

Uxbridge Seniors Celebrated at Sheriff Evangelidis' Annual Senior Picnic

Over 1,000 Worcester County Senior Citizens Attend Drive-Thru Picnic

For more than 1,000 seniors in Worcester County, the Sheriff's Annual Senior Picnic is a highly anticipated event that kicks off the summer season. It's an opportunity to come together, enjoy great food and prizes, and celebrate the warmer days ahead.

On Saturday, June 7th, seniors from all corners of Worcester County drove through SAC Park in Shrewsbury to receive their free barbeque lunch and many other giveaways provided by the Worcester County Sheriff's Office, Worcester County Reserve Deputy Sheriff Association, and various vendors and sponsors.

Sheriff Evangelidis and his team have honored Worcester County's senior citizens for over a decade. Each summer, more than 100 volunteers prepare barbecue boxed lunches and hand out other raffle

prizes, goodie bags, Massachusetts state lottery scratch tickets, Chick-fil-A gift cards, and more. For all involved, it's a special time filled with fun and community spirit.

"The Senior Picnic is one of my favorite days of the year, and we strive to provide the best experience possible for attendees," commented Worcester County Sheriff Lew Evangelidis. "In addition to the numerous treats and giveaways that we hand out, we also have over a dozen vendors on site to speak with seniors about programs, products, and services that they may benefit from."

This year, Conny Ferguson, Pat Ferguson, Janette O'Neal, and Donna Marron, Uxbridge residents, were the lucky recipients

PICNIC

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Reichert Named Commonwealth Heroine

The mission statement on the Blackstone Valley Emergency Shelter website reads simply: "To give people in an emergency situation a place to stay."

It's a mission that Leslie Reichert has been pursuing for eight years and recently the CEO and President of the shelter has been honored as a Commonwealth Heroine, Class of 2025 in recognition of her efforts.

Reichert received the citation from the Senate at the State House, accompanied by state rep. David K. Mouradian (R-9 Worcester) and state senator Ryan Fattman (R-Sutton).

Commonwealth Heroines are women who don't make the news, but do make a difference. The Heroines use their time, talent and enthusiasm to enrich the lives of others in their communities. Known as "the glue that holds a community together," they are mentors and volunteers who protect and represent the interests of seniors, victims of violence, children, immigrants and other vulnerable populations.

Each year, the Massachusetts Commission on the Status of Women partners with state legisla-



State Rep. David Mouradian, Blackstone Emergency Shelter CEO Leslie Reichert and State Sen. Ryan Fattman.

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tor to identify women who make outstanding contributions to organizations and communities. Each legislator is encouraged to nominate one woman from their constituency as a way of recognizing their efforts.

Reichert was nominated by Fattman.

Responding with the same generosity that moved her to open the shelter, Reichert said in a statement that her thoughts turned to the shelter's many volunteers as she accepted the citation.

"This citation belongs to every phone volunteer who has answered a call in the middle of the night, every board member who's has helped shape our path, every volunteer who worked a shift at the physical shelter, for everyone working at Hope's Thrift Closet, and every person who has shown up to fundraisers, simply offered a kind word to someone in crisis.

Your service is seen. Your impact is real. And now, it has been recognized by our state," she wrote.

REICHERT

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PICNIC
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of a raffle prize from the Sheriff's Office.

Sheriff Evangelidis emphasized that it is the dedicated group of volunteers who make this event possible year after year. He noted that despite the unfavorable weather forecast, Mother Nature granted a nice morning, which encouraged seniors to attend.

This year, the picnic is sponsored or supported by community partners such as The Gun Parlor, Table Talk Pies, Mercadante Funeral Home, Massachusetts State Lottery, Chick-fil-a Worcester, Chick-Fil-A, Automatic Rolls of New England, Pam Massad in memory of "Dud-die" and Bette Massad, Commerce Associates & The Krock Family, JV Mechanical Contractors, Inc.,



Sheriff Evangelidis snaps a photo with Conny Ferguson, Pat Ferguson, Janette O'Neal, and Donna Marron, Uxbridge residents, who were the lucky recipients of a raffle prize from the Sheriff's Office.

Diamond Auto Group, Falcone Enterprises, NEPBA Local 550, The Savickas Family, Worcester Housing Authority, and House Hangers.

Vendors included Worcester County District Attorney Joesph D. Early, Central Mass Housing Alliance, Vickstrom Law Office, CareOne at Millbury, Rockland Trust Bank, The Overlook, Worcester Red Sox, Tri-Valley, Inc., Saint Francis Rehabilitation and Nursing Center, The Journey Before Us, Senior Connection, Heart to Home Meals, Senior Helpers, and Raho Care Adult Foster Care.

A special thank you to the students and staff from Worcester Technical High School for volunteering their time to help make the day memorable for attendees.

Fourth of July Celebration

Uxbridge will celebrate July 4 on Saturday, July 12 with festivities on the field at 62 Capron Street from 5 p.m. culminating in fireworks at 9:15 p.m. sharp. The event is free to attend. Try the many different food trucks, inflatable rides and games, live entertainment and more. Uxbridge native John Demers will play acoustic tunes from 6-8 p.m.



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REICHERT

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The shelter works with individuals and families who are experiencing homelessness or an emergency situation in the Blackstone Valley area.

Not just a place to sleep, the Blackstone Valley Emergency Shelter makes the connections for shelter residents to help them tackle problems related to their homelessness.

Shelter staff connect residents to job training, addiction support, facilities for laundry and showering, mentoring, counseling and consistent accountability. "Our objective is not only to provide temporary assistance but to walk with individuals and families in their adverse circumstances," the website reads.

On a cold night last January, Reichert said the shelter can play host to as many as 12 people some evenings or sometimes even just one. The crippling cost of housing in the state is a big contributor to the problem, she said.

As a volunteer-dependent operation, the Blackstone Valley Emergency Shelter has launched a campaign – 100 Hands for Hope. That's how many volunteers they hope to sign up by October 31 to man just one shift at the shelter during the coming winter. The shelter will open on Nov. 1, 2025.

Uxbridge Public Library

15 North Main Street, Uxbridge
508-278-8624

Monday, July 14
Teen Book in a Bag 10 a.m. – 5:30 p.m.
Sound Minds, Sound Bodies 11-11:45 a.m. Register
Music Bingo by Wise Guys Trivia 5-6 p.m. Register
Autism Workshop with ABA Center of America 5:30 – 6:15 p.m. Register
Knit N' Stitch Circle 6 p.m.
Gentle Flow Yoga 7-8 p.m. Register

Tuesday, July 15
Teen Book in a Bag 10 a.m. -5 p.m.
Baby Storytime 11 a.m. Register
Historical Fiction Book Club 3:30 p.m.
Lego Challenge Build 4:15 p.m. Register

Wednesday, July 16
Crafty Wednesdays, 10 a.m.-3 p.m.
Read Around Uxbridge: The Honeybees 10 a.m.
Book A Librarian (3 Events) 3:30-5 p.m. Register
Clayful Charmed Hearts 4:15 p.m. Register

Thursday, July 17
Teen Hearts & Charms 6 p.m. Register
Zentangle at the Senior Center: Learning How to Make Printz Register

Friday, July 18
Games on the Lawn & Chalk Art 10 a.m. – 1 p.m.
Family Candy Bar Bingo 12 p.m. Register

Monday, July 21
The Banannies 11:30 a.m. Register
Paint & Perch Cardinals 5:30 p.m. Register
Knit N' Stitch Circle 6 p.m.
Gentle Flow Yoga 7 p.m. Register

Tuesday, July 22
Toddler Storytime 11 a.m. Register

Wednesday, July 23
Crafty Wednesdays, 10 a.m.-3 p.m.
Book A Librarian (3 Events) 3:30-5 p.m. Register

Thursday, July 24
Science with Amanda 5:30 p.m. Register
Virtual Fortnite Tournament 6-8 p.m. Register
Cardmaking Hand-on Workshop 6:15 p.m. Register

Friday, July 25
Games on the Lawn & Chalk Art 10 a.m. – 1 p.m.
Pop-Up Library at the Senior Center 11 a.m. – 1 p.m.
Sensory Play 11 a.m. Register

Monday, July 28
Henna by Jen! 6-7:30 p.m.
Knit N' Stitch Circle 6 p.m.
Bookies Book Club 6:30 p.m.
Gentle Flow Yoga 7 p.m. Register

Tuesday, July 29
Toddler Tumble 11 a.m. Register

Wednesday, July 30
Crafty Wednesdays 10 a.m. – 3 p.m.
Embroidery 101 Register
Book A Librarian (3 events) 3:30 – 5 p.m. Register

Light Up the Sky! 4:15 p.m. Register
Sew Much Fun! 4:15 p.m.

