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Echoes of yesteryear reverberate as Pleasant Valley marks a 60th

By Rod Lee

Hard as this is to believe, Pleasant Valley Country Club in Sutton is celebrating a 60th anniversary this year. A quiet, but not uneventful one.

Speaking of which, few venues in the Blackstone Valley have a longer and more illustrious history than "PV." The Asa Waters Mansion in Millbury and the Willard Clock Museum in Grafton are two that come to mind. There are others, of course.

From a personal standpoint, the "Pleasant" memories of experiences at PV are numerous.

-Given the honor of introducing

then-Gov. Bill Weld at a breakfast meeting of the Blackstone Valley Chamber of Commerce.

-Following Bruce Fleisher and Ian Baker-Finch in broiling heat in their playoff in the 1991 New England Classic, which Fleisher won with a fifty-foot birdie putt on the seventh extra hole—at the age of forty-two. Described in the Los Angeles Times as "a real late bloomer" on the PGA Tour, Fleisher enjoyed his first, and only, Tour win, that afternoon.

-Following Lee Trevino.

-Walking all eighteen holes with
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The late Arnold Palmer, "the King" himself, is one of many PGA legends who have made an appearance at Pleasant Valley Country Club over the years.

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Grafton's Business Scene

Farmers Market returns for the season

By Christine Galeone

Laura Ingalls Wilder once wrote, "Some old-fashioned things like fresh air and sunshine are hard to beat." And many people would certainly agree.

This summer, several Grafton businesses and organizations are encouraging people to experience those simple joys. They're also helping people to experience them together.

On the Grafton Common, people can come together to appreciate those simple joys while support-

ing small businesses. The **Grafton Farmers Market**, which is held every Wednesday from 2 p.m. until 6 p.m. on the Grafton Common, recently returned for the season. With more than 25 vendors (which vary each week), the volunteer-run market works hard to achieve its goal of providing "fresh, local food directly from farmers to consumers." Its vendors offer a wide array of local produce, baked goods, jams, syrups, candy, natural skincare items, handcrafted gifts and more.

The **Town of Grafton's 2021 Concerts on the Common** will provide fun music-filled evenings. Held on the Common every Wednesday at 6:30 p.m. starting July 14, the first concert will be performed by **Beatles for Sale**; the July 21 will be by **Buzztones**; the July 28 one will be by the **Midtown Horns**; the Aug. 4 concert will be given by **BoomBox**; the Aug. 11 one will be by **The Band from U.N.C.L.E.**; **Big Chief** will give the Aug. 18 concert; and the final

performance of the season will be given Aug. 25 by the **Claffin Hill Symphony Orchestra**.

A Grafton business that gives people the chance to shop while embracing the summer weather is the **Grafton Flea Market**. The indoor and outdoor flea market, which now has both a casual restaurant and a beer garden, has recently expanded its offerings thanks to more vendors being able to safely return. It will remain open
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Sign welcoming shoppers to the 2021 opening day of the Grafton Farmers Market. (Courtesy of Grafton Farmers Market Facebook Page)

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PLEASANT VALLEY

Continued

local favorite Fran Quinn, his mom and dad, and the rest of the Quinns.

-Seeing acquaintances and friends—Harry Berkowitz, Lee Gaudette, Danielle Desrosiers, Jim Knott Jr.—receive awards from the Chamber.

-Knowing the Mingolla family. First Ted Mingolla, who succeeded his father Cosmo “Cuz” Mingolla as owner, and then Ted’s son Steve. Their affection for the property has been carried forward by the Magill family, whose love affair with the three-hundred acre former apple orchard began as members and continues with conscientious attention to keeping PV in what Jeannie Hebert describes as “tiptop shape.”

Ms. Hebert has been president of the Blackstone Valley Chamber for thirteen years, but her connection with Pleasant Valley pre-dates that.

“Wow,” Ms. Hebert said, when informed that the club has been in business for sixty years.

“Hebert Candies used to be a sponsor of the PGA there. My late husband was a member there for decades. He was a scratch golfer. We have a very high respect as most people do for Pleasant Valley, it’s such an icon. We are lucky to have them in the Blackstone Valley. We had our annual golf tournament there the day after Memorial Day.”

Ms. Hebert was also involved with Pleasant Valley as a member of the Board of Directors of Hope Lodge, and worked with the club “on our fashion show.

“I remember distinctly the Hebert brothers, Lionel and Jay. We got special treatment from them because our name was spelled the same even though theirs was pronounced the French way. I always enjoyed following Jim Thorpe, he was so congenial and so sociable.”

Under Ms. Hebert’s leadership, the Blackstone Valley Chamber has maintained its longstanding strong relationship with PV.

The club is best known for hosting PGA and LPGA tournaments almost from Day One right into the late 1990s; forty-seven such championships over a span of thirty-eight years, altogether. The LPGA returned for a one-year 25th anniversary tournament in Sutton in 1999, with appearances by Jan Stephenson and Pat Bradley.

Kathy Whitworth, Shirley Englehorn, Arnold Palmer, Ben Hogan, Lee Trevino, John Daly and Sam Snead are among the many LPGA and PGA legends who have called Pleasant Valley home at least one time—during their careers.

With a Grandview Ballroom that overlooks the course, a patio and picturesque grounds, the club continues as a first choice for business meetings, func-



Pleasant Valley Country Club offers golfers unforgettable looks like this one, from the tee.

tions, banquets and weddings. A pro shop and restaurant (now called Champions) complement the message the club conveys: “Unwind. Rejuvenate. Play.”

Steve Londregan of Chuck’s Steakhouse in Auburn has been a member at Pleasant Valley “for about six, seven years now, and I played there as a guest before.” He plays Pleasant Valley several times a week. Like so many of us, Mr. Londregan took in PGA tournaments at PV as a spectator, and he played in the 1986 Pro-Am there. That was the same year Roger Maltbie (now an on-course analyst

for NBC Sports), partying after his second victory in as many weeks (following Quad Cities), lost his winner’s check. The celebrated incident has become a hilarious oft-told story as it makes the rounds. Mr. Maltbie had to sheepishly ask Cuz Mingolla to write him a replacement check. Many years later, the original check caught up with him. Recently, in an interview on KCAT TV 15, Mr. Maltbie, laughing, described the faux pas as “a day that will live in infamy.”

Mark Sarkisian Jr. of Capitol Siding in Auburn has been a member at Pleasant Valley

for about twenty-two years “and my father was too. I was on the Board of Governors. I remember John Daly getting really upset over something and he left after the first or second hole. But I saw him drive the 15th. He was a big hitter back in those days.”

Mr. Sarkisian said the course is in “great condition and membership is up.

It is reassuring to know that Pleasant Valley Country Club is still in good hands, and that memories will continue to be made there.

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.

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Focus on non profits

Bay State Trail Riders Association continues to delight equestrians and others

By Christine Galeone

Prior to the COVID-19 pandemic, when Becky Kalagher would go horseback riding on a Massachusetts trail, she wouldn't generally see many other people. But in 2020, things changed.

"Trails became a haven for people during the pandemic," Kalagher said, adding, "My 'hobby,' while riding last year, was to count how many people I encountered out on the trails. One afternoon, on an hour-and-a-half ride, I counted over 60 people. That was mind boggling to me, and it was the same thing all over the place."

That realization of how vital trails are to her fellow equestrians and other outdoor enthusiasts was encouraging to Kalagher, who is the president of the Bay State Trail Riders Association. Although the pandemic forced the nonprofit to postpone several equestrian events - including group rides and campouts - and volunteer trail work sessions last year, BSTRA has continued to thrive. It has remained dedicated to preserving and maintaining equestrian trails throughout the state.

Founded in 1973 and based in Douglas, BSTRA is run by

hundreds of volunteers. It creates, improves and restores Massachusetts trails that are open to equestrians and are also used by hikers, mountain bikers, dog walkers, cross-country skiers and other outdoor enthusiasts. Since 1989, it has put more than \$630,000 into the trail projects it has completed.

Despite the pandemic, BSTRA was able to accomplish a significant amount of volunteer work cleaning and clearing equestrian and equestrian-friendly multi-use trails during 2020. Along with Department of Conservation and



Bay State Trail Riders Association holds a ride on National Trails Day 2021. (Submitted)



Bay State Trail Riders Association volunteers do a trail work project in Douglas State Forest. (Submitted)

Recreation (DCR) employees, the nonprofit also made major safety improvements to the Eagle Scout Bridge, which is located on a trail in Douglas State Forest. It made similar improvements to the Sweet William Bridge on the Sweet William Farm Conservation property in Upton.

But Kalagher is especially excited about a recent milestone achievement. Even though, in the past, BSTRA has donated money to fundraising campaigns to purchase property that would protect or establish a trail connection or expand a system of trails, it hadn't purchased land until now. It recently bought 17 acres of land that connects the Southern New England Trunkline Trail to a 131-acre parcel of Town of

Douglas-owned land.

"Short term plans for the property will be to clean up the old farm dump and establish a connector trail; long term plans are to turn the property over to Metacomet Land Trust to ensure its protection in perpetuity," Kalagher explained. She added, "It accomplishes our goal of preserving land that is open for horseback riding, walking and mountain biking."

Kalagher envisions a bright future for the nonprofit. She's looking forward to the creation of a BSTRA trails committee that will work with towns, land trusts and other organizations to help the nonprofit discover new trail projects to work on.

In the meantime, Kalagher is happy to see so many

enthusiastic horseback riders and volunteers helping BSTRA with its priority to keep trails open for equestrian use. "This year, the biggest thing I have heard from our volunteer workers and attendees on our rides is that it's just great to be normal again," she shared. "My hope is that the rediscovery of the great outdoors via our trail system will continue and that people will get involved with the stewardship of our trail systems."

More information about volunteering for the nonprofit or becoming a member is available on the BSTRA website, www.bstra.org. If you would like to suggest a Blackstone Valley nonprofit or initiative for this series, please contact Christine at cmgaleone15@gmail.com.



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Continued
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In North Grafton, **Houlton Farm**, the multi-generational family-owned farm that sells a variety of its produce along with dairy items, baked goods and more, continues to expand. It recently opened a food truck with farm-to-table meals. The food truck, which is located on the farm, is called **Seed at the Table**. This month, it also opened a weekend

beer garden known as the **Sunflower Shanty**. As of right now, the beer garden's hours are 5 to 9 p.m. on Fridays, 11 a.m. to 9 p.m. on Saturdays and 11 a.m. to 6 p.m. on Sundays.

