a wide range of engaging elements that withstand regular use by larger animals.

The photos show examples of the donated fire hoses and locations where former hoses have been installed. They can be used to create swings, nesting and feeding areas and more.

Southwick's Zoo expresses its appreciation to the Uxbridge and Blackstone Fire Departments for their support and commitment to animal welfare.

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# Adaptive Water Ski Program Awarded Grant

The Webster Water Ski Collective is proud to announce that its Adaptive Ski Program has once again been selected as a recipient of

wellness, and new skill development in individuals with SCI — all through the power of adaptive water skiing.

“We are incredibly honored to

ing athletes or first-time skiers, the program tailors each session to meet individual needs and goals, ensuring a safe, fun, and empowering environment.



the prestigious Craig H. Neilsen Foundation Grant through Move United Sports. This significant grant will fund the program for both the 2025 and 2026 ski seasons, enabling the Collective to continue providing free adaptive water ski opportunities to youth and adults living with spinal cord injuries (SCI).

This marks the second time the Collective's Adaptive Ski Program has received this grant, further solidifying its commitment to inclusion and empowerment through watersports. The initiative is designed to foster independence, physical and emotional

be a two-time recipient of this transformative grant,” said Ryan DesRoches, Director of Adaptive Skiing at the Webster Water Ski Collective. “Thanks to the Craig H. Neilsen Foundation and Move United Sports, we can continue breaking down barriers and offering life-changing experiences on the water.”

The Adaptive Ski Program provides specialized equipment, trained volunteers, and a supportive community that helps individuals of all ability levels experience the freedom and exhilaration of water skiing. Whether participants are return-

With the renewed funding for 2025 and 2026, the Collective aims to expand outreach efforts, add more ski days to the schedule, and increase access for new skiers throughout the New England region.

For more information about the Adaptive Ski Program or to register as a participant or volunteer, visit [websterwaterski.org](http://websterwaterski.org).



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# Protecting Luke Amid Tick Season

BY AMY PALUMBO-LECLAIRE

“Luke has a tick.” I state with panic, as though another head has grown from his neck, then stiffen my hold on him. “I’m okay with rough love, Momma, but this is starting to feel awkward.”

I don’t want to lose sight of the blood sucker, who may realize that he (or she?) has been caught. A tick’s gender (I later learned) is indicated by its scutum. Male ticks have a scutum that covers most of their back, and a female tick has a white halo on its half scutum. However interesting, this one needs to go. I part Luke’s fur and gag. My least favorite antagonist is shaped like a sunflower seed, its head burrowed in the meat on the back of Luke’s neck. One might think that by now (eight dogs in) the sight would be casual. My

father used to pull bloated ticks off our dogs using a pair of pliers. He’d drop the pea-sized gluttons into a bucket of kerosene.

“Hurry. Go find the scooper!” A tick sighting still rattles me. I command my husband to fetch our cherished de-ticking tool, a small spoon with a sharp wedge cut out

question feels counterintuitive. “If I knew where it was, then it wouldn’t be misplaced, right?” Luke maneuvers like a breakdancer while struggling to free his head from my hold. “I don’t know what’s happening here, but I just want to sniff the floor again.”

A tick once attached to the skin



at the top, and one forever missing when we need it the most.

“Where did you put it last?” His

on Luke’s throat. He was still a puppy, only six months old. That very parasite caused repeated (and irritable) scratching and, likely, the positive trace of Lyme disease found on a subsequent blood test. More testing indicated that he is asymptomatic and will be just fine, especially with the aid of a monthly pill. He could even end up testing negative the next time, according to the vet’s diagnosis. Nevertheless ...

The surgery begins without a moment to spare. Daddy (having located the spoon) covers the tick’s body and pulls it slow enough to



force it to detach from Luke’s skin. “Almost done, Lukey?” I rub his belly for emotional support. I do believe that, on some level, dogs sense and trust the firmness of our care. They know that we are looking out for them. How could we not? I once scraped my knee and, weeks later, a barely visible scar held the scent of blood. Luke sniffed the wound and began licking the area. “Smells like an abrasion, Momma. Don’t worry. I’ll take care of it.”