Thursday, July 31
Embroidery 101 6 p.m. Register
Intro to Tarot for Teens 6:30 p.m. Register

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Fattman Announces Cultural Council Grants

State Senator Ryan Fattman (R-Sutton) announced that his district will receive \$336,000 in grants from the Mass Cultural Council. The grants provide funding to the Cultural Councils for every town in the district as well as culturally focused

programs for local organizations and schools. “Funding for organizations in my district to pursue cultural programs is invaluable,” said Senator Fattman. “It’s incredibly important that we continue to preserve the history of the Worcester-Hampden

District and the people I represent which is possible, in large part, because of the cultural councils in each town.” The following communities in the Worcester and Hampden district received Cultural Council grants:

Blackstone \$20,600
Brimfield \$5,900
Charlton \$17,700
Douglas \$10,900
Dudley \$16,600
Holland \$5,700
Hopedale \$9,300
Mendon \$8,800
Millville \$6,100
Monson \$26,700

Northbridge: \$22,000
Oxford: \$18,000
Southbridge: \$29,700
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36 South Main Street, Uxbridge
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Walk and Talk Group every Thursday at 12 p.m.

Bingo is back! Thursday, July 17 at 1:30 p.m. \$10 gets you one set of cards per player. All proceeds go back to the players.

Free lunch at Pout Pond on Monday, July 21 at 11:30 a.m. – 1:30 p.m. We'll be playing Bingo. In the event of rain, the lunch will be held at the Senior Center.

Woo Sox Game, Wednesday, July 30 at 12:05 p.m. Limited tickets available by lottery. Deadline for the ticket lottery is July 14 at 1 p.m. Transportation available. Vans will leave at 10:30 a.m.

Sponsored by the UEC.

Empire Buffet lunch trip, Monday, July 14 at 12 p.m. \$14 per person including tip. Drinks are separate. Transportation is available.

SHINE Appointments available Tuesday, July 15 from 9 a.m. – 12 p.m. Call to book an appointment.

National Grid Customer Care Event, Wednesday, July 16 from 10:30 a.m. – 12:30 p.m. National Grid customer advocates will be here to assist you. This will be held the third Wednesday of each month.

Pop-Up Library at the Senior Center, Friday, July 25. From 11:30 a.m. – 12:30 p.m.

“Ask the Attorney” with Attorney Ralph Tepper on Monday, July 28. Appointments only, beginning at 1:30 p.m.

Ask the Nurse Free Blood Pressure Clinic on Tuesday, July 29 from 11 a.m. – 12 p.m. With Karen McCarthy, Salmon Health VNA

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How to choose a successor for your business



Mark Freeman, CEPA

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As a business owner, you've always got a lot to think about today — but what about tomorrow? Have you thought about whom you would like to see as your successor?

If you haven't, you're not alone. Of the business owners who have created a succession plan, about 70% have named a successor for their businesses and have taken measures to

train and prepare this successor, according to a survey by Morning Consult, NEXT 360 Partners and Edward Jones. But this means that nearly a third of business owners have not taken this action, leaving a big gap in their succession plans.

So, if you haven't yet named a successor, you may want to start thinking about it. It may be helpful to ask yourself these questions:

- **Should I look inside or outside?** You could find a successor who's already working for you, or you could find someone from the outside. On one hand, an internal successor would already know how you operate and what you value as you run your business. But on the other hand, an external successor could bring a new point of view and a different set of skills, both of which might prove beneficial. You'll need to weigh both choices carefully.

- **How prepared is a potential successor?** Whether you decide on an internal or external candidate, you'll want to be sure the person you choose is prepared to take over the business. Do they have management skills? Will they share your commitment to your business's success? Will they be able to build strong relationships with your customers or other employees? Are they enthusiastic about the work involved? You'll want to evaluate all these types of factors in making your selection.

- **Are there potential family squabbles?** If you would like a family member to become your successor, you may need to be careful about whom you choose and how you communicate your decision to the entire family. Even if it may make sense for one individual to take over the business, perhaps because they're already involved in it and they're

interested in taking it over, it doesn't mean hurt feelings won't develop among other family members, who may feel they are somehow being "cheated" out of what they view as their share of a valuable inheritance. So, if you are convinced that you're making the right choice, explain your reasoning to all family members and let them know that you're also exploring other, tangible ways for them to share in your family wealth, possibly by leaving them other financial assets through your estate plans.

- **How will my choice of a successor affect my finances?** Passing the business to an heir, selling it to an existing employee or selling it to an outside buyer can yield vastly different results for you in terms of your personal finances. You'll need to consider the possible business transfer arrangements, such as a buy-sell agreement, to deter-

mine which one is in your best interests. In doing so, you may want to work with your financial advisor or a consultant with experience in selling or transferring a business.

Choosing a successor is one of the most important decisions you'll make — so, take your time, evaluate your options and work to reach a decision that works well for everyone involved.

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
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Whitinsville Social Library

17 Church Street, Whitinsville
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Tuesday, July 15
Colorful Candles Workshop for Children, 6-7 P.M.
Wednesday, July 16
Music and Movement with Deb Hudgins for kids age 1-5
10 :30 a.m. Register
Local History Help 2-3 p.m.
Thursday, July 17
Storytime with Miss Jen 10:30 a.m.
Friday, July 18
D & D Campaign 12- 2 p.m.
Register

Monday, July 21
Get Help with Jenna Gouin 11 a.m. Register
Get Help with Jenna Gouin 11:30 a.m. Register
Get Help with Jenna Gouin 12:30 a.m. Register
Tuesday, July 22
Animal Family Program: Animals of the Rainforest 11 a.m. Register
Animal Family Program: Animals of the Rainforest 1 p.m. Register
Jigsaw Puzzle Showdown 6 p.m. Register
Wednesday, July 23

Virtual: Online Reputation Management for Job Seekers 9:30 a.m.
Music and Movement with Deb Hudgins 10:30 a.m. Register
Local History Help 2 p.m.
Thursday, July 24
Storytime with Miss Jen 10:30 a.m.
Wednesday, July 30
Music and Movement with Deb Hudgins 10:30 a.m. Register
Local History Help 2-3 p.m.
Virtual: History of New England Sweets: Doughnuts, Bonbons and Whoopie Pies 7 p.m.

Simon Fairfield Library

290 Main Street, Douglas
508-476-2695

Mondays, July 14,21, 28 Summer Storytime 10 a.m.
Tuesdays, July 15, 22,29 Summer Storytime 10 a.m.
Wednesdays, July 16, 30 – Fiber Art Friends 10 a.m.
Wednesday, July 16 –Diane

Edgecomb Game Time ! 1
Wednesday, July 16 – Reading to Bryce 5:45 p.m.
Saturday, July 19 – Paint by Numbers 10:30 a.m. adults
Monday, July 21 – Paint by Numbers 5:30 p.m. adults
Tuesday, July 22 – Music & Movement 11:30 a.m.
Wednesday, July 23 – Chain

Reactions and Creative Contraptions 1 p.m.
Monday, July 28 – Plot Twisters Book 6:30 p.m.
Wednesday, July 30 Mobile Mini Golf 1 p.m.
August 2 – Simon Fairfield Public Library Gardeners' Companion Planting and Design 10:30 a.m . adults

MassBay Community College Honors

The follow local residents have been named to the MassBay Community College President's List, earning this academic honor for the Spring 2025 semester.

- Michelle Leonard of Douglas, who studies General Studies
- Julia Rocha Dos Santos of Uxbridge, who studies Accounting
- Alvaro Mendoza Carroll of Uxbridge, who studies Business Administration

To be eligible for the MassBay President's List, students must be enrolled in 12 or more college-level credits, achieve a 3.7 grade-point average or higher, and be in good standing with the College.

