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CROSSTOWN ADS AND BUSINESS NEWS

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August 13-September 10, 2021

INSIDE

Warchol-led tour of Whitinsville historic district an eye-opener

By Rod Lee

One of the first things Kenneth Warchol told about twenty-five people taking part in a walking tour of the historical district of Whitinsville on July 24 was "I won't say how old I am but I was born at Whitinsville Hospital and except for two years in the military I have lived here all my life."

Mr. Warchol, a retired teacher and coach who is also well-known in the town of Northbridge for his work with the Northbridge Historical Commission and as a beekeeper, was far less reluctant to divulge the ages of the prominent individuals and buildings that were the focus of his remarks over the next hour and a half.

"Ken is such a celebrity in town," Bonnie Combs of the Blackstone River Valley National Heritage Corridor, who assisted in the event, said, as a crowd gathered outside Northbridge Town Hall for the start of the tour. "I call him the bee whisperer."

Years of extensive research, much of it conducted at the Whitinsville Social Library, have equipped Mr. Warchol with a thorough knowledge of the Whitin and Fletcher families and the industrial empire they built on the banks of the Blackstone and Mumford rivers. Whether dressed as Paul Whi-

tin on trolley tours or in black pants and a gray shirt as was the case on this particular Saturday, he is a reliable source for information about Northbridge from its beginnings as an agricultural community settled by farmers and craftsmen from Dedham in the 1720s to the present.

That he delivers facts and figures with gusto makes his presentations that much better.

Mr. Warchol wasted no time grabbing his audience's attention. Standing in the shadow of Town Hall (1876), he began with a little-known fact. "The Whitin boys dedicated this Town Hall to us for our 100th anniversary," he said. "No one knew." Without a pause, he added "next year will be the 250th anniversary of the town" (its date of incorporation was 1772); confiding, as he did so, that he hopes to be around for that one, as he has been for previous milestone observances.

In Mr. Warchol's hands, otherwise dry data about the town of Northbridge's five villages is imbued with color and personality. This is especially true when he talks of the "5272 people on three shifts" employed by Whitin Machine Works, as they left work

Continued on page 2



Ken Warchol greets some of the early arrivals who showed up for a walking tour of the Whitinsville historic district, on July 24.

Douglas Oktoberfest is back

October 2, from 9 a.m. to 4 p.m. The Douglas Oktoberfest Committee will once again be closing down Main St. Douglas and hosting one of the largest events in the Blackstone Valley. This year will not only celebrate the return of Oktoberfest, but the 275th birthday of Douglas as well.

The committee will be bringing back favorites such as the Weiner Dog and small dog race, train rides, bouncy rides, car show, and more. The Beer Garden will once again feature ultra-local Purgatory Brewing with limited edition craft beers.

Among the new features for Oktoberfest this year will be the tricycle races held in the front lot of the Webster First Credit Union. The

tricycle racers will have to weave their way through tight turns to beat the clock and their friends. An ice cream truck and even an authentic soda jerk stand will ensure another incredible event for all ages.

They are also excited to bring back the Rib Cook-Off. In collaboration with the Olive Branch Lodge, Douglas Oktoberfest will be hosting a rib cook-off competition with a grand prize of \$500 going to best in show. This is going to be an old school smokefest to see who will have bragging rights for the best ribs in the Valley.

The event is going to wrap up with a celebration of Douglas' 275th birthday, complete with a custom artisan cake from Millbury

UPTON MEN'S CLUB
Enriching the community
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SMALL STONES FESTIVAL
New programs
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LIVING ON WITH LINCOLN
Lincoln's best day
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TALES FROM BEYOND
The Poland Springs Resort
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based Cake Shop Café. And don't miss a special dance celebration performed by the talented team from Dance Sensations.

The committee is still booking entertainment for the event. If you are a band, musician, comedian, artist, magician or have an act that defies categorization, and would like to share your talents with town, let them know.

Vendors and Rib-Off contestants can sign up using the forms on the website: www.douglasoktoberfest.com

Interested volunteers and entertainment can contact them through their Facebook page www.facebook.com/douglasoktoberfest or by email at douglas_oktoberfest@yahoo.com

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WARCHOL TOUR

Continued from page 1

for the day. Pointing, he said “I remember a policeman in a booth (at the intersection of Hill, Church and Main streets), directing traffic. It would take an hour to get people out. I saw this in my lifetime.”