“FREEDOM!” Nothing spells RELIEF quite the way an extracted tick does. Luke races to his toybox,

pulls out his stuffed lamb, and prances about the kitchen; proud of himself for enduring a mysterious ordeal. “Something caused parental tension. But what? I was so worried they’d never let me go, but I got myself out of that headlock, alright?” His enthusiasm is liberating. It appears we’ve all been freed from the tick’s hold. I wash my hands. Luke thrashes about the kitchen and celebrates the joy that is Living with Luke.

**LUKE**

*continued on page 13*



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REAL ESTATE

# Common Real Estate Terms Explained

If you're a first-time homebuyer, chances are you'll come across some terms you're not familiar with. And that can be overwhelming, especially while going through one of the biggest purchases of your life. The good news is you don't need to be an expert on real estate terms, that's your agent's



BY MARK MARZEOTTI

job. But getting to know these basic terms will help you feel a lot more confident throughout the process. Terms every homebuyer should know. Once you're familiar with this terminology, you'll have a better understanding of important details – from

contracts to negotiations. So, when those big conversations happen, you'll feel informed, in control, and able to make the best decision for your unique situation. Having a basic understanding of important real estate concepts before you start the home buying process will give you peace of mind now and could save you a fortune in the future.

Here's a breakdown of a few key real estate terms and definitions you should know.

**Appraisal:** A report providing the estimated value of the home. Lenders rely on appraisals to determine a home's value, so they're not lending more than it's worth.

**Contingencies:** Contract conditions that must be met, typically within a certain timeframe or by a specified date. For example, a home inspection is a common contingency. While you can waive these to try and make your offer more competitive, it's generally not recommended.

**Closing Costs:** A collection of fees and payments made to the various parties involved in your home purchase. Ask your lender for a list of closing cost items, including attorney's fees, taxes, title insurance, and more.

**Down Payment:** This varies by buyer, but is typically 3.5-20% of the purchase price of the home. There are even some 0% down programs available. Ask your lender for more information. Chances are, unless specified by your loan type of lender, you don't need to put 20% down.

**Escalation Clause:** This is typically used in highly competitive markets. It's an optional add on in a real estate contract that says a potential buyer is willing to raise their offer on a home if the seller receives a higher competing offer. The clause also includes how much a buyer is willing to pay over the highest offer.

**Mortgage Rate:** The interest rate

you pay when you borrow money to buy a home. Consult a lender so you know how it can impact your monthly mortgage payment.

**Pre-Approval Letter:** A letter from a lender that shows what they're willing to lend you for your home loan. This, plus an understanding of your savings, can help you decide on your target price range. Getting this from a lender

should be one of your first steps in the homebuying process, before you even start browsing homes online.

You don't need to have all these terms memorized, but a little knowledge goes a long way. Brushing up on the basics now means fewer surprises later – and more clarity when you buy a home.

## LUKE

continued from page 12

Meanwhile, the tick scrambles to find a way out of the spoon's dome.

"Burn him alive." I take a random shot at the tick's gender and watch Luke chew on another stuffed toy. His red chili pepper squeals with joy. Then I imagine him at the shore of a lake, unable to swim due to joint pain. He breathes in the aroma of fresh water and looks away. "I used to love to swim. That was then." He turns in a circle and lies down. "I'm discouraged."

"I'll get the lighter." This leech needs to pay.

The flame pops to life. The tick senses its heat, and scrambles up the spoon's dome with homely, curly feelers then slides back down, unsuccessful. I turn away. My soft heart stills. I'm disappointed with the tick, yet I cannot watch the execution. The tick was just being a tick. Parasites feed off the life of another. Such is what's meant to be.

"Buh bye." Nonetheless, the flush of the toilet resounds like the roar of a lion, and the burned corpse spins away in no time. I scratch my scalp. Is that a pimple or a tick?

"I think I have a tick!" I've gone mad.

Luke trots into the bathroom. "What's going on in here? He grabs a sock from the laundry basket. I open his mouth and grab it back.

He smiles and lifts a paw for me to hold. "Love you, Momma." The two of us share a moment. I hug his big head and plant a kiss on his snout. He smells faintly of aloe from a recent backyard bath. He leans into my chest. The struggle of being a dog parent is real. We do not want to see our dogs in pain and will do anything to prevent it. Those who rescue dogs understand the concept viscerally. Something about a dog abused, malnourished, or sick sends fire through our veins, even though we know that pain is a part of life. We endure struggle like a champ. Yet the threat of a creature the size of a seed (or pea) is too much to bear. Why is that?