The following local resident's academic dedication and hard work were celebrated at MassBay Community College's 63rd Commencement ceremony in Wellesley Hills on May 29, 2025.

- Charlene DeVincent of Uxbridge has earned a Certificate in Phlebotomy.

The follow residents have been named to the MassBay Community College Dean's List, earning this academic honor for the Spring 2025 semester.

- Robert McLaughlin of Uxbridge, who studies Business Administration
- Mariestela Rosario of Uxbridge, who studies Engineering Design
- Victoria Caruso of Uxbridge, who studies General Studies
- Jude Goncalves of Uxbridge, who studies General Studies
- Jessica Lutton of Uxbridge, who studies General Studies
- Kendall Knapp of Uxbridge, who studies Liberal Arts - Psychology/ Sociology
- Georgia Oakley of Uxbridge

To be eligible for the MassBay Dean's List, students must complete at least six credits of college-level courses, earn a grade-point average of 3.5 or higher, and be in good standing with the College.



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Mondays:

Chair drumming, 9 a.m.
Pitch League, 9 a.m.
Tai Chi 11 a.m.
Cribbage League 12:30 p.m.
Mahjong 12:30 p.m.
Aqua Exercise 1:30 p.m. at Whittin gym
Grief Group 2 p.m. (second Monday)

Tuesdays:

Painting 10 a.m.
Mat Yoga 11 a.m.
Café Lunch 12:30 p.m.
Pokeno 12:30 p.m.
Bridge 12:30 p.m.
Wednesdays:
Women on the Move 9:30 a.m. (second Wednesday)
Low Impact Aerobics 10 a.m.
Blackstone Valley Strummers 10 a.m.
Book Club (third Wednesday) 10:30 a.m.

Ukulele Class 2 p.m.
Tap Class 2:30 p.m.

Thursdays:

Meditation 9:30 a.m.
Chair Yoga 11:15 a.m.
Mahjong 12:30 p.m.

Fridays:

Stretch & Strengthen 9 a.m.
Dull Men's Club (first Friday) 9:30 a.m.



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Country Bank Announces Stonier Graduates

Country Bank, a full-service financial intuition serving Central and Western Massachusetts, is pleased to congratulate

two of its team members, Jodie Gerulaitis, First Vice President of Community Relations and Jennifer Bujnevicie, Vice President of Retail Banking Regional Manager, on their recent graduation from the American Bankers Association, Stonier Graduate School of Banking.

The ABA Stonier Graduate School of Banking continues to lead the way as the industry's preeminent graduate banking program. Professional development is important now more than ever, and Stonier delivers the high-

"This journey challenged me to think differently, lead more effectively, and expand my perspective on the evolving banking landscape. The knowledge and connections I've gained will continue to shape my leadership approach and benefit our teams and customers. I'm grateful to Country Bank for its continued commitment to leadership development," expressed Jennifer.

"We congratulate Jodie and Jennifer on their completion of the American Bankers Association Stonier School of Banking. We're



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Jodie Gerulaitis and Jennifer Bujnevicie

est standard of executive education through its highly regarded program. Graduates receive both a Stonier Diploma and a Wharton Leadership Certificate.

"Over the last three years, I've gained meaningful insight into leadership, strategy, and collaboration that will stay with me throughout my career. This experience allowed me to grow both personally and professionally, while building relationships with peers from across the country. I'm thankful to Country Bank for supporting my development and for investing in the future of its leaders," expressed Jodie.

incredibly proud of the dedication and commitment they have demonstrated to get here; working hard over the course of this three-year program designed to enhance their leadership skills as Bankers and thought leaders for Country Bank. Jodie and Jennifer have always been enthusiastic about the variety of learning & development opportunities offered by the Bank throughout their careers at Country Bank and we applaud and support their continued commitment to their growth and excellence," said Miriam Siegel, Chief Culture & Development Officer..



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The Family Services of Central Massachusetts network of AmeriCorps Seniors Volunteers, aged 55 and over, are sharing their positive outlook and experience to make a difference in the lives of others and their communities.

Engage one-on-one with another senior, or pursue a cause close to your heart, such as the Senior Fraud Helpline. Help Foil the Frauds by assisting seniors to recognize, resist, and report senior scams and fraud. Live life to the fullest as an AmeriCorps Seniors Volunteer -- for others and yourself.

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Blackstone Valley Technical High School Scholarships and Awards

More than \$9 Million in Student Scholarships Awarded

The Blackstone Valley Vocational Regional School District is proud to announce its Class of 2025 Scholarship and Award Recipients.

As BVT's newest graduates advance their career training, they do so with the assistance of awards with an estimated tally exceeding nine million in renewable value, which is a springboard for success, allowing its recipients the financial freedom to implement their career plans across various pathways.

"When it comes to putting their career plans in action, some students purchase new tools, clothing, and equipment while others use financial aid to cover tuition at colleges or universities," said Superintendent-Director Dr. Michael F. Fitzpatrick. "The aid of scholarships and awards help our graduates move toward a bright future, whether directly out of high school or five years out, to contribute as well-trained, educated, and skilled members of the workforce."

The following is a list of the scholarships and awards earned by members of the Class of 2025, in-

cluding immediate plans for career training. Students are categorized by town and listed alphabetically by their last name. Scholarship amounts reflect the first-year total. For more details, visit www.valleytech.k12.ma.us/scholarship-precipients.

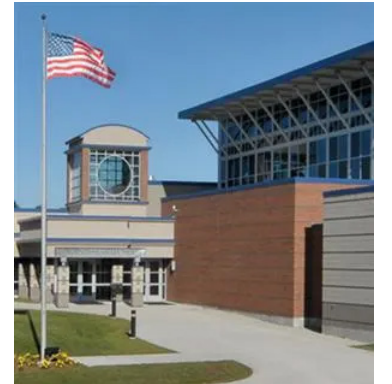
DOUGLAS

Haley Bilodeau – Trinity College (Biochemistry and Music)
\$67,420 Presidential Scholarship
Haley Chamberlain – University of Massachusetts-Amherst
\$500 Dean Bank Scholarship
Matthew Dean – Wentworth Institute of Technology (Architecture)
\$6,000 Arno and Roberta E. Wagner Scholarship
Justin Dooner – Wentworth Institute of Technology (Mechanical Engineering)
\$2,180 John & Abigail Adams Scholarship
\$22,000 Presidential Merit Scholarship
Tyler Grybowski – Wentworth Institute of Technology (Cyber Security)
\$1,000 John & Abigail Adams

Scholarship

Riana Katragini – Endicott College (Early Childhood Education)
\$5,000 Arno and Roberta E. Wagner
Braydin Levesque – All Points HVAC & Plumbing (Service Technician)
\$500 Class of 2024 Scholarship
Emily Muniz – Drexel University (Business and Engineering)
\$32,400 A.J. Drexel Scholarship
\$500 Homefield Credit Union Scholarship
Om Patel – Georgia Institute of Technology (Electrical Engineering)
\$500 Millbury National Bank Scholarship
\$4,000 NUCOR Foundation Community Scholarship
\$2,180 Georgia Institute of Technology
\$2,180 John & Abigail Adams Scholarship
Liam Peach – Massachusetts College of Art and Design (Graphic Design)
\$1,000 John & Abigail Adams Scholarship

\$500 Olive Branch Lodge Scholarship
Samantha Pinto – University of South Carolina (Nursing)
\$500 NHS/NTHS Scholarship
\$1,714 John & Abigail Adams Scholarship
\$96,000 Superlative Scholars Award
Evan Pupka – Thomas College (Computer Science)
\$20,000 Presidential Academic Achievement Award
\$2,000 Welcome to Maine
Emily Sullivan – Rhode Island College
\$2,000 Maguire Family Scholarship



Addison Taylor – Worcester State University (Nursing)
\$12,00 Merit Scholarship

BVT

continued on page 10

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BVT
continued from page 9

Jeremiah Thomas – Ace Temperature Control (HVAC Apprentice)
\$500 Derek Yancik Memorial Scholarship

NORTHBRIDGE
Hunter Allen – Control Point Mechanical (HVAC Apprentice)
\$350 Valley Tech Ed Foundation