For people who love to garden, **Perreault Nursery & Landscape Supply** in North Grafton has an abundant supply of vegetable plants. And in addition to an array of vegetable plants, flowers, bushes, trees, mulch, fairy garden supplies and gifts, the shop sells natural/organic fertilizers, potting soil,

garden soil and compost.

Those who like to cook outdoors can find grills and cookers from Weber, Traeger and Big Green Egg at **Koopman Lumber**, the hardware and paint store in North Grafton. Besides selling a varied selection of items that shoppers can use to enjoy spending time outdoors, the store recently helped people to experience the beauty of nature in a different way. Along with **UniBank**, it co-sponsored the **Bay State Trail Riders Association's May 23 Patriotism Benefit Ride**. The ride helped to fund the nonprofit's work maintaining, restoring and enhancing Massachusetts trails for equestrians and others to use.

The **Saddle Shed**, a South Grafton shop that sells horse equipment, accessories, gifts, tack and other items and services for horses and their riders, also has welcome news for local equestrians. Although the shop

will be closed for vacation from July 3 through July 12, it recently expanded its hours. It's now open Tuesday, Wednesday and Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 4 p.m.

Grafton Recreation recently announced that Silver Lake Beach will be open every day (weather permitting) from June 26 through Aug. 15. Information about hours, fees and COVID-19 restrictions can be found on the Grafton Recreation website, www.grafton-ma.gov/recreation-commission.

Although enjoying the fresh air and sunshine is "hard to beat," safely gathering with loved ones and being part of a community are also activities that we're now less likely to take for granted. Thankfully, summertime in the area offers the chance to experience all of them in a variety of fun ways.

Please note that this in-

formation was correct at the time the column was written. However, because the pandemic is rapidly changing things, it's best to check the websites and social me-

dia pages of any business to see if new changes have been implemented.

Contact Christine with your business news items at cmga-leone15@gmail.com.

UniBank fireworks at Worcester Red Sox games

WHITINSVILLE – UniBank, Central Massachusetts' premier community bank, announced along with the Worcester Red Sox, they will bring 12 exciting fireworks displays to Polar Park following all Friday night home games in addition to July 3 and 4.

Chief Executive Officer Michael Welch said, "We are extremely proud to be a Founding Partner of the Worcester Red Sox and especially pleased to be the presenter of this great tradition of post-game fireworks. UniBank Fireworks Nights are certainly

great entertainment for the fans at the game and we expect hundreds of thousands of people will see the displays from their homes or in gathering spots around Worcester. Doing something special for the city was paramount in our decision to sponsor these games."

In addition to the fireworks, Smiley Ball will be doing mascot appearances in June at the following UniBank branches: June 26 - Whitinsville Main 49 Church Street, 9-10 a.m. June 26 - Uxbridge 25 North Main Street, 11 a.m.-12 p.m.

SENIOR NEWS LINE

Staying hydrated in summer heat

By Matilda Charles

If there is any mantra we need to repeat this summer it's this one: drink more liquids.

A university study revealed that 80% of heat-related deaths were in people over the age of 60. We need to do everything we can to avoid dehydration when the weather is hot.

As we age, many of us don't have the same body temperature regulation. Poor circulation and lack of thirst can make us vulnerable to the effects of heat. Of those, lack of thirst is the easiest to address, and drinking more water doesn't need to be a chore. Find out from your doctor just how many ounces you need to drink in a day. Some medications, such as diuretics, might change how your body reacts to heat and dehydration. Ask whether you need an electrolyte-replacement drink for added potassium and sodium.

By the numbers: Buy several smaller water bottles and fill with water as many as you need each day to reach the required number of ounces. Keep them on the kitchen counter, where you'll see them. Keep oranges, strawberries and watermelons handy, or make your own fruit popsicles.

Keep an eye on the TV news and weather. Know what temperatures and humidity are expected during the day, especially early afternoon. If you walk for exercise, try to go in the morning. Make a few calls and find out about any cooling stations near you, or air-conditioned spaces such as a mall, if you don't have air conditioning at home.

Keep the inside temperature as low as possible and close the drapes on the sunny side of the house. If you have air conditioning, keep it set at a comfortable temperature and leave it on.

Remember that you don't need to wait until you're thirsty to drink water.

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Sutton Historical Society town-wide yard sale

After a long year of no events, the Sutton Historical Society is once again sponsoring the annual Town-Wide Yard Sale on Saturday, June 26, with a rain date of Sunday, June 27. There are minimal spaces available at the M.M. Sherman Blacksmith Shop, 6 Singletary Avenue, Sutton, or participants are encouraged to set up at their own location. A map detailing all locations

will be created, shared on social media, and available to all attendees. A \$10 registration fee for all participants covers the cost of advertising and printing of location maps. All excess funds are donated to the Sutton Historical Society. Registration forms can be found on our website at suttonhistoricalsocietyinc.org.

The Society is also seeking item donations for its own

table. Please no TVs, computers, monitors, upholstered furniture or clothes. Contact us through our website or reach out to our president, Brian Stevenson (508-865-2122) to coordinate drop off or pick up of donations.

The Society, a 501(c)3, is dedicated to preserving the history of Sutton and sharing their knowledge with the public.



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Victory Supply is on the move, ready for summer projects

By Magda Dakin

Keeping it in the family, Victory Supply owner Dan Esposito is busy moving his landscape and masonry business into “new digs” at 2677 Bronco Highway in Harrisville, Rhode Island.

He is moving into the former Roots & Shoots Garden Center location, which his mother owned and operated for 19 years, and is now permanently closed. There are some items left from the old store but more of Dan’s

inventory is arriving every day.

Dan’s business was established in 2017 and was a natural extension of the Esposito family businesses, all dealing with landscaping and hardscaping. Victory Supply serves masons, landscapers and homeowners in the Blackstone Valley and Northern Rhode Island area with all the materials needed for their various projects.

Available items range from traditional and organic fertilizer, grass seed, landscape fabric, edging, and stone to tools, including wheel barrels, pruners, and rakes.

Then there are the cement blocks, bricks, pavers, flashing, mason sand, adhesives, tools, and stones of all kinds, ready to finish any kind of project, be it a waterfall, koi pond, fire pit, walkway, or patio.

“I’m keeping all the pond supplies and fish because there aren’t any other places to find them around here,” said Dan. “If we have something the customers can’t find anywhere else, we will try to keep those things available.”

Four kinds of bark mulch, stones by the yard, pellets for your stove, and pavers can be delivered to a wide zone at reasonable prices.

Want to build yourself a real New England stone wall? You can find the stones here. Looking for creative solutions to erosion, you can find them at Victory Supply. Want to build your own waterfall or koi pond, you can get all the supplies at Victory Supply and recommendations for people to help you build them.

“We’re doing our best to get in the bricks and other supplies that our customers are demanding. Business is growing as so many people have chosen yard improvement as a way to keep busy during the last year. Ordering ahead and staying on top of it has been a large part of the effort during the COVID-19 crisis,” remarks Dan.

Victory Supply Land-



Water fall at Victory Supply/Roots & Shoots vintage



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As a member, you will discover dozens of opportunities to meet people, expand your referral and client bases, and connect with business leaders. You can volunteer to work on programs and committees. Our virtual introduction process is also a part of networking via e-mail.
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Attend innovative and informative events while meeting other members and potential clients. You may choose to host an event that spotlights your company. Another benefit is that the BVCC is the largest affiliate of the Worcester Chamber of Commerce and offers access to that market.
- 10 BUSINESS COUNSELING**
You will be able to participate in free, one-on-one consultations with industry specific consultants who provide guidance and knowledge. Counselors and professionals from various organizations, including government, hold office hours regularly at BVCC.

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Visit www.blackstonevalley.org to register for these events and more and to also find out how you can apply for money saving benefits through our ASSOCIATION HEALTH CARE PLAN and offer affordable retirement benefits to your employees through our ASSOCIATION RETIREMENT PLAN. Group membership saves money and administrative time and costs. Let us help you do better business!

Free Summer Concert Series at the Alternatives' Whitin Mill

ValleyCAST is proud to announce the return of its Free Summer Concert Series featuring an incredible line-up with a wide variety of music. Enjoy Rock n' Roll, Big Band, Country, Folk, Bluegrass, Classic R&B, Funk, Reggae, Blues, and even a Symphony Orchestra.

The concert series, now in its 12th year, is one of the most popular events at the Alternatives' Whitin Mill drawing crowds of all ages and walks of life.

The series kicks off on Thursday, July 1, and continues every Thursday evening (6:00 – 8:00 p.m.) through Sep-

tember 2, at the Alternatives' Whitin Mill, 50 Douglas Road, Whitinsville. In case of inclement weather, the concert moves inside the Singh Performance Center at the same location.

"After a year of isolation, the Free Summer Concert Series is a wonderful way for people of all abilities to gather together in the plaza and sing, dance, or just relax and enjoy a summer evening of music while watching the sunset over the Mumford River," says Cristi Collari, Director of Community Outreach.

Free Summer Concert Series schedule:

Join ValleyCAST for its "Kick-Off" Concert on Thursday, July 1, with the Blackstone Valley Bluegrass Band (sponsored with a special grant from the Northbridge Cultural Council, which is funded by the Mass Cultural Council).

Free Thursday Night Concert series:

July 8: The Promise is Hope
 July 15: Knock on Wood
 July 22: Chuck & Mud and the Hole in the Dam Band
 July 29: Superchief Trio
 August 5: Far from Eden
 August 12: Clafin Hill Summer Winds
 August 19: Le'Mixx Band
 August 26: Michelle Canning Band

September 2: Changes in Latitudes

The concert series is sponsored by Lampin Corporation, UniBank, Wiersma Insurance Agency, the Northbridge Cultural Council; which is supported by the Mass Cultural Council, Open Sky Community Services and ValleyCAST. For more information or for links to each band's website, visit openskycs.org/news-events. Or visit Facebook/ValleyCAST

For more information about ValleyCAST and/or Open Sky Community Services visit openskycs.org or call (508) 234-6232.