I sit cross-legged on the bathroom floor. Luke rests his head on my lap. His loyalty is unrivaled, yet one dog-quality stands out above

the rest.

A dog is innocent. Luke would not hurt another living creature, unless doing so meant to protect, defend or survive. He doesn't possess the ego, pride or sinfulness of a human. He's not vindictive, selfish or malicious by nature. He's born with simplicity—to love and be loved.

"Love you, Lukey." He licks my chin and reminds me of how much I need him, just as much as he does me. We'll both go great lengths to protect each other. Man may be a dog's best friend, but Mom will always have his back.

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TALES FROM BEYOND

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# Harrie's Jailhouse Restaurant

BY THOMAS D'AGOSTINO

**51** Warwick Street in Middletown, Connecticut is not your average building in the middle of a residential

neighborhood. It never was. The 1850 facility once housed the Pameacha Jail, which included the sheriff's residence and a dozen brownstone prisoner-holding cells. The cells were later removed and

brought to Haddam, Connecticut for use in their jail, which has now been closed for a decade as of this writing. What remains of the actual cells at the Warwick street location consists of a small room with windows and an outside stairway where the cells once sat. Only one section remains of one of the cells where patrons can still dine. The building later housed a restaurant called Bread & Water, but a fire in April 2017 damaged a good portion of the structure and forced its closure in 2019. Just prior to closing, Bread & Water was chosen among 8,500 eateries across the state as South Region Restaurant of the Year. In 2020, Carrie Carella, owner of NoRa Cupcake Co. and Heather Kelly went in search of a place that was unique in character and history. They found 51 Warwick Street to be the perfect place. In March of 2021, they opened Harrie's Jailhouse Restaurant as an elevated pub fare restaurant. Harrie's specializes in signature sandwiches and cocktails where one can relax at the bar downstairs, on the outdoor patio, or at seating on the first floor. The restaurant's name is a combination of Heather and Carrie, who have both since

had their fair share of paranormal experiences.

The building houses a permanent resident by the name of Sarah. Sarah is a little girl ghost who may have lived in the building at one time after it ceased to be a jail house. Heather and Carrie have learned to live in harmony with Sarah who they have concluded was between the ages of eight and ten years old when she died. Sarah likes to play with the lights, create sudden drafts, throw things and take items off the tables and bar, dropping them to the floor. Sarah does not limit her exploits to the owners and staff at the restaurant. Many patrons of Harrie's have witnessed strange events presumed to be caused by her. One patron witnessed the remote control for the television fly off the TV and bounce off the bar. Some come to the restaurant in hopes of witnessing the child ghost while dining or enjoying a drink. Often, Sarah does not disappoint. Heather and Carrie admitted they sometimes have to appease Sarah by putting a mocktail out for her when she starts acting up. Whether it is totally effective or not in pleasing the ghost, they are not sure, but they

believe it makes her feel included and comfortable with the people who work or visit of the place.

Next door to the pub is the old town almshouse that has been converted into apartments and a section for a small business. Almshouses were where people of the town in need would reside. This included the poor, elderly and disabled citizens within the town. Often, there was a farm of some sort where they grew much of their own food. Sometimes they worked at menial jobs to help support their way. The old almshouse building is also haunted by some of the long deceased tenants who most likely spend their last days in the poorhouse. In 2012, Ghost Hunters investigated both places and found them to be still alive with the spirits of those who once tenanted them. The haunting of both buildings go back much further and can be assured the ghosts will still be around for years to come. Such places tend to leave a certain psychic scar on the property due to the reason why they were invented in the first place; to house the poor and suffering or hold the not so nice people in society.

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**SPORTS**

# Lifelong Baseball Coming to an End

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Northbridge's Jake Costello first picked up baseball bat at the young age of four and by the time he was nine he was hooking up with his first AAU team. Costello felt that his game was improving and was searching for some better competition and

"I found myself watching the games from the bench, but that was okay as I was taking in whatever I could. In our third game of the season our shortstop got ejected and eventually suspended, and I was thrown into action in the fifth inning against our rival Uxbridge," Costello recalled. "I made a couple of plays in the infield and had a big walk in a game that we won in

varsity level the then-freshman realized that he was going to have an opportunity the next year to take over the shortstop position so he began focusing on his skills and trying to get ready for his sophomore season.