He shared too his amazement at how many of the town’s historic buildings and properties are still standing. “Every mill in every village has been preserved and restored except two,” he said. “I am very proud of that.”

The two are “the Dudley store,” in the Dudley block, which sold dairy and other products and served as the town’s first bank and a stage-coach office, and “the Clarke school.

“We are a well-preserved mill village,” arguably “the best in New England” in that regard, he said.

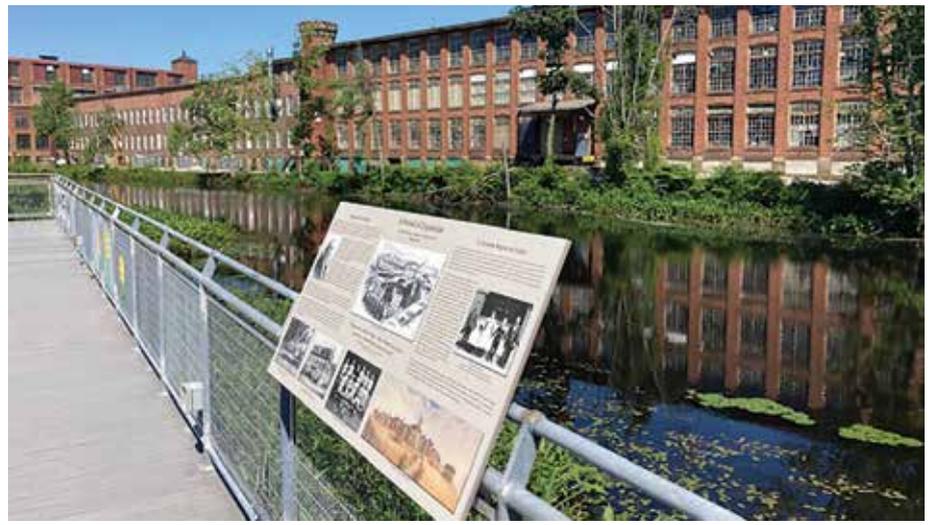
It would be hard to imagine a better tour guide than a man who notes that Town Hall contained “a jail and a watering trough,” that the Cotton Mill (1845), across the street (now apartments) was “powered by steam and constructed of “granite

from Petersham,” that Whittin Machine Works started in “the Old Brick Mill” or “little red brick mill” (1826) and that temperatures in the forge there reached one hundred twenty degrees (“I don’t know how any human could withstand it”), or that the cupola bells on the mills “rang at 7:00 a.m. and you better be on the job.”

He noted that “Paul Whittin and his sons built this beautiful (red brick) mill. This was the first great expansion of ‘the Whittin empire,’” which soon stretched into Linwood and Riverdale.

“As the Whittins became wealthy, they became paternalistic,” he said. “They took care of all the needs of the community.” As workers improved their standing in the company, they obtained better housing. For instance, going “from A St. to D St. in The Village was a promotion,” he said. “As you moved up you got better housing.”

Tour participants were treated to a look inside “the James Fletcher House”



The gothic tower on the Whitin Machine Works building was one of the architectural features Mr. Warchol pointed out in talking about the town of Northbridge’s industrial heritage.

(1770), a two-and-a-half-story structure that sits on a hill above Douglas Road and the Mumford River and that is now home to the Northbridge Historical Commission. It was built “the same year as the Boston Massacre” and just before “the Boston Tea Party, turbulent times, tensions growing” as the American Revolution loomed, he said.

Mr. Warchol described

James Fletcher as the owner of “a forge and sawmill who was prominent in town. He became the father-in-law of Paul Whittin,” who married James Fletcher’s daughter Betsy. “She was sixteen, Paul Whittin was twenty-six!” Mr. Warchol said. “He courted her. They took walks along the river. Not a year later, they were married.”

Mr. Warchol’s enormous pride in the place of his birth

and career came through loud and clear, as he talked of the Fletcher and Whittin families, the mills, the historic districts and the French Canadians, Polish, Irish Catholic, Dutch and Armenians who grew the town together.

“I’m 100 percent Polish,” he said. “I’m a thoroughbred.”

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

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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.

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 kicked off on Thursday, July 1, and contin-

ues every Thursday evening (6:00 – 8:00 p.m.) through September 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 Thursday Night Concert series:

August 19: Le'Mixx Band

Aug. 26: Michelle Canning Band
Sept. 2: Changes in Latitudes

The concert series is sponsored by Lampin Corporation, UniBank, Wier-sma 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 disabilities. ValleyCAST is a subsidiary of Open Sky Community Services (Open Sky is a DBA of Alternatives Unlimited, Inc. and The Bridge of Central Mass).