ValleyCAST's mission is to foster a creative community in the Blackstone Valley that is inclusive and supportive of people with and without dis-

abilities. ValleyCAST is a subsidiary of Open Sky Community Services (Open Sky is a DBA of Alternatives Unlimited, Inc. and The Bridge of Central Mass).

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Living well and looking good

Patient history more than just medical facts

By Keith Roach, M.D.

DEAR DR. ROACH: I am 77 years old. When I go to a new doctor, there is always that past history form to fill out. I know to include current medications, including OTC and allergies, but how far back should I go?

Should I include the tonsillectomy when I was in grade school (I don't recall how old I was)? Or the surgery to remove a benign tumor from my right femur in 1955? The miscarriage in 1961? Or that the last of my five children was born over 40 years ago?

I would include the surgery because my right leg is about 3/4 inch shorter than my left. After all these years, it causes

a backache after standing too long. – S.B.

ANSWER: In general, doctors want all the information you can give. However, past medical history tends to become less important as people get older. I agree with you that the surgery on your femur is important: Even now, a leg-length discrepancy may still benefit from being addressed. A small (half the discrepancy or less) adjustment to the shoe of your shorter right leg may help reduce your backache.

If I were your new doctor, it would be important to me to know you had a 40-year-old son (and about the rest of your children), but that would

be more to know who you are as a person. I also ask my patients to identify someone in their family who can help make decisions if you are unable to. That should be done formally, through a health care proxy designation, which is complementary to the advance directive that all adults should have.

It's a privilege for me as a primary care doctor to get to know my patients and follow them over years, sometimes many years.

Depression drug

DEAR DR. ROACH: I've read

about a new drug for depression that is supposed to work quickly. Is it safe? – N.F.

ANSWER:

Ketamine, like many biological molecules, has two forms that are mirror images of each other. Esketamine, the more active of the two, has recently been approved by the

Food and Drug Administration for treatment of depression, and is the first new class of approved depression medication in years.

It is striking how quickly it works. With the intravenous

drug, test subjects found their mood improving within hours, as opposed to the weeks it takes most current drugs to work. With the nasal spray form, the kind just approved by the FDA, benefit began within two hours and persisted throughout eight weeks of follow-up. It is not yet clear and whether (or more likely, how often) additional doses will be necessary in long-term use. It is approved to be given only in a doctor's office, and only for people who have been resistant to other medications.

There are significant potential harms. Blood pressure goes up after the dose, and people can have sedation and

disorganized thinking after treatment. For now, the drug is given only through a restricted distribution system.

I am cautiously optimistic. Depression is a serious disease with treatments that are not as effective as we would like. Any new type of treatment is a source of hope; however, I have seen potential "miracle drugs" turn out to be only moderately useful.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2021 North America Synd., Inc. All Rights Reserved

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Millbury Senior Center news

MILLBURY - The Millbury Council On Aging, 1 River St. has listed the following calendar.

Exercise classes Mondays and Fridays 9:30 - 10:15 a.m. Classes are held inside with limited capacity. Reservations required, please call the center at 508-865-9154

Walking Club, Tuesdays at 8:30 a.m. We will be walking around the garden. This will be followed by coffee in the garden.

Social bingo, Wednesdays at 1 p.m. Bring your pennies. Registration required, please call the center at 508-865-9154. If you would like lunch before Bingo call 48 hours ahead for reservations.

Summer concerts are back

Thursday, July 15, 6 - 8 p.m. 4 Ever Fab "A Beatles Tribute Band." Thursday, August 19, 5:30 - 7:30 p.m. Eddie Forman Polka Band Orchestra

Concerts are sponsored by the Massachusetts Cultural Council and Mike and Lucille Maguire. Hot dogs and drinks will be available for sale. These events will be held rain or shine, bring your lawn chairs.

Scholarship

The Thimble Pleasure Quilt Guild is pleased to announce that the recipient of its 2021 scholarship is Emily Devine, daughter of Mr. and Mrs. Thomas Devine of Sutton.

Emily is a recent graduate of Blackstone Valley Regional Vocational Technical High School and will be attending Wentworth Institute of Technology in the fall to study Interior Design.

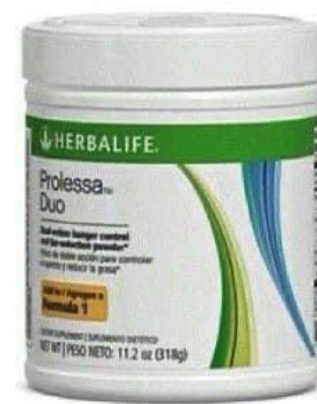
This scholarship is awarded annually to high school seniors in the towns represented by the members of the guild and presently, is offered to students in 13 area towns.



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Wedding season is back. 5 tips to get your body in shape for killer dance moves

By Dr. Sean T. Lordan

With COVID restrictions beginning to ease and Wedding Season finally back in full swing, I'd like to take a moment to talk about ways to shed the "COVID-19 pounds" and get back in shape. There are many factors to consider when transitioning back into a regular exercise routine. If you implement these next five tips, you will be well on your way to tearing up the dance floor this season.

1. *Drink plenty of water* - The benefits of water are myriad and will help your body (and mind) perform at tip-top shape. Beyond the benefits to your skin and other vital organs, hydration is key to proper muscular regeneration and health. It is essential to get at least eight 8 oz. servings of water in per day. You may require more than that on a hot day, or during or after exercise. A good rule of thumb is to drink when you are thirsty. Thirst is a lagging sign of dehydration, meaning you are already slightly dehydrated when your body triggers the thirst mechanism. It is also important to keep track of your urine. When your urine is yellow you are dehydrated. If you want to get into shape, you must be conditioned to have great workouts! In order to have a great workout, you must be well hydrated.

2. *Avoid Alcohol* - Not only

does alcohol add extra calories into your diet without any nutritional advantage, it also slows down other metabolic processes and is used as a primary source of energy. When alcohol is burned first, other carbohydrates and fats that you may be consuming at the same time are converted to fat to be used later. Alcohol can also lead to worse decision making when intoxicated. For example, you will choose nachos and chicken wings instead of the grilled chicken garden salad if given the opportunity during a night out drinking. Especially for the 6 weeks leading up to the event, it is important to keep alcohol consumption minimal if you are looking to make real improvements to your body composition.

3. *Create a routine* - I cannot stress the importance of creating a "healthy habits" routine enough. I consider Sleep, Meditation, Exercise and Nutrition the 4 pillars of healthy habits. If you can systematically implement regular habits around these pillars, you will be well on your way to tearing up the dance floor at your next big event. A typical weekday of mine begins at 6 a.m. Therefore, I try to get to sleep for 9:30 p.m. This allows me over 8 hours of sleep a night, the absolute minimum I (personally) require to have a produc-

tive day. I make a smoothie for breakfast (same thing everyday, boring I know), then I head to the clinic. I block time everyday at lunch to exercise at the gym next door for at least 30 minutes. After my daughter goes to sleep at 7:30 p.m., I use the Calm app to meditate and reflect on my day for 10 minutes. I perform these habits without fail everyday and they no longer require much willpower to do. Your routine doesn't have to be like mine, in fact it shouldn't be! Everyone is different. My point is that you should have your OWN routine incorporating each of these facets. You will be more likely to hit your goals if you put them on your calendar and stick to them in a regimented fashion each week.

4. *Work the legs* - When people ask me the best way to lose fat and build muscle, I refer them to the gym. Whether it is interval training, strength training, cardio or a combination of all three, you are sure to lose some weight if you workout 5 days a week. Working the legs specifically is important, because the legs are an often forgotten about muscle group that contributes a large hormonal response to weight loss. Due to the sheer size of your glutes, hamstrings and quads, they require a lot of

energy to rebuild and to exercise. A few of my favorite leg exercises are squats, deadlifts and leg press. You can also incorporate total body moves, but I would recommend getting the form down from a trainer prior to performing them. If your form is off, chances are you will be seeing a physical therapist pretty quickly with pain.

5. *Run* - What isn't there to love about running. Running relieves stress, reduces your risk for heart disease, works the majority of your muscle

groups, burns a ton of calories, and generally makes you feel euphoric when you are finished. Many folks get shin splints or have ankle or knee pain when running, but it is really the best way to burn fat and get into shape quickly. If you are having trouble running because of pain, reach out to your local physical therapist for help. Most of the time it is due to a muscle imbalance or poor footwear, and we can get you back on the road in no time.

There you have it, five tips to



Dr. Sean T. Lordan

get you back on the dance floor this wedding season. Enjoy.

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Sutton Historical Society event calendar

The Sutton Historical Society has planned several events for the remainder of 2021. Events are open to all members and the general public. Any changes in scheduled events will be updated on our website, suttonhistoricalsocietyinc.org and in local newspapers.

Membership in the Society is open year-round with family dues of \$25 and individual dues of \$15. Membership forms can be downloaded from the website. The Society maintains three historic properties, the Eight Lots School House, the General Rufus Putnam Museum, and the M. M. Sherman Blacksmith Shop all of which maintain and preserve the history of Sutton. These facilities are open during various town events and by contacting the curators through the contact page of our website or at our sutton1704@gmail.com. Society members also assist with genealogical research relating

to Sutton. Questions can be submitted to our email. Volunteers are always needed and welcome to assist with our ongoing Cemetery Restoration project as well as cleaning, cataloging and maintaining the properties, and researching genealogical questions. Please consider becoming a member today, and get involved in preserving Sutton's rich and diverse history of farming, manufacturing, immigration, military service and more.

2021 Calendar of Events

Dates and Times may be Subject to Change
 August 6, 6:30 pm, Annual Potluck Supper, Eight Lots School House, 54 Eight Lots Road.
 September 7, 7:00 pm, Robert Hubbard, Author. Location TBD.
 General Rufus Putnam: George Washington's Chief Military Engineer and the "Father of Ohio." Presentation about the life of General Ru-

fus Putnam. Born in Sutton, American soldier, and pioneer settler of Ohio.

October 5, 7:00 pm, Annual Meeting, First Congregational Church, 307 Boston Road.

October 30, 7:00 pm, Cemetery Ghost Walk, Sutton Center Cemetery. Re-enactors will tell the tale of early, 4 Uxbridge Road, Sutton settlers buried in the Sutton Center Cemetery.