During his second season with the varsity squad he improved his batting average to .330 and found himself not only playing shortstop, but performing at a higher level. Northbridge as a team found themselves going 11-9 on the season and earned a number nine seed in the Division 4 State Tournament.

The Rams would defeat South Hadley, Blackstone Valley and Lowell Catholic before falling to Abington in the Final Four. Costello, although only a sophomore, would enjoy one of his biggest moments on the diamond when he had a walk off single to defeat South Hadley in the first game. And although very nervous as he walked to the plate, he was very confident in his ability to get things done.

"We knew that he would be a good hitter. He always does the right things and is amongst our offensive leaders," co-coach Matt Abrain said. "That walk-off only made him work harder. He's a humble kid, but wants to be the guy and although quiet, he's there for his teammates."

Last spring he was named a captain as a junior for the first time. The honor bestowed upon him showed that all his hard work had paid off and was looking to be a good leader for his teammates.

"Jake leads by example and if

things go wrong he huddles the team up and knows what needs to be said at that moment to get the guys back into the game," Abrain said. "He is also one to take accountability for his mistakes and that is a great way to lead."

As he enters his final season with the Rams, Costello is looking to help guide the team to another playoff run. Having faced a tough Seekonk team in last year's tournament, Costello wants to leave on a high note.

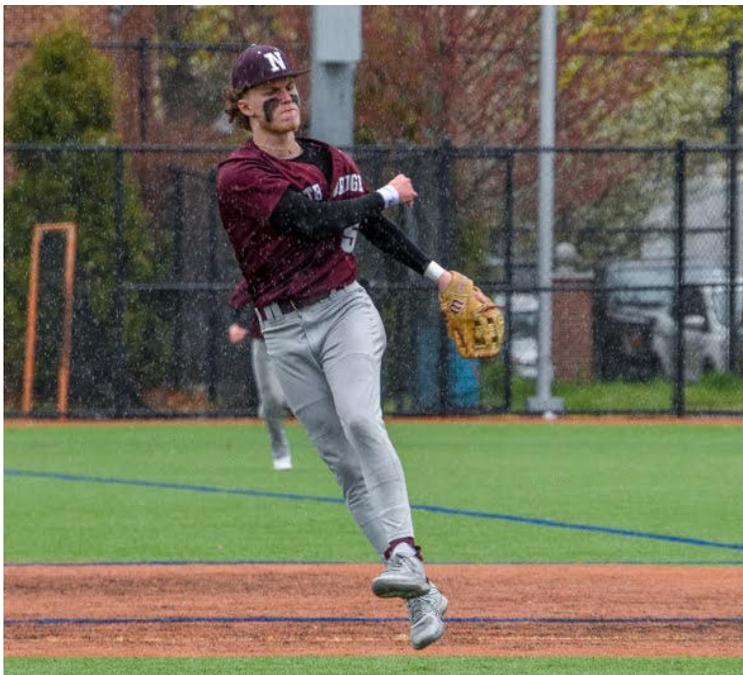
"I'm hoping that I can make one final playoff run with these guys," he said. "Being my senior year I am focused and want to make sure the team is ready for one more push."

At the time of this writing Northbridge was 10-5 and all but locked up a tournament berth. With a handful of games remaining Costello is hoping that the team can win three of its last four games

to secure at least two home games in the tournament. As for the veteran shortstop he is currently having himself one of his best hitting seasons where he is batting .370 with an on base percentage close to .600.

When Northbridge's season eventually comes to an end it will most likely be the end of baseball for Costello as he will be heading to Creighton University in Nebraska to further his education.

"Originally I was looking to play college ball, but I wasn't getting too many looks from schools with the academics I was looking for," he said. "With that said, I decided to focus on choosing a school that has the academics I was looking for. It will definitely be sad when the year comes to an end and I will miss the competitive baseball and winning with the guys, but it will be something that I always will remember."



although the transition was tough at first, he was having fun playing better teams in a sport he truly loved.