Pricille Blega – Worcester State University
\$500 Dean Bank Scholarship
Carlee Bolduc – Westfield State University (History and Education)
\$12,000 Blue and white Scholarship
\$500 BVT Teachers Association-Richard Bernard Scholarship
Steven Caya – RIT (Mechanical Engineering)
\$2,180 John & Abigail Adams Scholarship
\$1,000 Mendon Lions Club
\$26,000 Presidential Scholarship
\$1,000 Sutton Lions Club
Kayla Chausse – Assumption University Criminology & Sociology
\$7,530 Assumption University Grant
\$500 Civic Friendship Book Award
\$2,000 Early Acceptance Grant
\$1,000 Salisbury Award
\$500 Upton Police Association Scholarship
Giada Dabelstein – MCPHS (Sonography)
\$16,000 MCPHS Presidential Scholarship
\$350 Valley Tech Ed Foundation
Perry DerKosrobian – Stonehill College (Secondary Education)
\$41,000 Presidential Merit Scholarship
Sosie DerKosrobian – University of New England (Medical Biology on the Pre-Med Track)
\$2,000 Andrew Cocaine Memorial Scholarship
\$500 Marcelyn Karagosian Scholarship
\$500 Student Council Scholarship
\$81,000 UNE Presidential Scholarship Award
Zabel DerKosrobian – Stonehill College (Exercise Science)
\$2,000 Andrew Cocaine Memorial Scholarship

\$41,000 Shields Trustee Scholarship
\$300 Valley Tech School Committee-Academic Award
James Gifford – Ace Temperature Control (HVAC Apprentice)
\$500 Derek Yancik Memorial Scholarship
Conner Gomez – George Mason University (Civil Engineering)
\$18,000 Mason Distinction Award
Haden Houatchanthara – Regis College (Business Management)
\$25,000 Merit Scholarship
\$47,770 Sloan Business Scholarship
Mara Keane – Assumption University (Biology)
\$2,000 Andrew Cocaine Memorial Scholarship
\$2,000 Assumption Civic Friendship Ambassador Award
\$7,000 Athletic Incentive Grant
\$6,000 Lawrence M. and Augusta L. Keeler Scholarship
\$400 Northbridge Youth Basketball Association Scholarship
\$32,000 Presidential Scholarship
\$1,000 Yvette Manosh Memorial Scholarship
Dylan Leeds – Wentworth Institute of Technology (Mechanical Engineering)
\$200 Massachusetts Association of School Superintendents Award
\$2,000 Gene Haas Foundation Machining Technology Scholarship
\$700 Northbridge Youth Basketball Association Scholarship
Haley Marston – High Point University (Biology)
\$72,000 Presidential Scholarship
Markas Petone – UMass Lowell (Biomedical Engineering)
\$1,454 John & Abigail Adams Scholarship

BVT

continued on page 12

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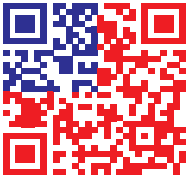
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- Roll over to an IRA.
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Douglas Senior Center

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The Sunshine Cub meets on the first Tuesday of the month at 2 p.m. at the Senior Center. The next meeting is August 5.

Elderbus Service Schedules
S.C.M. Elder bus, under contract to the Worcester Regional Transit Authority, provides transportation services to senior and disabled clients for 21 communities within central Massachusetts. Please call Elder bus directly at 1-800-321-0243 to make all reservations. Reservations must be made 48 business hours ahead of time.

Out of Town Medical:
Wednesday, Thursday and Friday Service hours 10 a.m. to 12 p.m. or 12 to 2 p.m.

Douglas Service in town
Monday—Friday service hours
Medical 8:30 a.m.-3:30 p.m. Work 8:30 a.m. -3:30 p.m. General Business 8:30 a.m. to 3:15 p.m.

Out of Town Grocery Shopping

Tuesday: Customer choice drop off pick up. Walmart- Whitins-

ville 11 a.m. to 12:30 p.m.

Special Events

Lunch & Movie: Come in and enjoy this heartwarming true story "Nonna's." Thursday July 24 at 11:30 a.m. Lunch will be stuffed peppers, carrots & lemon cake for \$4. Please call the center to sign up by July 21.

Game Show: Thursday August 7 at 12p.m. We will be playing Wheel of Fortune & Jeopardy. We had a great time playing this last summer, so it is back by popular demand. Kevin Richmand will be here with his quick wit and fascinating questions while teams compete in this fun interactive game show; prizes will be given to the winners. We will also enjoy a free pizza party courtesy of Unibank!

Blackstone Valley Animal Shelter Visit: Thursday August 14 from 1- 2 p.m. Free transportation will be provided. Would you like to play with some kittens, or read to the dogs? Space is limited, please call the center to fill out a visit application and to sign up by August 7.

Lunch & Movie: Movie to be announced, Thursday August

28th @ 11:30. Lunch will be a grilled chicken salad bar with fruit

Daily activities

Monday

Pickleball 8 a.m.
Painting 9:45 a.m.
Balance & Strength 12 p.m.
Mat yoga 2 p.m.

Tuesday

Walking Club 9 a.m.
Cribbage 9:30 a.m.
Zumba 9:30 a.m.
Bingo/lunch 11:30 a.m.
Technology class 1 p.m.

Wednesday

Pickleball 8 a.m.
Balance & Strenth 10 a.m.
Darts 10 a.m.
Mahjong 1 p.m.
Dominoes 1 p.m.

Thursday

Walking Club 9 a.m.
Chair yoga 9:30 a.m.
Pitch 9:30 a.m.
Hand Foot Cards 12:30 p.m.

Friday

Balance & Strength 10 a.m.

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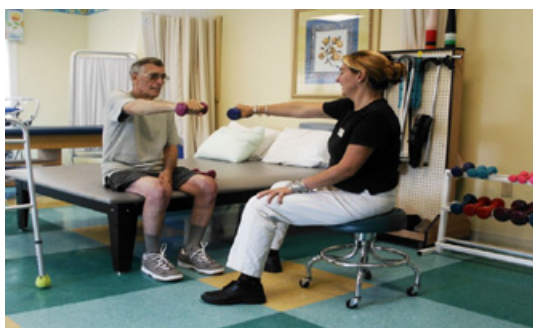
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BVT

continued from page 10

\$8,792 Dean Excellence Scholarship
Ayden Rumford – Paiva Plumbing (Plumbing Apprentice)
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Sean Russo – Wentworth Institute of Technology (Data Science)
\$21,000 Presidential Merit Scholarship
Emma Salus – University of New Haven (Dental Hygiene)
\$30,000 Merit Scholarship
Delaney Sanford – Bridgewater State University (Health Science)
\$20,000 Crimson Merit Scholarship
Eva Schairer – University of Connecticut (Nursing)
\$12,000 Husky Achievement Award
\$500 Rita Skinner Memorial Scholarship
Alexa Seward – Worcester Polytechnic Institute (Civil Engineering)
\$139,560 WPI Presidential Scholarship & Grant
\$2,680 Worcester Polytechnic Institute
\$2,180 John & Abigail Adams Scholarship
\$500 Principal Leadership Award
Bella Shaw – Primetals (Machine Operator)

\$100 Stanley Tool Award
\$500 Tattersall Machining Scholarship
Addison Snow – Westfield State (Nursing)
\$20,000 Presidential Merit Scholarship
UXBRIDGE
Lillian Alberto – Ringling College of Art & Design (Bachelor of Fine Arts)
\$22,000 Creative Excellence Scholarship
Chris Bouvier – UMass Dartmouth (Business Management)
\$3,500 Merit Scholarship
Thomas Carlson – Navy (Hull Maintenance Technician)
\$1,000 Anonymous Military Scholarship
\$500 Corporal John Dawson Memorial Award
Maura Cleary – University of Massachusetts - Lowell (Civil Engineering)
\$1,500 Merit Scholarship
\$1,000 U.S. Veterans Motorcycle Club
Alexi Cox – University of Central Florida (Electrical Engineering)
\$2,500 John & Abigail Adams Scholarship
\$5,000 Uxbridge Dollars for Scholars-Andrews Scholarship
Brendan Knox – Wentworth Institute of Technology (Cybersecurity)

\$84,000 Presidential merit Scholarship
\$21,000 Presidential merit Scholarship
Nicholas Matte – J.S. Mortimer Inc. (HVAC Technician)
\$300 James Franklin Memorial Award
Mikaela Swanson – University of New Haven (Forensic Science)
\$30,000 Presidential Scholarship
Mason Uthoff – University of Rhode Island (Biotechnology)
\$54,000 Presidential Scholarship
Nicholas Whitlock – Carter Electric (Electrical Apprentice)
\$1,000 Town Fair Tire Foundation Toolship Scholarship
Stephanie Zaitoun – University of Massachusetts Lowell (Biomedical Engineering)
\$500 Altor Corporation Solutions
\$8,832 Dean Excellence Scholarship

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.