November 2, 7:00 pm, William Reid, Chief Ranger, First Congregational Church. The Last Green Valley National Heritage Corridor 307 Boston Road. Presentation about the history of bald eagles. In the country and a description of the unique characteristics of these amazing birds.

December 4, Various Chain of Lights, Eight Lots School House, Annual Town-wide Christmas Event

General Rufus Putnam Museum, M. M. Sherman Blacksmith Shop

December 7, 6:30 pm, Christmas Potluck, First Congregational Church, 307 Boston Road.

December 31, Midnight, Last Night Cannon Firing, M. M. Sherman Blacksmith Shop, Cannon Club, 6 Singletary Avenue.

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Willard House & Clock Museum announces sponsor for its 2021 Plein Air series

N. GRAFTON - Willard House and Clock Museum will open its grounds to plein air (outdoor) painters and landscape artists on Saturday, June 26, from 10:00 a.m. to 4:00 p.m. and it will be supported by a long-established supporter of local artists, the Post Road Art Center of Marlborough.

"More plein air painters are discovering Willard House", says Program Coordinator, Beverly Snow. "Even though the museum isn't open yet, the house, barn and rolling five acres, offers subject matter of all kinds for attending artists."

Participants are reminded to bring their own supplies.

In support of the museum's arts program, Randi Isaacson, owner of the Post Road Art Center, is the named-sponsor for the 2021 series. "Art creates happiness and I am grateful for all who have supported PRAC during these difficult times", says Randi, "and like Willard House, I too, enjoy giving back to the community."

Future WHCM plein air gatherings will be held on September 25, October 23 and November 13, all from 10:00 a.m. to 4:00 p.m.

The museum will also post the artists' work created that day on its Facebook, Twitter and Instagram pages. Participants can send images of their masterpieces to beverly@willardhouse.org.

Located at 11 Willard Street in North Grafton, the Willard

House and Clock Museum exhibits more than 80 Willard clocks in the birthplace and original workshop of the Willard clockmakers, along with family portraits, furnishings and other family heirlooms. Works by all three generations of Willard clockmakers, including famed clockmakers

Simon Willard Jr. and Benjamin Franklin Willard, are also displayed. The Museum tour includes the original Willard House, built in 1740, the clock-making workshop, in addition to the galleries. Visit the Willard House and Clock Museum website at www.willardhouse.org



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WHCM concert series featuring Cajun quartet, Empty Bottle Ramblers

N. GRAFTON - A live streaming event from the Willard House gallery, Saturday, June 26, 4:00 - 5:00 p.m.

The Willard House and Clock Museum is pleased to announce its second featured band of 2021 Concert Series, showcasing the lively Cajun quartet, The Empty Bottle Ramblers.

"The Willard House was the center of early American clockmaking and home to the multigenerational Willard family," says Executive Director and Curator, Robert C. Cheney. "We celebrate the museum and those who lived there, gathered, and celebrated via music. The Empty Bottle Ramblers play a style of music that reinforces that celebration, from an area of the country known for its love of life, and appreciation of family and friends."

This performance will be live streamed on the museum's Facebook page so you may enjoy it from the comfort of your home.

Located at 11 Willard Street in North Grafton, the Willard House and Clock Museum exhibits more than 80 Willard clocks in the birthplace and original workshop of the Willard clockmakers, along with family portraits, furnishings and other family heirlooms. Works by all three generations of Wil-

lard clockmakers, including famed clockmakers Simon Willard Jr. and Benjamin Franklin Willard, are also displayed. The Museum tour includes the original Willard House, built in 1740, the clock-making workshop, in addition to the galleries. Visit the Willard House and Clock Museum website at www.willardhouse.org

For more information about the program, please contact Beverly Snow, Program Coordinator, at 508-839-3500.

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Re-emerging in the Valley

An art exhibition celebrates community at the Whittin Mill

WHITINSVILLE - The Blackstone Valley Art Association (BVAA) invites the public to view "Re-emerging in the Valley," a community arts exhibition of BVAA member works celebrating the re-emergence of community after a year of isolation. This special group exhibition will be held at the Spaulding R. Aldrich Heritage Gallery at Alternatives' Whittin Mill, 50 Douglas Road, Whitinsville, MA 01588.

This event is being organized by the Blackstone Valley Art Association (BVAA) in association with ValleyCAST, the art and culture subsidiary of Open Sky Community Services.

The exhibit will run from Thursday, July 1 through August 20, with limited access during the ValleyCAST Free Summer Concert Series on Thursday nights from 6-8 p.m. Other visits by appointment only.

One goal of the exhibit is to highlight some lessons learned during the pandemic, including the importance of connecting with loved ones, sharing laughter and treasuring the moment. The BVAA hopes to inspire others to explore new avenues of expression through photography, painting, drawing, and other forms of art.

To schedule an appointment to view the exhibit, call 508-234-6232. For more information, visit <https://www.openskycs.org/news-events/events/valleycast-art-exhibit-re-emerging-in-the-valley/> or <https://www.facebook.com/ValleyCAST>,

The BVAA is a local non-profit organization that has been promoting the arts in the Valley since 1956. Learn more at BVAA.org. To learn more about ValleyCAST and/or Open Sky Community Services, visit [openskycs.org](https://www.openskycs.org) or call (508) 234-6232.



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 MELISSA ETHERIDGE SEPTEMBER 6 • 1PM	 2021 SEPTEMBER 11 • 12PM	 THE MAVERICKS SEPTEMBER 12 • 1PM
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LAKE TOUR	JULY 10 • 10:00AM
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Book your summer with these Hot Reads

Recommended by Debra Horan,
Owner of Booklovers' Gourmet, Webster
Bookloversgourmet.com

Summer has arrived! We are certainly ready for some fun in the sun and relaxation. Why not pick up a great read to keep you company and melt all your cares away? Here are just a few of your overabundant options, all available at your local bookstore or library.

Let's start with the obvious summer themed titles by favorite, can't miss authors. Mary Alice Monroe is back with **The Summer of Lost and Found**, another fast-paced story about a family facing upheaval and change with a dose of humor which ultimately leads to unexpected joys. Jennifer Weiner, bestselling author of **Big Summer**, brings us **That Summer**, another timely, twisty novel of intrigue, secrets and the transformative power of female friendship. Take a virtual trip to the idyllic island of Nantucket with Nancy Thayer's **Family Reunion**, touted by another bestselling author Brenda Novak as "the ideal take-me-away beach read." And we mustn't forget Elin Hilderbrand's latest, **Golden Girl**. The queen of the summer read takes us back to Nantucket where a novelist has one final summer to protect her secrets as her loved ones learn to live without their "golden girl" beside them. Last year, Emily Henry brought us **Beach Read**, a story about two writers who couldn't be more different, both dealing with writer's block. Check out her latest, **People We Meet on Vacation**, where two best friends, who seem to have

nothing in common, take summer trips together every year, until a couple of years ago when they ruined everything. Is this their last chance at true happiness?



For an adventurous trip to the South Pacific, try **Miss Benson's Beetle** by Rachel Joyce, British author of **The Unlikely Pilgrimage of Harold Fry**. This one follows two women, who would never consider themselves friend material, yet end up going on a life-changing adventure together and discover their best selves in the process. If historical fiction is your thing, **The Rose**

Code by Kate Quinn is a tour de force filled with vibrant characters in a riveting tale about the hidden history of Bletchley Park, involving three female code breakers during World War II.

For something a little different, try **The Southern Book Club's Guide to Slaying Vampires** by Grady Hendrix, one of the most rollicking, addictive novels filled with thrills, chills and more. An obvious pick for book groups too.

Let's not forget reading for the young ones. There are many popular graphic novels out there for middle school ages. **Meet the Hound Heroes** by Todd Goldman, led by fearless Captain Chihuahua, Cyborg Pup Power Pug and others in an adventure involving a backyard spaceship crash that gives them superpowers. For a bit of magic & fantasy, try **Wynd, Book One: The Flight of the Prince**, where a young boy must hide his true identity and is forced to leave his home behind to embark on a dangerous quest. **Shy Ninja**, by Adara and Ricardo Sanchez and Arianna Florean, a thrilling adventure about an eleven-year-old girl who suffers from social anxiety and on a dare enrolls in what she thinks is a "fake-sounding" school for ninjas, but it's no joke. The classic **Baby-Sitters Club** has been updated and reformatted into a graphic novel series too, based on the novels by Ann M. Martin. For even younger readers ages 6-9, **Ella Diaries** is a popular series revolving around school, friends and trust.

There are plenty more great books to choose from so don't wait to get started. Happy summer and happy reading.

QCC Spring 2021 Semester Dean and Merit Lists

WORCESTER – Quinsigamond Community College has released its Spring 2021 Semester Dean and Merit Lists. A total of 483 students were named to

the College's Dean's List and 977 students were named to the Merit List.