As a young baseball player he fell into the position of playing shortstop and found the position was one in which he enjoyed and has been there ever since.

With the success that he had growing up in the sport he was looking to try out for the high school varsity team.

"I love baseball and it is the favorite of all my sports (Costello also plays basketball for the Rams); playing baseball all those years has allowed me to grow into the player I am today," he said. "It was always a dream of mine to play high school baseball and around the 6th or 7th grade I realized that I had the talent to do so. I was playing for the local town summer All Star team and not only did I love it, but I was also successful so high school baseball was definitely on my mind."

Entering Northbridge High School Costello's goal was to earn himself a spot on the varsity squad, but as a freshman he was unsure of how things would go. He believed that just having the opportunity was awesome. Costello made the varsity squad but found himself sitting on the Rams' bench for the first two games.

extra innings. It was a real boost of confidence."

When the team's shortstop was reinstated Costello was moved into left field for the rest of the season and found himself batting at the top of the lineup where he would hit around .300.

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# Nissan Pick-up Is Reliable Alternative to Toyota

**Q.** I asked you once about two-door pickups. As a Toyota owner for many years, I wanted to purchase a 2025

two-door Tacoma as I have been happy with my previous Toyota's. For a month I have been corresponding with Toyota dealers, also

Toyota Corporate with no success finding one. So, I am considering purchasing the 2025 Nissan Frontier SV King Cab. It is exactly what I am looking for. The Nissan dealers have many on their lots and they cost about the same as the Tacoma. But I have never owned a Nissan, so I do not know what their reliability is (my Toyota's have been excellent). I am particularly concerned about the V6 engine the Frontier comes with.

merger in the works with Honda, but those negotiations fell apart.

**Q.** My brand-new Kia K4 just turned 1500 miles and has an 8-speed automatic transmission with Normal setting and a Sport setting. I just went on a trip driving in a normal setting. On the highway at 70 MPH the tachometer is reading 2300 RPM's. I discovered the car is in seventh gear. I can manually paddle shift to eighth gear and the RPM's drop to 1600. On my trip there I did this all the time and got 45 MPG. On the way home I did not touch the paddles and got 38 MPG. Any thoughts?



BY JOHN PAUL



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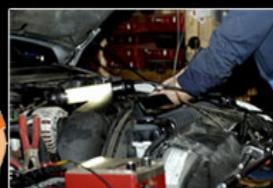
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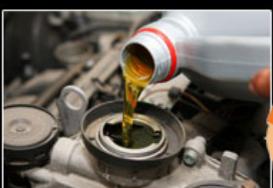
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**Q.** With the new synthetic brake fluids, are they still hygroscopic? Can these brake-fluid exchanges be extended?

**A.** All DOT 3, DOT 4, and DOT 5.1 fluids (U.S. Department of Transportation boiling point specification) are conventional, but are all synthetic - sort of. The reason is because they blend components. But I believe the "synthetic" label (engineers let me know) is more marketing that the resistance to moisture. This is like synthetic blends of oil; there is not a percentage blend standard. Silicone brake fluid is also sometimes called synthetic because it is not traditional glycol based and is not hygroscopic. Silicone fluid is often used in vintage cars because it will not corrode internal brake parts. It is also not compatible with conventional brake fluid and is more compressible and can give the driver a feeling of a spongy pedal.

**Q.** Does AAA repair tires at your residence? I have a flat, will they repair the tire at my house?

**A.** Over the many years I have been with AAA, we have been looking into mobile flat repair, but to do it properly, you need to inspect the tire (take it off the rim) to see if it is damaged. Some providers and DIYers will put in a plug. I also carry a plug kit in my car in case of emergencies, but a plug is a temporary repair. For a tire to be repaired properly, the tire needs to be inspected for damage and repaired with a plug/patch combination. AAA will come out, air up your tire, install a spare (if your car has one) or tow the car to a tire store.

**A.** This does sound a little strange. I can understand that in the sport setting, the computer will lock out eighth gear for better performance. In the normal setting the transmission should go into eighth speed at highway speeds. I would go back to the dealer and road test another K4 for comparison. Having an 8-speed transmission that does not shift into eighth gear automatically does not make much sense to me.