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BVT Faculty Waves Good-Bye for the Summer

Freshmen Events Planned for August

The final morning of the school year brought sunshine and smiles. On June 17, Blackstone Valley Regional Vocational Technical High School (BVT) teachers, administrators, and support staff gathered outside to wish students a happy summer. With cheerful waves, they watched the last school buses roll out. This fun moment signifies the start of summer at BVT.

At BVT, the Last Day Wave is an annual tradition that marks the

install additional lighting in the HVAC shop, update (remove and replace) lighting in the Advanced Manufacturing pod, add service cameras to the Automotive Collision shop, add power to the plumbing shop, assist Technology Department with ninety-two Wi-Fi router installations, and remove trees and organic waste behind the MRS building.

The summer projects are advanced with the assistance of in-house talent and grant funding,



end of the school year as teachers and students embark on a well-deserved break. It signifies another successful school year has concluded, and a productive summer of addressing proposed projects has begun. While students and teachers enjoy a brief respite, administrators, support staff, and the facilities team tackle numerous tasks, projects, and routine maintenance during the seven-week summer break. "Our task list by design is ambitious," said BVT's Facilities Manager Robert Dolegiewicz. "We maximize every minute of our schedule to address our annual summer projects and routine preventive maintenance. Some of the projects include installing a foundation for a storage building, preparing the parking lot for paving, renovating classroom and office space, supplying HVAC connections and fire protection to the cafeteria freezer, installing exterior drainage and landscape around a new exterior cooler unit, finalize design plans and procure equipment for the Culinary Arts renovation, demolish the old discuss lunch pad and landscape,

which helps reduce costs while protecting and maintaining the facility. Blackstone Valley Tech will welcome the Class of 2029 freshmen and parents at the Freshmen Cookout on Wednesday, August 13. Freshmen Orientation Days are August 14 and 15. The first day of school for all of BVT is August 18. Until then, have a fun summer!

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BY LEE-ANN BARKHOUSE
Etiquette & Leadership Coach helping people show up with confidence, kindness and credibility.

Etiquette isn't about being fancy—it's about being thoughtful. In today's fast-paced world, small courtesies and everyday respect go a long way in building trust, connection, and community. Whether you're at work, out running errands, or simply spending time with family, how you treat others makes a difference. Maya Angelou once said, "People will forget what you said, forget what you did, but they will never forget how you made them feel." Etiquette Express is here to offer practical tips and honest answers to modern etiquette dilemmas, big or small. Each month, you'll find a reader-submitted question along with a clear response, plus a practical etiquette tip you can try the next time you need it.

Q. My coworker microwaves fish at lunch almost every day, and the smell takes over the whole office. What's the polite way to handle this?

A. Ah, the infamous office microwave mystery meal. If you have a friendly rapport, try something light like: "Hey, I know we all love our lunches, but the fish smell really hangs around. Any chance we could switch it up

once in a while?" If that feels too direct—or if it doesn't work—you could also ask your manager to send a general reminder about keeping shared spaces comfortable for everyone. It's a common issue, and it can usually be handled with a bit of tact and teamwork.

ETIQUETTE TIP OF THE WEEK: NAPKIN KNOW-HOW
Place your napkin on your lap as soon as you sit down. No need to wait for the food. It's a small move that shows you're relaxed, confident, and ready to enjoy the meal. If you need to leave the table, don't place your napkin on your chair. Instead, set it loosely to the left of your plate. Pro tip: Fold the napkin with the crease facing you. That way, when you dab your mouth, you're using the inside—keeping the outside neat. Have a situation you'd like help with? Write in and your question may be featured in a future column. Let's build a kinder, more respectful world, one interaction at a time.

Lee-Ann Barkhouse is a certified etiquette and leadership coach who helps people show up with confidence, kindness, and credibility. At Invest in You, she shares practical tools to make everyday moments more thoughtful and meaningful—whether at work, at home, or right here in the community.

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SPORTS

Douglas Sprint Medley Relay

BY CHRITOPHER TREMBLAY,
STAFF SPORTS WRITER

The last time that the Douglas High School Track and field team was able to send anyone to the Nike Outdoor Nationals

over sprinting distances as part of a relay race. Unlike most track relays, each member of the team runs a different distance.

The 1600-meter variation consists of two 200-meter legs, a 400-meter leg and the anchor

of Chaudhry.

Through the early part of the season the foursome was unable to actually run the SMR as a unit due to the rainy weather. Eventually the runners were able to run the event as a team and on the very last day of the season they were able to qualify to attend the Nike Outdoor Nationals. To qualify for the trip out west the team needed to post a sub time of 3:57; the Douglas four ran a 3:50.31 time at the South Shore Twilight Meet on May 24.

"All four runners are hard-working and put everything they had into the race," Douglas Coach Jeff Thayer said. "Peter (Mannka, the boys head coach) had them prepared to make a run at the qualifying time. The boys made decent improvements through the year to accomplish the feat."

Individually Kenney and Nascimento both run the sprints for the Tigers; Kenney's best time in the 100 is 11.94 while Nascimento is proficient in the 200 with a personal best of 24.24. Telles and Chaudhry fluctuate between the 400 and 800 but while Telles has a best time of 54.9 in the 400, Chaudhry primarily focuses more on the 800 and has posted a personal best of 2:09.

The two juniors have been with the team since their freshman year, while Nascimento joined the team during his sophomore season and Chaudhry has only been with the program for the past two years. According to Thayer, despite being the youngest tenured athlete of the four, Chaudhry has gotten better as the season went on and is rather confident that he is capable of running faster.

When they get to Oregon, the foursome will take part in the 1600 SMR late Friday morning (day 2 of the event). Thayer is looking to get the boys to the track approximately 2 hours before their race so that they can watch the other runners perform and understand the flow of the track, while getting use to the atmosphere of this big stage. One hour prior, he will have them beginning to prepare, while getting locked in for their race.

"This is going to be something totally different than anything any of them have ever been involved in before," Thayer said. "At Oregon I am hoping that they can run a sub 3:50 in the relay and if all the stars align who knows what they will be able to accomplish."



was two years ago. This year, four runners who have never been there are venturing to Oregon to represent the Tigers at the prestigious event in the 1600 Sprint Medley Relay (SMR). The event was scheduled to take place at the University of Oregon's Hayward Field in Eugene, Oregon over four days (June 19-22).

The sprint medley relay is a track and field event in which teams of four athletes compete

an 800-meter leg. It would be named numerically (2-2-4-8). Representing Douglas in the SMR will be juniors Thomas Kenney and Neo Telles and seniors Daniel Nascimento and Shaan Chaudhry. Kenny will open the race for the Tigers running the first 200-meters, followed by Nascimento in another 200-meter jaunt. Telles will run the next leg, the 400-meters, before leaving the final 800-meters on the legs

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LIVING WITH LUKE

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When Luke Acts Human

BY AMY PALUMBO-LECLAIRE

Luke had been watching me for weeks from his spot in the kitchen. He seemed mesmerized, as though I held up a slice of the moon. That's when I knew I had to share my watermelon with him. I knelt by his side and angled the wedge so that he could bite off the sweet melon. He used his tiny front teeth to chisel the fruit from its rind, just as we do. Most of my dogs would have tried to swallow the wedge whole. Luke may as well have mentioned that the watermelon was on sale. "This is so good." He concentrated on the

snack as would a bear cub a jar of honey. Sharing healthy food with Luke offers one example of how he's learned to act human. There are several others.