QCC's Dean's List Spring 2021

Douglas: Alorian Orcutt, Daphne Sevilla
Grafton: Alison Burrough, Ryan Davidson, Christina Duggan, Olivia Lee, Brianna Mishado

Millbury: Brenna Berube, Kyle Boria, Elizabeth Chagnon, Kennedy Day, Ivie Lapointe, Brianna Poske, Sydney Westerlind, Sarah Yates

North Grafton: Jessica Bancewicz, Sarah Bianco, Jenna Boisvert, Jermel Lyons, Maria Nieves, Kali Sage, Kelvin Virak
Northbridge: Giovan Panzarella
Sutton: Aliyssa Courville, Catherine Forde, Lindsay Houlihan, Disha Khanna, Talia Markarian, Avery Morway, Alexandra Richard, Matthew Thurber
Uxbridge: Anthony Abate, Jason Baillargeon, Erika Ethier, Olivia Powell, Emily Taylor
Webster: Tom Bednarz, Abigail Biernacki, Audrey Ducharme, Amber Hallaman, Nikita Igoshin, Anna Israelian, Klarissa Johnson, Antonia Lopez, Makenzie MacGregor, Anne Marie Markiewicz, Nickolas Maxwell, Joe Ramos
Whitinsville: Vivian Adams, Brianna Brothers, Isabel Carroll, Jessica Duda, Jennifer Flanagan, Cora Gauthier, Travis Gould, Stephanie Lombardi,

Melissa Lozeau, Charlotte Murphy, Khadija Ouagri, Bishop Soliman Hanna

QCC's Merit List Spring 2021

Grafton: Haley Becotte, Andrea Carenzo, Jack Cosseboom, Charlotte Jordan, Matthew Lazaro, James Lippincott, Rabia Mateen, Christopher Nolan, Debokhawe Pannasiri, Bradley Sylvestre, Lauren Wareham
Millbury: Alician Berenson, Jacob Brodeur, Shannon Castro, Stefanie Cerrone, Gina Chionchio, Kyliegh Corey, Tara Cudmore, Christian Donaldson, Miles Fiore, Michael Lirange, Grace Malone, Brianna Manzella, Patrick Moriarty, Alyssa Newman, Ronald Polomski, Lusi Sit, Jala Tadros, Marissa Vaillancourt
North Grafton: Fadi Alkoht, Sarah Aziz, Emma Boggess, Luis Dejesus, Thomas Hamilton, Kyoko Ibaraki, Amanda Johnson, Alexa Kallio
Northbridge: Jacquelyn Barber, Kyran Bishop, Krystal Bonafilia, Sarah Catlin, Randall Cranshaw, Meredith Mendoza, Miranda Monaghan, Andrea

Place, Amaya Williams, Derek Zahoruiko

South Grafton: Holly Atchue, Tiffany Maynard, Austin Miller, Mayra Ramsey, Jesalee Roberts

Sutton: Joanna Brown, Kelly Clark, Natasha Colon, Hunter Dansereau, Francesca De Mora Ocana, Sarah Elkin, Scott Gressak, Kayla Kachadoorian, Miranda Lemoine, Ashley Medina Cardenas, Kailey O'Neil, Patricia Rumford, Mackenzie Sobaleski

Uxbridge: Kayla Brooks, Kelley Crosby, Rachel Demrest, Kara Hamm, Benjamin Landry, Ashley Lewinski, Edrick Pereira, Mariangela Pereira, Michaela Randall, Alyssa Sylvia, Alexandria Touhey, Katie Vautrain
Whitinsville: Jocelyn Arriaga, Alexandra Clauss, Jason Doyle, Taylor Fisher, Rachel Fremeau, Nikole Kamishlian, Savannah Louischarles, Rebecca Malo, Karissa Nordstrom, Catherine Peak, Joshua Poquette, Rachel Robbins, Anastasia Robinson, Allison Salamack, Susan Searles, Shaylene Silva, Samantha Tackett-Marvill

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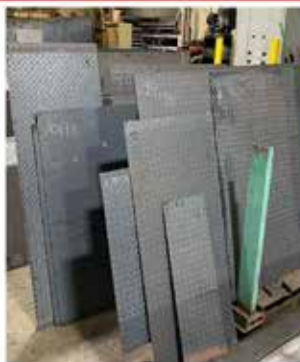
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Living ON with Lincoln

A visit from Lincoln

By Amy Palumbo-LeClaire

A month has passed since the day I lost Lincoln. I've come to realize that there's no "getting over it" so much as there is finding a way to "get on with it." I know it's what Lincoln wants for me. He had the remarkable ability to allow joy to overcome pain and move forward. Life offers so many unexpected thrills. Why be melancholic when you can stick your head out the car window and watch a movie play out at double speed? Dogs naturally pay attention. They study, learn and appreciate simple pleasures. Consequently, they know stuff before we do. Dogs sense the threat of a storm, a burglar, a seizure, or even the sorry scent of a non-dog person. "If my dog doesn't like you, there's going to be a problem" is a saying, perhaps,

not far from the truth.

Do dogs sense heaven?

I believe they do. I believe Lincoln has.

He was about six years old, the hair on his face still a dark blonde. He sensed the Tufts University Dog Park before we arrived. The field! The rolling hills! The parking lot! The routine continued per usual: open car door, jump out, nose to ground, and hustle to the gate. Dogs of all shapes and sizes awaited him with stiff curiosity. "Look at this big guy. He has a ball in his mouth!" Lincoln remained aloof. He preferred humans and there wasn't a thing I could do about it. "Lincoln - look at that dog with the spots!" I built up the Dalmatians. "Look at the dog with the pushed in face! He's ugly-cute!" I complimented the Boxers. But Lincoln, non-compliant, chose to sit at the heels of humans and drop ball after ball by their toes, an unobtrusive suggestion to play. "Toss up a quick one and I'll bring it back!"

I let him participate in a few rounds of fetch before



we'd take part in a favorite routine, a hike through a woodsy trail located behind the park. The dog-hike, I must confess, is a superior mood elevator, far better than any pill I'm aware of. "Look at this rock! Oh my gosh, do you smell that chipmunk! What's up ahead? Look - a secret cave. Let's explore. You coming?" Dogs are fantastically grateful for simple, unexpected pleasures.

About a half mile into the hike, a rocky incline led us to the border of the woods, where the dark of the wilderness meets the light of the sky. As though passing from one world to the next, we climbed over a stone wall and entered. A breathtaking green meadow stretched for miles below a clear blue sky. The landscape appeared as bright and crisp as the shiny page of a hardcover fairy tale book. "Go ahead, Lincoln! Go take a run. I'll be right here." I wanted Lincoln to experience the breadth of the green meadow, and take a break from human rules. I wanted him to enjoy some free time.

The problem was, Lincoln knew something.

"Not yet. Not now."

He lifted his chin to the air, absorbed the scene with his nose, then made an abrupt to decision to turn around and come sit by my side. Heaven. "You don't want to go?" I pet his head. He broke into his easy smile.

Not yet. Something stirred in my heart while we sat in the quiet of the meadow that day. Small and humble, we both knew. There was something greater awaiting us.

I have faith, but I'm human. Since Lincoln's passing on April 16th, I've prayed for him to show me a sign that he's okay. My husband had already received one, the rare and relentless chirping of a bird (on the night of his death) by the window in our family room where the two used to sit before bed.

"Show me a sign, too, Lincoln," I prayed.

My sign(s) came to me in dreams, both of which reflected the same distinct quality. The dreams were not hazy, scattered, and confusing. Instead, they were crystal clear and made complete sense.

They were so—

Lincoln!

So real.

During the first, I was be-



hind the closed door of a crowded beach resort. People with no voice roamed everywhere. A large concession stand sat at the front of the crowd. I sensed Lincoln on the other side of the door. I just knew he was there waiting, so opened the door. "I knew you were here! I've missed you so much, Lincoln!" I knelt beside him and gave him a hug. He lifted his head as he usually does and smiled. Then I looped a leash (the same style as the one needed on the day he was euthanized) around his neck and, together, we weaved through the crowd. Lincoln was leading me to the ocean. I knew it. That's when I woke up, struck by a revelation. An ocean visit had been on our bucket list. It was the one thing I wanted to accomplish with him this summer.

The next dream, which occurred a few days later, had a completely different tone. Lincoln was sleeping with his head on a pillow. His coat was ungroomed and slightly stinky. I knew viscerally that I wasn't supposed to wake him. He needed to sleep. We needed to be apart. But Lincoln knew something



more. He sensed me and jostled. Then he nudged my arm with his snout in an affirmative, very deliberate way. He wanted to be close. I kept moving back to let him sleep, but he kept moving closer. Finally, I let him rest his head on my lap. I pet his head softly, just as I had the day he died.

Lincoln may have passed, but we are still together. My dog knows.

Dear Reader - Thank you for your heartfelt condolences during the past month, and for sharing your stories with me via amyleclaire@hotmail.com. Losing a dog is never easy, but having each other to lean on sure does makes a difference. Stay tuned for more on Living with Lincoln!



Lincoln always preferred to play with humans.

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St. Mary's adult faith formation offerings

*The Sanctuary Course for Catholics
The Consecration to St. Joseph*

St. Mary Parish, Uxbridge, will be offering two adult faith formation opportunities this summer. The Sanctuary Course for Catholics, by The Sanctuary Mental Health Ministries will be offered along with The Consecration to St. Joseph using the book with the same name by Fr. Donald H. Calloway, MIC.

St. Mary's CARE Support Ministry will be presenting The Sanctuary Course for Catholics beginning July 1 through August 19, from 7:00 pm - 8:30 pm. This is an eight-part series utilizing film and small group discussion. It seeks to ease any stigma af-

filiated with mental illness and to open a dialogue for those living with mental illness along with those supporting them. According to research published by the National Institute of Health, one in four people will turn to their faith community for help before seeking help from clinical professionals.

Each session features a compelling profile of a Christian living with a mental health challenge and discussing how faith and their mental illness intersect. The films also feature archbishops, theologians, and psychologists. This series is for anyone who wants to

learn more about faith and mental illness and also how to support those with mental illness. A different topic is discussed each week and is explored from a psychological, sociological and theological perspective. This is not a support group, but the CARE Team consisting of mental health and medical professionals will be presenting and facilitating. There is no cost, but space is limited.

The other program, Consecration to St. Joseph, is being offered in conjunction with the year of St. Joseph which Pope Francis declared for this current year. This is

a six-part series designed for small group discussion using the book, "Consecration to St. Joseph," by Donald H. Calloway, MIC. The class will begin Thursday, July 12 through August 16, from 6:30 pm - 7:45 pm. The book can be ordered through St. Mary for \$16.00.

Both classes will be held in the parish hall at St. Mary Church, 77 Mendon St., Uxbridge. Registration is required for both classes. Current protocols at the time will be followed. You may register through St. Mary website: <https://stmaryuxbridge.org/>, email: dmoriarty@stmaryuxbridge.org or call 508-278-2226.



• On July 2, 1776, the Second Continental Congress, assembled in Philadelphia, formally adopts Richard Henry Lee's resolution for independence from Great Britain. The vote was unanimous, with only New York abstaining.

• On July 4, 1884, in a ceremony held in Paris, the completed Statue of Liberty is formally presented to the U.S. ambassador as a commemoration of the friendship between France and the United States. The statue was then disassembled and shipped to New York City, where it would be reconstructed in 1886.

• On June 30, 1936, Margaret Mitchell's "Gone with the Wind," one of the best-selling

novels of all time and the basis for a blockbuster 1939 movie, is published. Scarlett's name was originally Pansy, but a change was requested by the publisher.