**Q.** I was watching YouTube and saw a mechanic checking for parasitic electrical drain with a thermal imaging camera. Does this work and have you tried it?

**A.** I think we watch the same channels. I recently have been using an Innova Infrared Inspection Camera. I did find a relay that stayed on when the car was off because of the heat signature. Although it is a versatile tool, it is not the quick answer to finding parasitic draw, it is just another tool for diagnostics and troubleshooting that can get you down the correct path.

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# UniBank Promotes Matt Wally to Vice President - Worcester Market Executive

WHITINSVILLE, MA – (May 30, 2025) – UniBank, the largest Mutual Community Bank headquartered in Central Massachusetts, recently promoted Matt Wally into the role of Vice President - Worcester Market Executive effective immediately.

Matt Wally said, “Over the past decade at UniBank, I’ve been fortunate to grow professionally through several rewarding opportunities and this new chapter is no exception. My commitment to Worcester runs deep, and I feel privileged to play a role in contributing to the city’s economic vitality and long-term prosperity.”

In his new capacity, Matt will focus on cultivating existing business relationships, generating new sales and account opportunities, and leading initiatives to drive new deposit growth across the Worcester market.

A lifelong Worcester resident, Matt brings a deep connection to the city and a strong foundation in community and economic development. He holds a bachelor’s degree from the College of the Holy Cross, a Master of Arts from Clark University—where he also taught courses in Community Development Finance—and a Master of Business Administration from Nichols College. Matt will be attending the Stonier Graduate School of Banking, an ABA-Wharton school partnership.

Matt is actively engaged in civic and nonprofit leadership. In addition to previously serving as an elected member of the Worcester City Council he currently serves as:

- Director, Quinsigamond Community College Foundation

- Director, Worcester Educational Development Foundation

- Member, Finance Committee, Regional Environmental Council

- Member, Audit Committee, RCAP Solutions

- Trustee Associate, Nativity School of Worcester

- Corporator, Greater Worcester Community Foundation

- Appointed Member, City of Worcester Retirement Board

Michael Welch, CEO of UniBank said, “UniBank serves as the largest financial institution headquartered in Central MA. We continue to expand our presence in Worcester – enabling us to better serve residents, businesses and non-profits. Where an organization’s headquarters is, is where their heart and giving is. We are a local bank and that matters. As a Worcester kid myself, there is always extra energy brought to helping the Worcester community. Matt shares a similar passion and commitment to the continued growth of our community having grown up here, gone to school here and now raising his family and working here. He is a trusted member of our community and lives out the value of servant leadership. He is a valued member of Team UniBank, of the Worcester community and those businesses,

non-profits, and clients he serves.”

UniBank is headquartered in Whitinsville, MA with assets of \$2.6 billion as of December 31, 2024. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts. UniBank is dedicated to contributing to the overall quality of life and economic health of the communities it serves, while maintaining an elevated level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC. NMLS #583135. The company website is www.unibank.com.

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

**SATURDAY, JUNE 14**

• The Sutton Historical Society Inc. will host the annual Town-Wide Yard Sale from 8 a.m. to 1 p.m., rain or shine. The registration fee is \$10. Registration forms are available

at [sutton1704.org](http://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. The society creates and distributes location maps identifying all participating location to assist visitors with locating all yard sales. Send questions to [sutton1704@gmail.com](mailto:sutton1704@gmail.com). The Sutton Historical Society is a 501c3 organization.

**SUNDAY, JUNE 15**

• The theme of the 2025 Millbury Fourth of July Parade is "A Community Celebrates!" The parade will start at Millbury High School, 12 Martin Street at 1 p.m. and end at Windle Field. <https://www.millburyfourth.org/>

**TUESDAY, JUNE 17**

• The General Ebenezer Learned Chapter of

the Daughters of the American Revolution will be unveiling and dedicating a 250 Anniversary burial marker to honor the Revolutionary War soldiers who answered the alarm on April 19, 1775 at the West Auburn Burial Ground at 1 p.m. The burial ground is at the corner of Waterman Rd. and Southbridge St. in Auburn.