LUKE WATCHES TELEVISION

The first time he noticed dogs on film, he nosed the television screen then backed off, just to be on the safe side. "How did you flatten yourself to fit inside the screen?" The hairs on his back stood high and his shoulders bulged like a lion's. "How is this possible? You smell like Mom's cleaner, but you look like me."

The dogs were real, yet somehow intangible. However intriguing, the truth surfaced in no time. "Ah. Now I understand. You are there for my entertainment. You are real, but also far away." Luke was onto the dogs on film.

"Look at how carefully the labs

walk over the bridge, Luke!" I crooned. I wanted him to identify with the story. He tilted his head to my voice then glanced at me. "I see."

Before long, Luke became a regular couch potato. "Make sure you put on Luke's shows." I made sure the last person left in the house would turn on the Dog Channel, should Luke be left alone. He munched on his popcorn and learned to watch television with the expression of an avid sports fan. He'd smile while watching an actor sail through a field on a horse. He'd lift his ears to an Olympic swimmer. "I would love to swim in a lane!" He'd growl to the deep, philosophical scenes, such as that shown in the classic Ten Commandments, which features Charlton Heston at Mount Sinai. The sight of the burning bush and God's omnipresent voice seemed to move Luke. He lowered his head



and grumbled, as though sensing a universal power.

LUKE UNDERSTANDS SARCASM

My son, Ben, the youngest of our human family, often messes with his dog bro. "Luke, go this way," he jests. Allow me to explain the joke's context. Luke was only a puppy when he experienced a unique trauma. A heavy, iron counter stool bobbled then fell over on the kitchen floor with a thunderous bang. Luke backed off and yelped while the stool lied helpless. "You almost killed me!" The whole incident freaked little Luke out. Worse, it caused an indelible scar. He is now anxious around obstacles, particularly those with the potential to fall on him. Therefore, a simple trip from the deck to his

dish (where the kibble rewards lie) causes discomfort, especially in a cluttered kitchen. Quirky? Perhaps. Nonetheless, Luke has a right to his feelings. One never knows when a Swiffer mop may drop. Not to mention the dangling beach bag, also suspect.

"Slow and steady wins the race." He noses the floor and takes the safer route. He's even calculated the best way to pace himself. A hasty sprint around the table has caused him to slide off balance, and away from his bowl. "Food. Food. Food." He's learned his lesson. He now takes the corner with a deliberate downshift. I gush while watching him slow down and master the

LUKE

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REAL ESTATE

Why most sellers hire real estate agents today

Selling your house without an agent as a “For Sale by Owner” (FSBO) may be something you’ve considered. But you should know that, in today’s changing market, more homeowners are deciding that’s just not worth the risk. According to the latest data from the National Association of



BY MARK MARZEOTTI

Realtors (NAR), the number of homeowners selling without an agent has hit an all-time low. And for the small number of homeowners who do decide to sell on their own, data shows they’re still not confident they’re making a good choice. A recent survey finds three out of every four homeowners who don’t plan to use an agent have doubts about whether that’s actually the right decision and here’s why. The market is changing – not in a bad way, just in a way that requires a smarter, more strategic approach and having a real estate expert in your corner really pays off.

Here are just two of the ways an agent’s expertise makes a difference.

1. Getting the price right in a

market that’s evolving. One of the biggest hurdles when selling a house on your own is figuring out the right price. It’s not as simple as picking a number that sounds good or selling your house for what your neighbor’s sold for a few years back, you need to hit the bullseye for where the market is right now. Without a Realtors help, you’re more likely to miss the mark. We are pros when it comes to pricing properties and have their finger on the pulse of your local market. We understand current buying trends and can provide insight into how your home compares to others for sale nearby. Basically, we know what’s really selling, what buyers are willing to pay in your area, and how to position your house to sell quickly. That kind of insight can have a big impact, especially in a market that’s balancing out.

2. Handling (and actually understanding) the legal documents. There’s also a mountain of documentation when selling a house, including everything from disclosures to contracts and a mistake can have big legal implications. This is another area where having an agent can help. We have handled these documents countless times and know exactly what’s needed to keep everything on track, so you avoid delays. And now that buyers are including more contingencies again and asking for concessions, we will guide you through each form step

by step, making sure it’s done right and documented correctly the first time.

3. Selling your house quickly even in a shifting market. Now that the number of homes for sale has grown, homes aren’t selling at quite the same pace they were. But you can still sell quickly if you have a proven plan to help your house stand out. Just remember, homeowners don’t have the same network or marketing tools an experienced agent does. So, if you want the process to happen fast, you’ll likely want a pro by your side.

Having the right agent and the

right strategy is key in a shifting market. Connect with a local pro so you don’t have to take this on by

yourself and so you can list with confidence, knowing you’ve got expert guidance from day one.

LUKE

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corner. My dog understands physics. He finally arrives at his dish and inhales his reward. “I am such a good boy.”

Sometimes big brothers get in the way.

“Go this way, Luke.” Ben teases and gestures for Luke to do the unthinkable. “I-don’t-like-that-way, Ben.” He retracts from Ben’s hold so that his face creases like a Shar Pei’s. I defend Luke vehemently. “You let Luke go the way he wants! He’s not comfortable that way.” Luke breaks free and approaches his bowl with a breach to his typical pace. He cannot stifle the urge to take the corner slowly. Big brother may toss another joke. Speed is key. Nonetheless, the entire incident is forgotten in a matter of two bites. His smile and jovial spirit convey a more fascinating trait. Luke is in on the joke. “My brother is a big tease, but

I still love him.”

LUKE RELATES TO CHILDREN

Luke appreciates the smallness of children. He aligns his posture with theirs, often crouching down

LUKE

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I Am Waiting And Watching For You

The Mistaken Vampire

BY THOMAS D'AGOSTINO

One of the most famous Rhode Island vampires was never exhumed and exorcised as an alleged creature of the night, although she was taken from the family burial lot and reburied in a public cemetery on October 26, 1889, when the family sold their farm. Other than that, she would have remained anonymous; that is, until a group of legend-trippers stumbled upon her grave in the 1960s.

Nellie Louise Vaughn died on

March 31, 1889, at the age of nineteen, presumably of pneumonia. She was first buried in a lot on the family farm. Small, private family plots were very common in Rhode Island and, in some cases, are still in use to this day.

As the story goes, a Coventry, Rhode Island high school teacher told a class of students about a vampire grave, just off Route 102 in South County, of a nineteen-year-old girl who died in the late 1800s. The teacher never gave a name or exact location. It can be assumed

that this particular teacher was referring to Mercy Brown, the most famous case during New England vampire scare of the eighteenth and nineteenth centuries. Being close to Halloween, a group of classmates gathered together one night to find the grave of the vampire. How they came upon the historical cemetery remains a matter of mystery, but their travels landed them in front of an old burial yard behind an abandoned meeting house.

It did not take long for the seekers of the unknown to find what convinced them that their search was over. Just inside the cemetery sat Nellie's stone with the now-famous inscription, "I am waiting and watching for you." This ominous epitaph, along with Nellie's age at the time of death and the date of her death closely matched the teacher's description, and another Rhode Island vampire was born.

Since then, countless people

have paid a visit to the graveyard looking for the grave where, as legend states, no moss, lichen or grass will grow. It was also related that the grave continues to sink into the earth. There is no stone marking her plot, as it has been removed and stored away in an undisclosed location for preservation. Nellie's burial plot remains unmarked, but there are a few areas in the burial yard where people claim she is buried, and all of them for the most part, have plenty of vegetation on them. Unfortunately, the cemetery has been subject to much vandalism—so much so that there is a neighborhood watch, as well as police patrols on a regular basis.

Another aspect of the Nellie Vaughn saga involves the alleged sighting of a young woman in the graveyard and an ethereal voice emanating from nowhere saying, "I am perfectly pleasant." In the book *New England Ghost Files*, Charles T.

Robinson states that people have heard the words echo through the air while in the cemetery and have spotted the visage of a young woman near the alleged grave site of Nellie Vaughn.