9/11 tribute and concert planned

DOUGLAS - Douglas Orchard and Farm, 36 Locust St., will present a 9/11 Tribute followed by Live Music at the Pavilion featuring 19th Nervous Breakdown - Rolling Stones Tribute on Saturday, September 11.

19th Nervous Breakdown is a Rolling Stones tribute band that celebrates the music of the greatest, most successful, and longest-running rock band of all time.

25th Anniversary of the 1993 World Trade Center attack will be commemorated at 4:15 p.m. 4:30-5 p.m. opening act is a female fronted tribute to Creedence Clearwater Revival. 5-7p.m. live music by 19th Nervous Breakdown.

\$10 per person 16 and older, kids free. Bring your own chairs. Food available from EB Flats serving BBQ, hamburgers, hotdogs and more.

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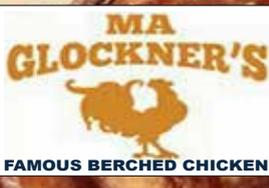


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Focus on non profits

Upton Men's Club has been quietly enriching the community for more than 20 years

By Christine Galeone

When something goes wrong in a small town, the people responsible for causing the problem usually can't remain anonymous for long. But when things go well, not too many people tend to be aware of

those responsible for the successes that support and bolster the community. Many don't know about all the genuinely concerned citizens who work behind the scenes to enrich their communities.

The Upton Men's Club is filled with those types of citizens. It exists "to provide support to the community where public funds fall short." But that doesn't begin to describe the positive difference the

club's members have had on the lives of people of all ages.

Since 1997, members of the Upton Men's Club have helped their community by volunteering for and donating to programs, initiatives and organizations that enhance/revitalize Upton. While it provides opportunities for local men to build friendships and a professional network of peers, it also focuses on providing service to the community and working with other organizations that serve Upton as well. The 54-member club has raised more than \$500,000 to benefit Upton and its residents.

Alan Nasuti, the club's president, said that the nonprofit is currently "comprised of a diverse set of citizens focused on giving back" to their community. And the challenges of the COVID-19 pandemic didn't deter them from pursuing those goals. "Our mission is to provide support for above-and-beyond projects that benefit our community at large," Nasuti said. "With that in mind, the biggest challenge the club and its members faced during the pandemic was getting together in person to plan and hold charitable events. We pivoted to online

meetings but found there was a bit of Zoom fatigue for our members and constituents."

Over the years, the club has had an indelible impact on its community. For children, it has donated playground equipment to the Upton Town Playground and Miscoe Hill School, provided funding for the S.T.A.R. program in local schools, sponsored summer reading programs at the Upton Library and more. Among its safety-related endeavors, it donated emergency call boxes to Kiwanis Beach and the Upton VFW playground, and it donated truck-mounted lights and 30 smoke-piercing emergency flashlights to the Upton Fire Department. The club also holds monthly dinners for seniors at the Upton Senior Center, awards annual community service scholarships to graduating students, and manages the annual Upton Fireworks event.

And the pandemic didn't stop the nonprofit from continuing its altruistic work. "The great thing about the club is our members' innovation, dedication and fortitude," Nasuti shared. "As such, we were able to still provide boxed dinners for local seniors, we held



an ice-out challenge as part of a community engagement and fundraising event, we partnered with the Fire and EMS to build stands for holiday trees and had families decorate them on our town common, and partnered with the Upton Police to deliver Easter eggs to over 160 households and 300 children. All being socially distant and following CDC protocols."

"We are looking forward to getting back together, in person, as a group and community," Nasuti said. "We will be holding our annual fireworks celebration on August 21, and we will be holding our charity golf event on September 24."

More information about volunteering for the nonprofit or becoming a member is available on the Upton Men's Club website, www.uptonmensclub.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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Five tips to improve your core for beach and pool season

By Dr. Sean T. Lordan

Beach and pool season is now upon us! Here are a few tips to show off a strong core (and ward away low back and neck pain) for the summer season.

•Do These 2 Exercises: Plank and Side-Plank. Both planks and side planks show excellent recruitment of the transverse abdominus (TA) on electromyogram (EMG) testing. The TA is your innermost abdominal muscle group and is responsible for the corset effect of the core, stabilizing the spine. Side planks will also recruit the obliques, which act as adjust stabilizers of the spine and get rid of love handles.