• On July 3, 1989, Martha Ann Johnson is arrested in Georgia for the 1982 murder of her oldest child after an Atlanta newspaper initiated a new investigation into the suspicious death. Her three other children had also mysteriously died. Johnson's case sparked a trend in which authorities look closely into the sudden deaths of young children.

• On June 28, 1997, Mike Tyson bites Evander Holyfield's ear in the third round of their heavyweight rematch. Though Holyfield was in obvious pain, the fight resumed after a brief stoppage, and then Tyson bit Holyfield's other ear. Tyson was disqualified from the match and later suspended from boxing.

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Tales from beyond

The Colonial Inn in Concord

By Thomas D'Agostino

Welcome to the Colonial Inn in Concord. This story details the history and haunts of one of New England's most haunted inns.

The Colonial Inn in Concord, Massachusetts sits in the heart of American history. Concord is where the "shot heard 'round the world" was fired on April 19, 1775, signaling the official start of the American Revolution.

The Colonial Inn also hosts several ghosts who still remain from the time when the first shots of the war rang out, and perhaps before.

The original portion of the inn was built by Captain James Minot in 1716. He left the building to his son, James Jr., a lieutenant in the French and Indian Wars, Justice of the Peace and a member of the Royal Governor's Council. A descendant, Dr. Timothy Minot owned the home at the time of the famous aforementioned skirmish.

In 1789, the building was owned by Deacon John White, where the central portion was used as a variety store and the rest as private residences. In 1799, John Thoreau purchased a portion of the inn that now houses the office and sitting room for use as a private residence. It was in these rooms young Henry David Thoreau stayed from 1835 to 1837 while attending Harvard.

In 1839, Daniel Shattuck

purchased the building. He had already been running the general store for 18 years previous. At that point he turned the store into a dwelling. By 1885 the structure was a boarding house and finally, in 1889, it became a hotel known as the Thoreau House, named in honor of Henry's aunts who were once dedicated assistants in the daily chores of the place.

In 1900, Mr. and Mrs. Abrams named it Concord's Colonial Inn, the name that has graced its signs ever since. There is much history to the three buildings that occasionally come to life with the spirits of the past.

During the Battle of Lexington, Dr. Timothy Minot used present day Room 24 as an operating room. The Liberty Room was a field hospital and Room 27 was the morgue. Room 27 still reverberates with the horror and sorrow of that infamous day in 1775. Guests have witnessed the ghosts of colonial soldiers in the room or have heard desperate disembodied voices. Sobbing is also heard along with faint whispers as if someone is consoling a person in mourning.

The Liberty Room is now a dining room but to those of yesteryear, it is still an active field hospital. Guests have witnessed people dressed in colonial attire sitting in the room. Upon commenting to the staff

their approval of the people dressed in period garments, they are met with the grim truth that there are no such persons employed at the inn.

Items are known to fall off shelves or vanish for weeks, only to turn up in a most conspicuous place. Guests and staff hear voices directly behind them. When they turn to see who is speaking to them, there is no one there. One patron entered the room and saw a man in colonial dress sitting at the table. He turned quickly to alert his friends of the "actor" but when he turned back, the man was gone.

A newlywed couple stayed in Room 24. During the night, the woman awoke to the sight of a greyish glowing figure standing near the foot of the bed. The figure stood there for a few moments, then turned and vanished into the fireplace. Some believe it is Dr. Minot checking on his patients. Others have seen the ghost of a nurse or have felt someone touch them while in the room. One person felt someone touch his shoulder. He then heard a voice say, "Don't worry, your shoulder will be alright."

It just so happens that he had recently sustained a shoulder injury and was recovering from it. Another guest of Room 24 complained that the light in the closet went on and shadows could be seen pacing to and fro from under the door.

The Sitting Room is another spot where ghosts like to visit. The ghost of an elderly woman and a tall slim gentleman with a top hat are often seen reclining in the chairs. No one is sure who the woman is but many seem to think the man is none other than Henry David Thoreau paying an otherworldly visit to his former home.

The ghosts of the Colonial Inn are not confined strictly to rooms. One cannot pass through the halls without feeling someone, or something is walking with or behind them. The ghost of a young woman in a bonnet is seen near the front desk and gift shop. The



ghost of a nurse, called Rosemary by the staff, is also witnessed meandering through the halls. The shuffling of feet is sometimes heard yet there is no visible being causing the phenomena. Several guests strolling through the hallways have been brushed by an invisible being as if they were passing in the opposite direction. Other guests have seen the shadows of feet under their door. When they open it, no one is there.

Of all the areas in the inn, Room 24 seems to get the most attention. This was the room used by Dr. Timothy Minot as an operating room during the April 19, 1775, skirmish. Some of the wounded brought there did not make it through surgery and their spirits still linger. Lights are known to flicker, or turn on suddenly, along with the television. Voices are heard in the room and sometimes from the closet. Guests have seen the shadow of feet

moving about in the closet. When opened, it is obviously vacant. Doors in the room open and shut on their own as if someone is moving through the area. A woman tucks in visitors and the hall nurse ghost, Rosemary, also appears in the room.

In 1966, Mr. M.P. and Judith Fellenz occupied the room for a night Mrs. Fellenz would never forget. She later wrote a letter to the inn stating that she was disturbed from her slumber by something at the foot of the bed. It was a grayish figure standing there looking at her. The figure then slowly moved toward the fireplace and melted away. When she brought the incident up to her husband, he merely commented that the ghost was included with the price of the room.

A paranormal investigative group recently held a vigil in Room 24. When they reviewed the video, the misty form of a person kneeling by the bed

could be seen. Was it someone praying for a wounded loved one? Perhaps. The ghosts of the Colonial are harmless, yet very much part of the history of the inn that perennially houses famous moments and people. In fact, the Concord's Colonial Inn is rated by one magazine the sixth most haunted inn in New England while another rates it number three, just behind its sister hotel, The Hawthorne in Salem, Massachusetts. Historic Hotels of America puts it in their top 25 for its ghosts. Stay a night and enjoy an amazing piece of history, both living and otherwise.

Thomas D'Agostino and his wife Arlene Nicholson are seasoned paranormal investigators, authors, and co-organizers of Paranormal United Research Society. You can find out more about them by visiting www.tomdagostino.com. www.diningwiththedead1031.com



The Liberty Room, now a dining room, was once and still is an active field hospital.

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Unibank welcomes summer interns

WHITINSVILLE – On June 7, UniBank welcomed nine local college students to take part in the bank's 2021 Summer College Internship program. The program, coordinated by UniBank's Training and Development Manager Heather Kicelemos allows the interns to integrate knowledge and theory learned in their college classrooms to contribute to bank projects. The goal is for the interns to experience valuable applied experiences and make connections in the fields they are considering for their respective career paths.

Each intern has been paired with a mentor in their respective field of interest which includes Finance/Accounting, Marketing, Retail Administration, Credit, Sterling Associates, Commercial Lending, Compliance, and Community Reinvestment. They will work closely with their mentors on assignments and projects. While completing the designated assignments, the interns will be



UniBank 2021 Interns.jpg Photo Caption: UniBank's 2021 Summer College Interns include: (L-R) Kate Labrie, Sophie Plouffe, Ben Potter, Mike Wickstrom, Jack Tessier, James Cannon, Trevor Ham, Derek Knobloch, Robbie Cannon.

included in department and committee meetings and will be provided networking opportunities with other departments throughout UniBank.

They will also have weekly interactions with the bank's

Senior Leadership Team.

UniBank's 2021 Summer College Internship program interns include:

- James Cannon (CRA) – Providence College, Management
- Robbie Cannon (Marketing)

– Providence College, Marketing and Finance

- Trevor Ham (Credit) – Clark University, 2021 Economics and Management graduate/2022 MBA candidate
- Derek Knobloch (Credit) – Bryant University, Finance and Applied Analytics

- Kate Labrie (Sterling Associates) – Bryant University, Human Resources
- Sophie Plouffe (Finance) – UMass Amherst, Economics and IT

- Ben Potter (Compliance) – UMass Amherst, 2021 Finance graduate
- Jack Tessier (Commercial Lending) – Holy Cross, Economics & History
- Mike Wickstrom (Retail Administration) – Providence College, Marketing & Sociology

"It is quite exciting to see these students embarking on their summer internships with UniBank," commented Michael Welch, UniBank CEO. "The teams they join from across the bank share in my excitement and are eager to work with these students. We are looking forward to a productive summer providing enriching experiences for our interns."

BVCC awarded Small Business Technical Assistance Resiliency Grant from Mass Growth Capital Corporation

The BVCC is pleased to announce that the Small Business Assistance Grant Review Committee recommended that we be awarded a grant of \$79,900 for the SBTA Resiliency Grant Program. The Secretary of the Executive Office of Housing and Economic Development has approved this grant per the recommendations of the RFP Review Committee and the Technical Assistance Sub-Committee of the Board of Directors of Mass Growth Capital Corporation.

The mission of Massachusetts Growth Capital Corporation is to create and preserve jobs at small businesses, women and minority owned businesses, and to promote economic development in underserved, gateway municipalities and low and moderate

income communities. Larry Andrews, Executive Director of MGCC, stated, "Your proposal demonstrated a strong alignment with this goal. We appreciate your organization's current efforts and willingness to continue to play a vital role in this important work."

The purpose of the Small Business Resiliency Technical Assistance Grant Program is to ensure that startups and existing businesses continue their path towards recovery in order to ensure future economic and entrepreneurial opportunity throughout the Commonwealth in a post COVID-19 era. The program is designed to complement and enhance traditional public and private small business assistance networks by providing technical assistance or training

programs for under-resourced and disadvantaged businesses with 20 or fewer employees. The program seeks to facilitate economic stability and viability for small businesses by helping to improve their ability to navigate business operations in a post COVID-19 era, including ability to secure private and public financing, business grants, and micro-loans.

Jeannie Hebert, President and CEO of the BVCC states, "The BVCC values our long running partnership with MGCC and is honored by their trust and belief in our programs to support small business in the Blackstone Valley and Central Massachusetts. We look forward to utilizing this funding to help empower small businesses to grow and thrive in our region."

Major milestones for Pat DeVries at Chevere in Uxbridge

This month marks the 10th anniversary of Pat DeVries's annual mission to collect new and slightly used handbags for Dress for Success Worcester.