Acclaimed author and paranormal investigator Christopher Balzano once stated that we have a tendency to immediately blame a haunting on the most famous person in the area. Unfortunately, there is no indubitable evidence on the paranormal side that even if there is a voice calling out to the visitors, it is actually Nellie's. We already know she was never accused of being one of the spectral visitors blamed for sucking the life from family members in the eighteenth and nineteenth centuries. If anything, there is an old beautiful historical cemetery and meetinghouse that should be left alone and respected. There is no need to waste your time traveling miles up a winding road to see, well, nothing.

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LUKE

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on the lawn to shrink himself when they come off the bus to say hello. "Lewwwwk!" They chant his name, and he stares longingly until they arrive. Children carry joy, along with all kinds of trinkets, and Luke relates to them in full color. He



and give him the independence he needed in our yard. We were living the dream. But was being an Only lonely?

"I'll be right back, Luke. Then we'll play, okay? Promise." I holler out to him from my car in front of our house. He sits on the step and watches my car roll onto the street, then manage its turn to pull away. My mind wanders. I imagine

"I CAN'T BELIEVE IT'S YOU AND WE ARE TOGETHER AGAIN!!" Luke's joy in reuniting with me after two hours reminds

me of this. He may know how to act like a human, but his dog-ness will always be his best quality.

*Write to Amy
amyleclaire@hotmail.com
Follow Luke on IG
livingwithlukevalentino*

even thinks he's one of them. "You are all so fun and happy like me!" He'll grab a dropped stuffed bear then romp in a circle. "Luke, give that back," I command, and he lets it go. "I was just trying to fit in, Mom." Luke adjusts to a toddler's size even more, settling himself to the gentlest pose he can muster. "Can my daughter pet your dog?" He lifts his head. "Take your time, little cutie." Toddlers giggle and tap his head. "Soft." Luke sits patiently while they hug, climb, hang over his neck, and kiss him.

him sitting beside his own son or daughter.

"You always say that. But almost every morning you leave me here." His head rests on his paws. My car is still in view. I notice him lift his head to keep on watching me.

"Daddy's home, Luke!" I turn my music down and yell out to him.

"He's boring."

"Oh, Luke." I fight the urge to pull back into the driveway and rescue him. But my dance hours pass as they always do and before long, I'm home again.

LUKE COMMUNICATES SADNESS

"You're leaving?" I'll never stop feeling guilty when leaving Luke. I haven't fully let go of the plan to make Luke a Daddy and adopt one of his own pups. After Lincoln passed, we grieved deeply but eventually warmed up to the idea of doubling our joy with two pups. The plan was to start with one, then add another. We trained Luke, brought him on adventures, and bonded with him. Then, somehow, we settled into family life with an ease and routine that countered the thought of doing it all over again. Life had become comfortable. We could sleep late, trust Luke to hang in the house alone, travel with him,



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THE CAR DOCTOR

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Smartphone Not Connecting with Car, Is It a Problem with the Tech?

Q. I recently acquired a new Motorola Moto G Power 2025 smartphone, which will not connect to Android Auto in my 2017 Chevrolet Malibu. When I connect the phone to the car, the Android Auto icon appears on the My Link screen in the car, but when I tap on it, the screen goes blank and freezes. Now, my previous Motorola Moto G Fast (2021) phone connects just fine. And the new Moto G Power phone connects to Android Auto just fine in my wife's 2019 Subaru CrossTrek. I have spoken with Tech Support at both Motorola and Chevrolet My Link, and none of the various changes in settings, different connecting cables, etc. on both the phone and the Malibu solved the problem. I am dubious that the dealer would be aware of any issues, not to mention what they would charge just for looking at the problem. Any thoughts on this?

A. Based on all the work you did I do not think there is a cure. I believe it is just a technology compatibility issue between 2025 tech and 2017 tech. Unfortunately, this is something we are seeing more and more. I found no tech bulletins except for one that was Apple related that had to do with software but required a complete radio replacement. What might be worth trying is going to an auto stereo store and see if they have seen something, but I suspect it is just trying to combine new and older tech.

Q. I have a 2011 Honda Pilot with 90,000 miles. For the past six months or so it has been exhibiting an increasing frequency of noticeable transmission

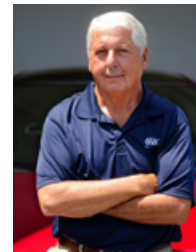
shuddering. It generally occurs at speeds approximately between 10 and 40 mph and only lasts for less than five or six seconds. Could the ECO Drive feature in this car be a cause or is it a transmission problem?

A. I believe this shudder is caused by the transmission torque converter. The transmission fluid should have been replaced at 45,000 miles. If it has not been performed I would start there. Although you do not need to go to the dealer it is important to use Honda fluid.

Q. I had a 2007 Toyota Rav4 for years and then gave it to my son. I liked the SUV but after my grandkids got older and we no longer picked them up, I felt like I was rattling around in that SUV. It was too big. So, in 2017 I bought the Toyota C-HR, the first model. It is stylish, peppy and everyone remarks on its great looks. But even though originally, I thought it would be a good idea because it was an SUV and had height, the back is claustrophobic. We cannot drive our friends anywhere and even the grandchildren are too big and not comfortable in the back seat. So now I am looking for a new car SUV but do not want a big one and want one larger than the C-HR. I've been looking at the Kia Sportage and the Hyundai and Toyota brands. I do not want to make an expensive mistake again. We've had Toyotas for years and love their reliability. So, I am looking for something bigger than the C-HR but smaller than the ordinary SUVs.

A. The Toyota Corolla Cross has replaced the C-HR and may be a good option. As for a smaller vehicle from Hyundai or Kia, yes, they make good vehicles. The Hyundai Kona and Kia Seltos fit in that category you are looking at and are certainly worth looking at.

BY JOHN PAUL



Q. I have a 2016 Honda CRV which I brought new. It has 83,500 miles and I have always used good fuel. My check engine light came on with a code of P0420 which points to the catalytic converter. My mechanic reset the computer, and the light stayed off for one week of driving, and then it went back on. The car still runs great and the gas mileage is the same as always. My question is, would you recommend a catalytic converter cleaner and if so, do you have any recommendations?

A. You could try Cataclean fuel and exhaust system cleaner, readers have told me they have had good results. The most common repair is replacement of the catalytic converter usually combined with a new factory oxygen sensor. Occasionally an exhaust leak can be the culprit, but typically the catalytic converter is the issue.

CAR DOCTOR

continued on page 21

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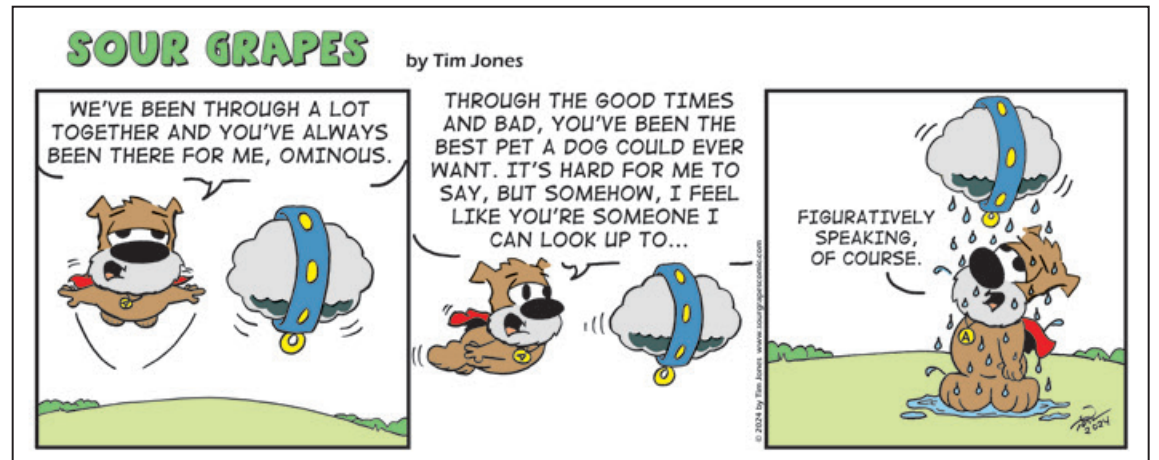
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The auction will run online Thursday, October 9 at 9 a.m. through Thursday October 23 at 8 p.m. Items accepted through Sept. 25, sooner is better!!