•Hydration Is Key. It is no wonder many of us become slightly dehydrated on hot summer days. Our bodies are 60% water and

when we're outside, we're primarily in the sun. The old rule used to be eight, 8 oz glasses of water per day. Drinking plenty of water will help maximize physical performance, will aid in weight loss and keep hydration levels up. A 2013 study showed that drinking a full glass of water before a meal, 3x per day, for 8 weeks, significantly reduced body weight and fat compared with pre-study measures.

•Get This Foam Tube: The Foam Roller. Rolling out your mid back and opening

up your chest by laying on the foam roller length wise is a great way to stretch your muscles and keep your posture in peak shape.

•Get Active. Walking, running and swimming are all great aerobic activities that are easy to perform during the nice summer weather. Aerobic exercises in conjunction with cross training are great for building a strong "core." It is important to note that swimming is a great way to get aerobic exercise and protect the joints at the same time.

•Make Smart Food Choices Do not consume processed foods. Processed foods are often tasty, but are loaded in sugar, sodium, and fat which will trick the brain into a craving. Have you ever had a hard time putting down the bag of Doritos? That's why.

Processed foods not only increase risk for many cancers but also are more calorie- dense, thus making it easier to put on added weight.

As always, if you have any questions please feel free to call me at (508)861-1010 or

email me at drlordan@conciiergephysicaltherapy.com.

Dr. Lordan is the owner of Concierge Physical Therapy in Sutton and Shrewsbury and is a Doctor of Physical Therapy with Board Certification in Orthopedics. He resides in Grafton with his wife Brooke and daughter Noelle.



Dr. Sean T. Lordan

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Soter Announces \$15,000 Innovation Pathways Grant for UHS

UXBRIDGE - On July 20, Representative Soter announced that the Commissioner of the Department of Elementary and Secondary Education, Jeffrey Riley, released the latest round of Innovation Pathways grants. In this round of funding, Uxbridge High School received \$15,000 for its Business

and Finance pathway.

Launched in 2017, Innovation Pathways are designed to create strong partnerships with employers to expose students to career options and help them develop knowledge and skills related to a particular field before they graduate high school. Innovation Pathways pro-

vide students in traditional high schools with career-oriented education that is too rarely available outside of vocational programs, according to Education Secretary James Peyser. These pathways don't train students for specific occupations but prepare them for a variety of educational and career opportunities in a broad industry or sector.

The Uxbridge High School will be using the funds to develop curriculum and provide

teacher professional development for their business and finance program. Specifically, administrators will be evaluating how they can merge outcomes for business, finance, logistics, and entrepreneurship.

"As we continue to develop career pathways that merge student interest with the needs of our community, we are grateful for the support of the Commonwealth and the ability to access

these resources to support our staff," said UHS Principal Michael Rubin. "We will continue to move forward, which means keeping essential skills, industry-recognized credentials, and strong academics cohesively linked in every student's experience."

Representative Soter commented, "I'm proud of what the Uxbridge High School has accomplished under the leadership of Principal Michael Rubin. The UHS Innovation Path-

ways are top-notch. Teachers, administrators, parents, and external stakeholders are all working to ensure these programs succeed."

Representative Soter stated that he will continue to support local school districts through the various grant application processes that exist in the Commonwealth. Soter continues to fulfill his promise to the district by ensuring strong school funding for the benefit of local students.



Wednesday
August 25th



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VNA Care refers to clinicians as "healthcare heroes" because the work they do truly is life-changing and enables patients to stay in their homes. Working directly with patients as a home health or hospice nurse requires a distinct set of qualities as they deliver care in our communities. To succeed in these roles, VNA Care looks for these characteristics in candidates for their home health and hospice nursing positions.

Independence and Critical Thinking:

Home health and hospice nurses work at the top of their licensure in an environment unlike any other in healthcare. They must possess high levels of aptitude and autonomy to operate independently while caring for patients with

a wide range of needs. VNA nurses must possess the ability to independently communicate assessment findings and care needs of the patient. This requires keen assessment skills, critical thinking, creative problem-solving, and self-motivation to empower patients to meet their health care goals.

Teamwork:

Although home health and hospice nursing require autonomy there is a community of support at VNA Care. Nurses draw on the expertise of, and learn new skills from, VNA Care's nurse specialists. They have support from clinical services managers and participate in interdisciplinary collaboration with other team members to provide the best possible patient care.