This is also the month Pat celebrates her 60th birthday, on the 25th.

Pat is the owner of Chevere, the Place to Bead, on North Main Street in Uxbridge. In 2011, to celebrate her birthday, she asked customers and friends to donate their purses to the Dress for Success program, which helps local women look their best for job interviews.

"Don't bring me a gift, bring me a handbag," she suggested.

That first year she collected 50 purses. The number increased each year, to 300 in 2019.

Last June, the Chevere shop was closed, like so many other stores. But the annual giving, now a ritual, continued. "People brought handbags to my house," she said. She collected 100 and stored them for later delivery.

This June, it is back to normal, and Pat hopes to equal the number donated in 2019.

She will accept purses at the store until June 30.

Chevere is best known for its collections of beads and jewelry supplies, but it is also a boutique with one-of-a-kind apparel, and CBD products.

It is located at 336 North Main Street in Uxbridge. Hours are Tuesday, Wednesday, Friday, Saturday from 11 a.m. to 3 p.m., Thursdays noon to 6 p.m. Closed Sunday and Monday. Phone 508-278-5566; email theplacetobead@gmail.com. Also on facebook.

....Barbara Van Reed

Troop 107 summer bottle drive

GRAFTON - Boy Scout Troop 107 will hold its spring bottle drive on Saturday, July 10, from 9 a.m. - 12 p.m. Bring your deposit bottles and cans to the back of the Grafton Municipal Center, 30 Providence Road.

The troop is taking the following precautions for everyone's safety:

- Please rinse out your bottles and cans ahead of time.
- Please pre-sort your containers: soda cans, beer cans, glass, 1-liter plastic, 2-liter plastic, and smaller plastic ("personal size" drinks).
- When you arrive at the back-parking lot, you will be directed where to leave your containers. Once you depart, scouts and parents will then retrieve them for processing.
- If you need assistance getting the containers from your car, signal an adult leader. Someone will collect them while you remain in your car.
- Scouts and parents will be

working in family units, in shifts, with masks and gloves, and maintaining physical distancing at all times.

If you can't make the drop off, the boy scouts can pick up at your home (Grafton only). Contact us at Bottledrive@troop107.Grafton-MA.org to schedule this and include your name and address. Place your clean and pre-sorted empties in a highly visible spot by 8 a.m. on July 10, and the boy scouts will do the rest.

Money raised from bottle drives supports the scouts' campouts, activities, community service projects, and routine expenses. In addition, 10% of bottle drive earnings are donated to a local charity. The scouts appreciate your continued support.

If you are interested in joining Troop 107 or would like more information about Troop events, please contact scoutmaster@troop107.grafton-ma.org.

Quilt show on for 2022

The Thimble Pleasures Quilt Guild is busy planning their biennial quilt show which will be held on Saturday and Sunday, March 12 and 13, 2022 at Blackstone Valley Regional Vocational Technical High School in Upton, Massachusetts. The Guild has selected "Visions of Hope" as their show theme. This inspiring theme ties together their show's special project, Guiding Eyes for the

Blind, and their dream for a bright future. On display will be over 200 individual member quilts as well as guild challenges and round robins. Sadly, the 2020 show was cancelled due to COVID restrictions so members are anxiously looking forward to this upcoming show. The 2022 show is being chaired by Deb, Hudgins, Terri Vadenais, and Roberta Ciaramicoli.

Silver Lake Beach open

GRAFTON - The Grafton Recreation Department is excited to announce the operation of Silver Lake Beach for the summer of 2021. A full announcement is posted at GraftonRec.com.

Highlights include a life-guarded beach with limited amenities, new hours, and only season passes available and only for Grafton residents.

Dates of operation will be June 26 - August 15, and open weather-permitting Monday-Thursday from 11 a.m.-5 p.m. and Friday - Sunday from 11 a.m.-6 p.m. Please contact the department with any questions at recreation@grafton-ma.gov or 508-839-5335 x1156, visit GraftonRec.com, and follow us on Facebook (@GraftonRecDept) for the latest updates.

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Special gift for Grafton High graduates

Grafton High School graduates were surprised on June 2 with a special gift. All 187 graduates were presented with a custom designed card and a \$100 TD Bank debit card by Michael A. Labbe, president of All Phase Glass & Maintenance Corp., and Germ Away USA. They also received American flags and Mr. Labbe remarked, "it was great to see them all walking around waving these flags."

Mr. Labbe continued, "This comes from my family and staffs' hearts and souls for these kids who, over the last year and a half, have missed out on so many events thanks to COVID-19. But they all adjusted and adapted to the crazy times and made the best of it. We are so proud of each and every one of them. As you read the card, it does come with a challenge. We are asking you to be creative and use part of the money to pay-it-forward to someone else. Just maybe we can start a good trend here and touch hundreds of people with a kind act."



Pictured (l to r) Carrie, Melissa and Michael A. Labbe.



**CONGRATULATIONS 2021 CLASS
OF GRAFTON HIGH SCHOOL**

CONGRATULATIONS graduating class of Grafton High School 2021! We want to let you all know how proud we are of all your hard work & efforts over the years, let alone this past year during this Covid-19 pandemic. Please accept & enjoy the enclosed \$100.00 gift. You deserve this! It does come with a challenge though. We ask that you take a portion of this, no matter how small or large, and pay it forward with a good deed towards someone else. Please be creative & use your thoughts & ideas here. We also ask that you accept this American Flag and proudly display it somewhere for all to see to show your appreciation for our veterans & public servants both present and past.

We wish you all the best on the next chapter in life, no matter what road you're going down, please remember this: Just one kind & thoughtful act a day makes our world a better & safer place for all!

GOD BLESS - The Labbe Family & All Phase Glass & Maintenance Corporation

Prayer

O, most beautiful flower of Mount Carmel,
Fruit of the vine, splendorous of heaven.
Blessed Mother of the Son of God,
Immaculate Virgin, assist me in this my necessity.
O, Star of the Sea, help me and show herein you are my mother.
O, Holy Mary, Mother of God, Queen of Heaven and earth,
I humbly beseech you from the bottom of my heart to succor
me in my necessity.
There are none that can withstand your power,
O, show me here you are my mother.
O, Mary, conceived without sin, pray for us who have recourse
to thee.
Sweet Mother, I place this cause in your hands.
Amen. EMH

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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Cruising scene 2021

Cruisin' Scene at Bass Pro Shops and Gillette Stadium

By Jim Weicherding

It took awhile but it appears after weeks of non-stop postponements due to the pandemic we are starting to get back to normal. Normal being used relatively and nothing like we were used to on the cruisin' scene pre-pandemic.

After two months of delays, Mass Cruisers and Bass Pro Shops began hosting their bi-weekly car shows at Gillette Stadium to the delight of thousands of show vehicle owners and spectators. This show attracts the largest crowds across New England and you will find show vehicles adorned with license plates from New

York, New Jersey and Pennsylvania.

This car show is the longest running seasonal automotive event that typically ends the week of Halloween every year. Most expire in late September or early October. I don't know of any other area car shows that goes until Halloween week.

Governor Charlie Baker recently lifted all restrictions across the state allowing this venue to start for the cruisin' season. Better late, than never, like last summer. If you have a classic ride or just love seeing all of the beautiful show vehicles and mingle with automo-

tive enthusiasts, then Bass Pro Shops and Gillette Stadium is the place to be every other Thursday over the next four months thanks to the Mass Cruisers.

Enjoy the great oldies during the event brought to you by Cruisin' Bruce Palmer and sponsored by Peter Sacchetti at Sacchetti Classic Insurance. This is a fantastic car show and everyone involved is dedicated to making sure you have a great and exciting experience. Keep this automotive hobby and car culture thriving for years to come. Please, "take a kid to a car show."



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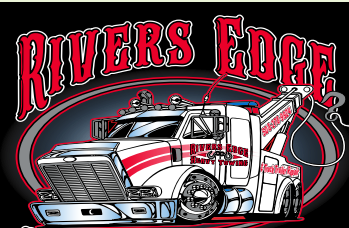
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Q. I have a Kia Sorento with four-wheel disc brakes. I had both the front and rear brake pads replaced at around 50,000 miles. The other day I stepped on the brakes and heard a scraping sound. I took the vehicle into a local repair shop and they told me I need rear brakes. When I asked about the front brakes, they told me they looked almost new. I saw the right rear brakes and they were grinding. The shop replaced the brake pads and rotors, and all seems fine. What happened?

A. Since the shop didn't replace the calipers or brake hoses the only possibility is the caliper slides on the right side rusted keeping the brakes slightly applied. With all of the corrosive materials used on the roadways to prevent ice covered roads in the winter, we are seeing more rust that causes calipers to bind. Depending how and where you drive, cleaning and lubricating brake caliper slides can be good preventative maintenance.

Q. We have a 2003 Hyundai Santa-Fe. It is our fourth vehicle in our household that I try to keep running. We use it for trips to the transfer station and when we need more room than our fleet of compact cars. The car won't start. I replaced the battery with one from another car and checked all the connections. I even replaced the starter, and it still won't start. Any ideas?

A. I suspect the transmission range switch (neutral safety switch) may be faulty. The switch is located on top of the transaxle under the battery tray. Considering the switch location, it can rust and go out of adjustment which can cause a failure to start.

Q. I have Ford Explorer and the right front window won't go up or down. I replaced the motor, and switch (used parts from a junk yard) and still the window won't work. What now?

A. The most common issue is a wire has broken from the driver's side master switch to the body of the car. One of the wires in the large loom at the door hinge breaks due to years of flexing as the door opens and closes. Two tests: apply power and ground to the motor to make sure your used motor is operational and while holding the window down button, slowly open and close the driver's door. If the window jumps while opening the door and holding the switch, there is a broken wire in the harness at the door hinge.

Q. I have a 2005 Chevy Suburban and the cigarette lighter plug is a problem. I don't use the lighter, but I do plug in my cell phone charger. When it doesn't work, I end up replacing the fuse and it will work again for months. Then one day I will use it and no power. I replace the fuse and it is okay again.

A. More than likely there's an intermittent short at the power outlet. Replacement outlets are readily available for most GM vehicles. Replacing the power outlet does take a bit of finessing to get it out without damaging the dash. In fact, some replacement outlets come with a special tool to release the clips that hold the outlet in place. Once you remove the old outlet, remove the three-wire connector, install the new part and trim simply snap in place.