To donate please email your donation descriptions and images to: friendssimonfairfieldlibrary@hotmail.com or visit the Friends page on the library website at: mysfpl/friends. Even if you have no items to donate, you can still help by becoming an auction sponsor!

CAR DOCTOR

continued from page 20

Q. I want to replace the brakes on my minivan. They are disc brakes front and rear. Do you have any tips to share?

A. My suggestion is to buy quality brake pads and rotors. Look for brake pads that come with associated hardware and proper brake lubricant. When replacing the rotors, clean any rust off on the hubs for the rotors lie flat. A wire brush on a drill works well. If the rear rotors do not come off easily the parking brake could be binding up. There is an adjustment that may be able to be backed off to allow for rotor removal. It is generally recommended to open the bleeder screws when pushing caliper pistons back in. This helps to prevent pushing

contaminated fluid back into the master-cylinder and potentially damaging the ABS system. Top off with fresh brake fluid.



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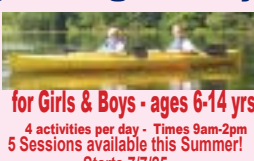
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NOTE: Community bulletin board-type items are welcome for inclusion in the *Happenings!* section of the *Xpress* newspapers. Please allow enough lead time for publication. Email your calendar or event notice to news@theyankeeexpress.com.

SATURDAY, JULY 12

• An artist's reception will take place on Saturday, July 12, 2-4 p.m. to view the "Painted Sky Collection" by Jim Palace at Booklovers' Gourmet, 72 East Main Street,

in Webster. The public is invited and light refreshments will be served. Palace's artwork will be on display and available for sale during business hours: Tuesday-Saturday 10 a.m.-5 p.m., Wednesday 10 a.m.-6 p.m. for the entire month of July.

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 Whitin 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.

SATURDAY, JULY 19

• The Friends of the Auburn Public Library will hold their Summer Book Sale at the library, 369 Southbridge Street, Auburn. Tables will be set up outdoors by the pond (indoors, if raining). Hours at 10 a.m. –

12:30 p.m. Payment by cash, check, credit card or PayPal.

• A fun day of events is planned for today at Legacy Church, 659 Central Turnpike, Sutton. Nearly two dozen local artisans will showcase their creations. Artists include The Colorful Crocheter, Odd Duck Crafters, U & O, the Pampered Chef and Cathy Lee Tupperware, Hispanic Foundation (African Jewelry), Coastal Creations – Sea Glass Art by Amy G, and Crafty Girls. Hot dogs and beverages for sale. Proceeds will be used for community events.

• Booklovers' Gourmet, 72 East Main Street, Webster is pleased to host the upcoming release of "Xavier," a bold new graphic novel written and illustrated by talented 11-year-old storyteller Allen Oliver Jean-Paul. Bursting with action, heart, and originality, "Xavier" is a work of fiction that proves age is no barrier to creativity. This free event starts at 11 a.m. Signed copies will be available for purchase in both hard cover and soft cover editions. Call 508-949-6232 for more information or to reserve a seat.

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.

WEDNESDAY, AUGUST 6

• The Millbury Farmers Market will take place at the Asa Waters Mansion, 123 Elm Street, Millbury, brought to you by the Friends of Asa Waters. Shop for local food, handcrafted goods, enjoy live music and eat from food trucks. The hours are 3-7 p.m.

WEDNESDAY, AUGUST 13

• Have Steamers at Sunset with the Blackstone Valley Chamber of Commerce, held at the Barn at Blissful Meadows Gold Club, 5:30-7:30 p.m. Celebrate summer with your friends, colleagues and chamber members at this signature event. Musical stylings by Caribbean Blue. Deck yourself out in your finest Hawaiian attire for a chance to win the coveted Golden Lobster Award. Lobster \$110 (\$135 future members); steak \$90 (\$120) chicken \$80 (\$110) vegetarian \$75 (\$100). RSVP by August 6. Cash bar. (lobster is market price). All dinners include garden salad, steamers of corn chowder (choose when registering), baked potato, summer vegetable and light dessert. To register, visit blackstonevalley.org/events

THURSDAY, SEPTEMBER 4

• Local author, Joel Bohy, who wrote "Bullet Strikes from the First Days of the American Revolution" will share his knowledge of the fight for America's freedom at 7 p.m. in the first Congregational Church, 307 Boston Road, Sutton. Courtesy of the Sutton Historical Society.

SATURDAY, SEPTEMBER 6

• The Knights of Columbus #1562 of St. Mary's Parish presents the 2025 Annual Car Show & Community Event from 10 a.m. – 2 p.m. at Uxbridge High School, 300 Quaker Highway, Uxbridge. Registration of cars begins at 8:30 a.m. The event promises a day filled with classic and custom cars, family-friendly activities, local vendors, music, food, raffles and more – all in support of local charitable initiatives such as Camp Sunshine, Our Lady of the Valley Scholarship and Abby's House. All makes and models of cars are welcome, whether classic or muscle cars, motorcycles trucks or military vehicles. Trophies (popular vote) 1 p.m.; Dash plaques (first 200); Food trucks, door prizes, raffles, 50/50 drawing, DJ, local emergency vehicles, Kids Fun Zone, face

HAPPENINGS!

continued on page 23

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Southwick's Zoo announces birth of three cheetah cubs

Southwick's Zoo is thrilled to announce the birth of three cheetah cubs, a significant milestone for the zoo and its animal care team. Born in early May to Nya, a female cheetah from Southwick's Zoo and part of the Zoo Association of America's (ZAA) Animal Management Program (AMP), the cubs are healthy and thriving under expert care.

Shortly after giving birth, Nya experienced complications and rejected the cubs in her litter. Female Cheetahs are generally good mothers, even though only 5% of cheetah cubs reach adulthood in the wild. While rejecting cubs is not typical, it is not an uncommon behavior for first-time cheetah mothers. To ensure the cubs' survival and well-being, Southwick's experienced animal care staff stepped in to raise them behind the scenes, providing round-the-clock feeding, monitoring, and support for their social development.

"These cubs are already showing off their energy and personality," said Betsey Brewer,

Executive Vice President of Southwick's Zoo and Board Chair for ZAA. "They've kept our team on their toes, and it's been a joy to watch them grow



Two of the three newborn cheetahs are pictured here. Courtesy photo

and explore each day. The work our team has done to care for these cubs is nothing short of extraordinary."

Over the summer months, they will move into the cheetah habitat for public view, where guests can watch as they continue to develop.

Cheetahs are listed as Vulner-

able by the International Union for Conservation of Nature (IUCN), with fewer than 7,000 individuals remaining in the wild. Through its participation in the ZAA's AMP, which focuses on population management and species sustainability, Southwick's Zoo plays an important role in the conservation of this iconic species.

"These cubs represent more than just an exciting moment for the zoo," Brewer added. "They're part of a larger purpose—to help secure the future of a species that's facing real challenges in the wild. At the same time, they allow us to inspire the next generation of advocates."

Southwick's Zoo will continue to share updates on the cubs, including names, photos, and videos, on its social media platforms in the upcoming weeks.

HAPPENINGS!

continued from page 22

painting, balloons, caricatures and more! Admission is free, but donations are appreciated. Vehicle entry fees, \$10 or donation.

SATURDAY, SEPTEMBER 14

• The Grafton Land Trust is hosting a "Good Dog Run" at the Lions Club property on Brigham Hill Road, Grafton. It will be a fun run for dogs and owners. Keep an eye on social media (Facebook and Instagram) for more information. If you would like to receive an email about the event, contact admin@grafftonlandtrust.org

FRIDAY, NOVEMBER 7

• Then Grafton Land Trust will hold its annual dinner meeting at 6 p.m. at the Highfields Golf Club in Grafton. This year's speaker will be Dr. Stephen Mrozowski, the founding director of the Andrew Fiske Memorial Center for Archeological Research at University of Massachusetts Boston.

TUESDAY, NOVEMBER 11

• Charlotte Wilson will share fascinating facts about Sutton's citizenry during Revolutionary days at 7 p.m. in the first Congregational Church, 307 Boston Road, Sutton. Courtesy of the Sutton Historical Society.

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.

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