Organization:

Organizational skills are critical in this role, particularly when working independently in the field. VNA Care nurses visit with multiple patients per day with complex and unique needs. Organization helps them handle multiple priorities and adapt quickly to unforeseen changes if necessary.

Empathy and compassion:

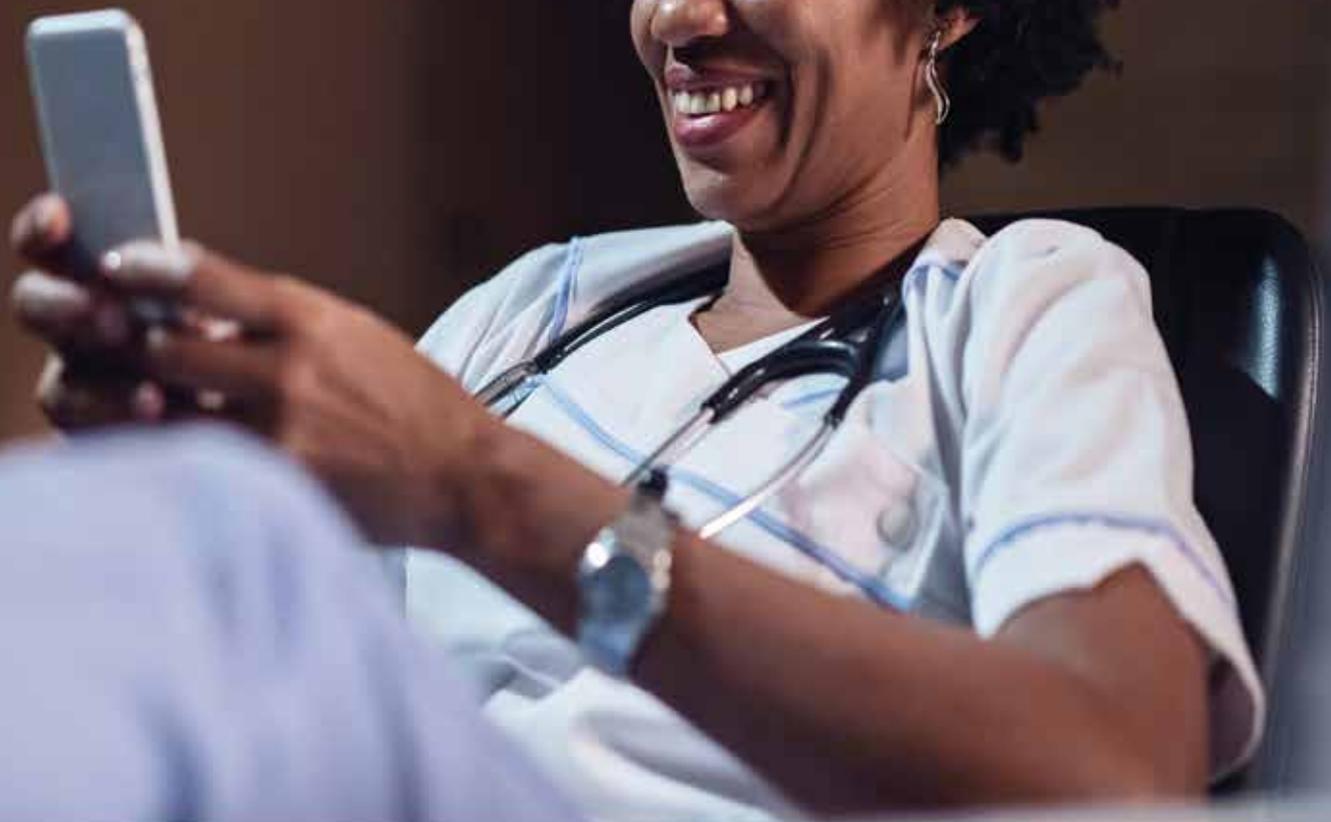
The people VNA Care serves may be recovering from surgery, managing an illness or other health conditions or they may be on their end-of-life journey. Empathy and compassion are important parts of support. An empathic and compassionate approach to care makes all the difference in creating that source of support.

Passion for the work we do:

VNA Care nurses enjoy working face-to-face with patients and being an integral part of our communities. They build meaningful relationships with patients and families, becoming trusted partners to help live their best lives at home.