**SATURDAY, JUNE 21**

• Join family and friends for a stuffed chicken dinner beginning at 5:30 p.m. at St. Peter's Parish Hall, 39 Church Avenue, Northbridge. Tickets are \$17 per dinner and include salad and dessert. To go meals will be available for pick-up at 5 p.m. All orders must be purchased in advance by Tuesday, June 16. Call 508-234-2156 or email the parish office: [parishoffice@stpeterockdale.org](mailto:parishoffice@stpeterockdale.org) for orders and tickets.

**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/USBAGolf>.

• The Blackstone Valley Chamber of Commerce will hold its Business After Hours Networking Event from 5:30-7:30 p.m. at Murder Hill Brewery & Taproom at 670 Linwood Avenue, Building C, Whitinsville. Murder Hill is an exciting local brewery nestled within the historic Linwood Mill complex. Enjoy a relaxed and lively evening of networking, with local craft brews on tap and delicious bar bites. Admission is \$20 for members and \$40 for future members. RSVP by June 23 to Liz O'Neil at 508-234.9090 ext. 102 or via email at [loNeil@blackstonevalley.org](mailto:loNeil@blackstonevalley.org)

office: [parishoffice@stpeterockdale.org](mailto:parishoffice@stpeterockdale.org) for more information.

**THURSDAY, JULY 3**

• Millbury Farmers Market at the Mansion, a new monthly event taking place on the beautiful grounds of the historic Asa Waters Mansion, 123 Elm Street, Millbury. From 3-7p.m.

**THURSDAY, JULY 10**

• The Charlton Public Library Summer Concert series sponsored by Cornerstone Bank presents "The Dirty Martinis" with Les Sampou and Ed Grenga. Les Sampou has seven albums of original songs and has toured the U.S. and Europe for the past three decades, earning her top billing at major festivals as well as supporting such legendary acts as Aretha Franklin. Ed Grenga has written dozens of film scores as well as won composer awards (2023 and 2024) for his work on PBS "This Old House." They bring their vast talents to an extensive repertoire which includes not only award-winning original compositions but cover songs from Americana, Classic Rock, and American Songbook standards. Their repertoire covers classics from the 1920s to the 2020s. "Twenties to the Twenties" appeals to all ages. From 6-7:30 p.m. at Charlton Library, 40 Main Street. Free and open to the public. Additional parking is available at the Elementary School and Town Hall.

**SUNDAY, JULY 13**

• The New England Country Music Club will hold a dance with live classic country music by "The Farm Hands" at the Progressive Club, 18 Whittin St., Uxbridge. Doors open at 12:15 p.m., live music from 1-5 p.m. Snacks may be brought in cash bar for beverages.

**THURSDAY, JULY 31**

• The Charlton Public Library Summer Concert series sponsored by Cornerstone Bank presents Tony Graham, a singer-songwriter from County Tipperary, Ireland, will perform. He has an extensive catalogue of songs ranging from traditional ballads to more contemporary Irish hits. His passion for Irish music shows through in his performances, as every song he sings tells a story. From 6-7:30 p.m. at Charlton Library, 40 Main Street. Free and open to the public. Additional parking is available at the Elementary School and Town Hall.

**THURSDAY, JUNE 26**

• The Charlton Public Library Summer Concert series sponsored by Cornerstone Bank presents "Far From Eden." They are a four piece band from Millbury, formed in 2005 by vocalist Tina Pugliese Savage, drummer Ed Scholz, bassist Bob See, and guitarist Dave Bourdeau. The band is noted for Tina's powerful vocal delivery and cleverly crafted versions of songs from a wide variety of genres and artists, including Aretha Franklin, Pink Floyd, Lady Gaga, Led Zepelin, and U2. From 6-7:30 p.m. at Charlton Library, 40 Main Street. Free and open to the public. Additional parking is available at the Elementary School and Town Hall.