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Q. After the issue with gas delivery in the beginning of May I was thinking an electric car would solve that problem since I could charge the car at home. Would you buy an electric car, and which have you driven?

A. I have driven the Ford Mustang Mach-e, Chevy Bolt, Nissan Leaf and Kia Niro and all of these cars easily break the 200-mile mark in range (weather permitting). Electric vehicle range will vary in both extreme cold and very hot weather. Any one of these vehicles could easily handle 90 percent of my routine driving. As the technology and charging infrastructure improves and prices come down, I could see an electric car/SUV in my future.

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By Terry and Kim Kovel

"Unique" is a word that is often misused by collectors. It means one of a kind. There can never be a unique mass-produced chair but there can be a rare one. More than 20 years ago, the Kovels' newspaper column wrote about a table with a top that was made to look like an American

flag. A similar table is being sold by Woody Auction. The Kovel table had 23 stars on the flag. Maine was the 23rd state, added in 1820. The table being sold at Woody has 35 stars, suggesting it was made to honor the statehood of West Virginia in 1863. The 35-star table was marked

Flag-topped table

by the maker: "Made & Designed by F. Wedin, Roxbury." Recent research by the auction gallery suggests he was a piano maker from Massachusetts. Both tables were made of solid wood with inlaid stars and stripes. The wavy edges of the 35-star table make it look windblown. It has a drawer with carvings of dueling pistols, side supports

like anchors, cross braces like rifles, legs like cannons and cannonball feet. It is estimated at \$20,000 to \$40,000. It is truly unique.

Currier & Ives

Q: I picked up what I think is a Currier & Ives print from a thrift store. I'm just trying to see if the name of the print is a legitimate Currier & Ives print. It's titled "A Mountain Home." If the title matches a real print made by Currier & Ives, I'd like to know if it's a reproduction. I bought it for \$6, so even if it is a reproduction, I wouldn't care since I like the print.

A: Currier & Ives was in business in New York City from 1857 to 1907 and is famous for its American lithograph prints. Reproductions and fakes have been made. "A Mountain Home" is not one of the prints listed in books that catalog the original Currier & Ives prints. It's often offered for sale online, identified as a Currier & Ives print from 1890, but one seller probably got it right when he said it is "after Currier & Ives," which means it was done in the style of the famous printmakers.

Warped table

Q: My mother has an antique table that is in good condition, but the top is warped. Can it be fixed? Is that expensive? Is it smart money to replace it?

A: It depends on what the value of the table would be if it were perfect. A repaired top will lower the retail price by about 20%. The cost of the repair is based on the job, not the value of the piece, so the better the table, the more important it is to put it in the best possible shape. But it must be a very good repair, and that requires a restorer who is used to working on antiques.

Current prices

Weller, coppertone, beaker-shaped, bright green mottled glaze, c. 1975, 6 inches, \$125. Banjo clock, Federal, inlaid,



This unusual, flag-topped table is handmade but not unique. Another almost identical table sold at an auction years ago. It had only 23 stars. This table has 35. Could there be others?

mahogany, 8-day brass movement, pierced brass side arms, c. 1850, 29 1/4 x 10 inches, \$250.

Tramp art comb box, 3 tiers, mirror, Pure & Sweet cigar box drawer, porcelain buttons, c. 1900, 27 x 7 1/2 inches, \$435.

Map, Rocky Mountains, Oregon and North California, lithograph on paper, John Charles Freemont, 1845, 33 x 54 1/2 inches, \$685.

Tole coal scuttle, black, crackled pattern, gold bands, tapered rectangle, ball feet, domed lid, 17 x 18 inches, \$45. American Indian basket, Choctaw, Mississippi bamboo, river cane, natural dye, large diamond pattern, black, orange, tan, square base flared to round top, c. 1970, 18 x 19 inches, \$280.

Architectural, frieze, terracotta, semi-circular, shield,

2 stylized dragons, acanthus tails, egg & dart band, squared border, made up of 10 sections, \$480.

Advertising sign, "Twin Drive-In Theater," "Turn Right" printed inside arrow, metal, painted, green, reflective yellow letters, New York City area, 24-inch diameter, \$750.

TIP: Permanent marker stains can be removed from most wood or textiles by wiping with a cloth soaked in rubbing alcohol.

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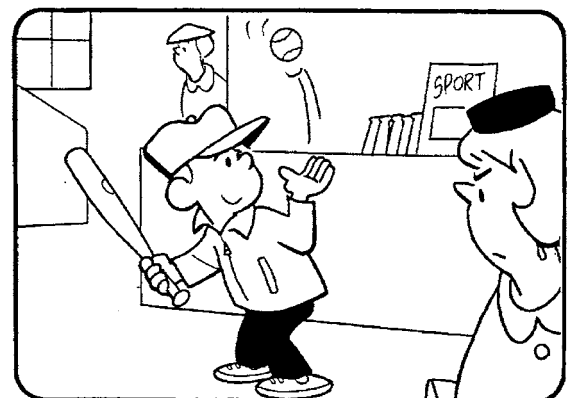
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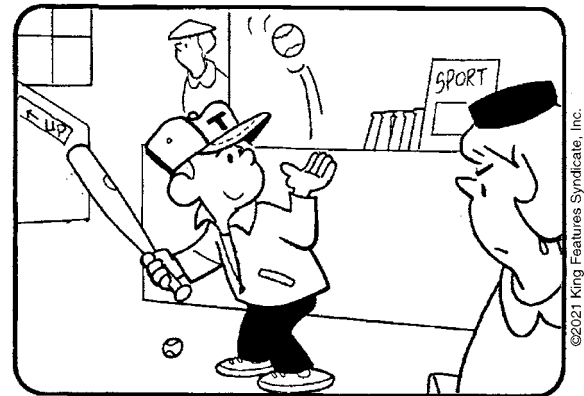
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BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Jacket is unzipped. 2. Cap is different. 3. Sign is added. 4. Button is removed. 5. Pocket is different. 6. Ball is added.

PRAYER TO ST. JUDE

Most Holy Apostle, St. Jude, faithful servant of Jesus, the church honors and invokes you universally as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make sure I implore you of that particular privilege given to you, to bring visible and speedy help where help is most despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly (Here make your request) and that I may praise God with you and all the elect forever. I promise, O blessed St. Jude, to be ever mindful of this great favor, to always honor you as my special and powerful patron, and to gratefully encourage devotion to you. Amen. ECB

RE: Real Estate



Mark Marzeotti

89 percent of sellers list their home with a real estate agent. The sellers surveyed listed trustworthiness, responsiveness, local market knowledge, a good reputation in the community, and a strong sales track record as the most important attributes in a top-notch agent.

A great real estate agent can make a huge difference in many aspects of your selling experience, from your stress level to your profits. I want to share the many benefits of selling with a local agent, and share with you what it will cost you.

What is the standard commission for a real estate agent?

Real estate agents work on a

Why use a real estate agent to sell your home?

commission basis, making a percentage of the sale or purchase price of the home their client is buying or selling. Typically, as a seller, you'll pay 6 percent of the sale price, with half of the total serving as the buyer's agent's commission.

Keep in mind that the commission may be negotiable up front, depending on local market factors or your own situation. For example, if you're going to be using the same agent to help you sell your house and also to buy your new home, you may be able to negotiate a lower rate since they'll be getting two commissions.

What is the difference between a listing agent and a buyers agent?

The listing agent, also known as a seller's agent, works for the seller to help them sell their house, from listing to closing. The buyer's agent works for the buyer, guiding them through the process of finding a home they love, into negotiations, and all the way through closing.

Benefits of using a listing agent

You might ask yourself, "Why use a real estate agent to sell my home?" There are a number of services and plenty of expertise a real estate agent can provide, so it's important for each seller to take a look at the list of benefits and decide if an agent is worth the expense.

1. Real estate agents provide local housing market expertise

- We have access to a comprehensive list of comparable homes and understand the value of homes in your area.

- Taking into consideration the current market conditions, we can strategize ways to craft the optimal selling approach, with the goal of earning the highest possible return on your home.

- We can guide you to setting the right price for your home, one that will allow you to both pocket as much money as you can while selling in a timely manner.

- We understand local housing codes and can point out any red flags on your property that buyers (and their home inspectors) will find.

- We can recommend the specific home improvements that matter most to buyers in your area.

2. Real estate agents market your listing

- We can provide recommendations for staging your home.

- We can hire a professional photographer to take great listing photos including drone pictures. Common practice for Marzeotti group.

- Creating an enticing listing description of a property is an art form, and a skilled agent can call out features local buyers are looking for.

- We list your property on the MLS and online real estate sites like Zillow. In fact, agents have access to many more listing outlets than sellers who are listing on their own.

- We host open houses and showings, physically showing your home to buyers.

- We serve as a buffer between you and all potential buyers, fielding calls, answering questions, and scheduling showings.

3. Real estate agents network with other agents to increase buyer interest

- We may show your home to an agent-only crowd to increase buzz and spread the word.

- We talk to other agents about your home, positioning it as a match for their buyers.

- Homes sold by agents are typically more appealing to buyers agents, as they know they'll get a commission on the sale.

4. Real estate agents handle your negotiations

- We vet all potential buyers, identifying the serious offers.

- We skillfully work with the buyer's agent to get you an offer that meets your needs in terms of price, timing, and repairs.

- We help you make smart decisions on negotiating counteroffers.

5. Real estate agents ease the selling process

- Selling a home comes with a lot of paperwork, and your real estate agent will handle it all.

- Professional real estate agents

keep an eye out for deal loopholes and unusual requests, and read all the fine print.

- In a multiple-offer situation, they'll help you identify the pros and cons of each offer, making your decision easier.

- We'll recommend when you should counteroffer and when you should accept the deal.

How do I hire a real estate agent?

There are lots of ways to find a great local real estate agent. A great way is to ask friends and family members for referrals and searching online. Sometimes it is clear who you should choose based on local newspapers and other advertising media.

You'll also want to pay attention to the duration of your agent's contract. If you're working with an agent you haven't worked with before, you may want to go with a short contract term, so that if your house doesn't sell quickly, you can pivot to an agent who better fits your needs.

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