**SATURDAY, JUNE 28**

• A Basic Life Support and First Aid Class will be offered beginning at 8 a.m. in St. Peter's Parish Hall, 39 Church Avenue, Northbridge. This class is for newcomers and those looking for re-certification. Learn valuable lifesaving skills. Training is done by the American Heart Association. The class is \$89 per person and must be paid in advance when you register. Class size is limited. Please register by Monday, June 23. Call 508-234-2156 or email the parish

# Blackstone Heritage Corridor in 'Story Walks' Collab with Worcester Writers' Collective

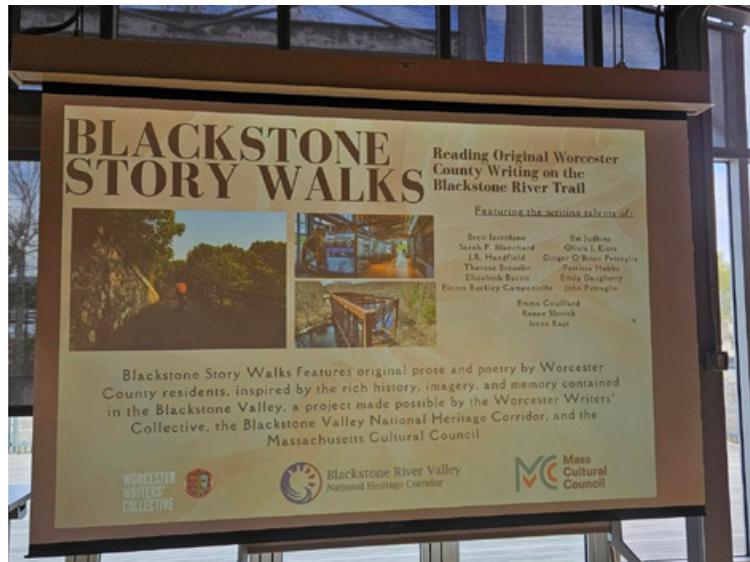
Greenway Signs Feature Prose, Poetry of Locals Inspired by Region's Rich History and Imagery

The Blackstone Heritage Corridor in partnership with the Worcester Writers' Collective, proudly announces the launch of "Blackstone Story Walks," a new initiative that blends local history, creative writing, and the scenic experience of the Blackstone River Bikeway/Greenway.

The project features excerpts from original short stories and poems penned by Worcester-area authors, displayed along the southern section of the bikeway in Worcester and Millbury. Story panels are installed along the trail with accompanying QR codes, allowing visitors to access the full-length versions of each piece directly on their phones.

Designed to engage walkers, cyclists, and visitors of all ages, "Blackstone Story Walks" invites readers to explore both the physical landscape and the imagination it inspires.

"Blackstone Story Walks brings our mission to life in a new way. It celebrates the creativity of this region – both past and present – while promoting local writ-



ers and inviting the public to interpret their surroundings with fresh eyes," said Anya Wilczynski, Interim Executive Director of the Blackstone Heritage Corridor, a nonprofit providing strong leadership to preserve, promote, and celebrate the Blackstone Valley's resources since 1986.

Each writer drew inspiration from the Blackstone Valley – its

landscapes, history, and symbolism. The featured works reflect a wide range of voices and themes, from Indigenous heritage and notable local figures to poetic meditations on the river and the pathways it shapes. Every piece offers a unique and thought-provoking lens on place and identity.

"So much of our organization is centered on the belief that storytelling is a highly effective tool for building community," said Brett Larrobino, a representative of the Worcester Writers' Collective. "We've talked for a while now about how often we've run into original, local writing in exciting and unexpected places across Worcester County and New England, and we started to feel an urgency to bring that innovation to our city. Through this collaboration, we're proud to showcase voices that reflect the

depth and diversity of Worcester and the entire Corridor."

To view the Blackstone Story Walks signs, visitors can start their walk at the parking area at 205 North Main Street, Millbury and follow along the bike path. Signs will be visible at several bridges along the river.

For more information, visit: [blackstoneheritagecorridor.org/](http://blackstoneheritagecorridor.org/)

To learn more about the Worcester Writers' Collective, email: [worcestertwriterscollective@gmail.com](mailto:worcesterwriterscollective@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**



Hunter Allen of Northbridge, a 2025 graduate of the Heating, Ventilation, Air Conditioning & Refrigeration program at BVT, will continue to be employed by Control Point Mechanical as an apprentice.

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June's theme: **Sing It or Wing It**

Featured artist: **The As of Yet Unnamed Players**

Saturday, July 12, 2025 6:00-8:30pm

July's theme: **Red, White, and Blues**



Signs ups begin @ 5:30pm

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Questions? Michelle.Benjamin@openskycs.org or visit openskycs.org/openmic



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