Home health and hospice care is uniquely rigorous and exceptionally rewarding. Although it requires a specific set of skills and characteristics, VNA Care nurses ease into their new roles while working with a preceptor and educator through our strong orientation program. If you see these qualities in yourself and are interested in joining the team, please check out the careers page. VNA Care would love to meet you and welcome you to the team. vnacare.org/careers

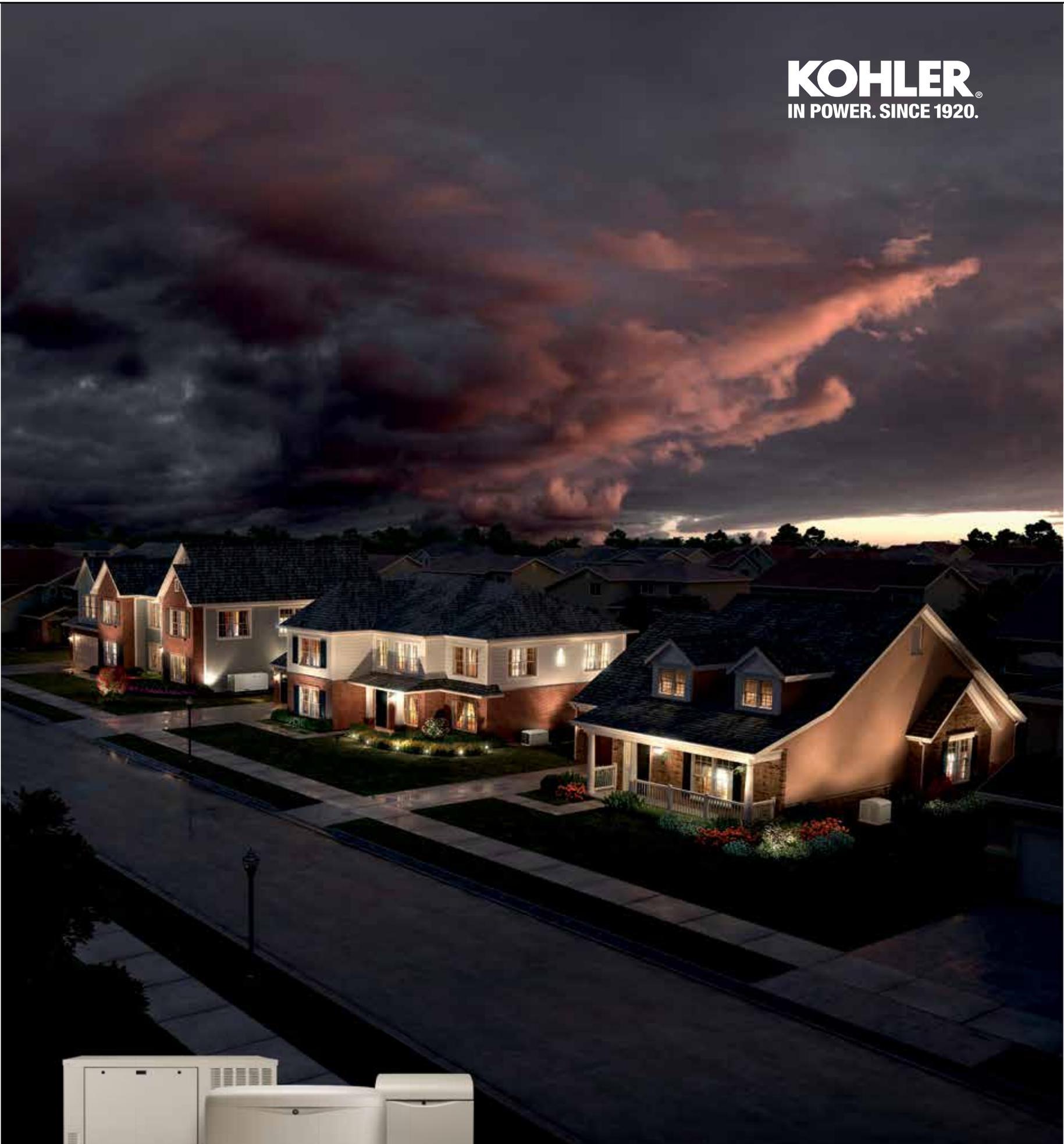
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Precious Ones Day Care expands by purchasing Cherub's Haven

NORTHBRIDGE - Jeff May, Owner of Precious Ones Day Care in Uxbridge and Terri LaRoche owner of Cherub's Haven in Northbridge have been discussing the potential acquisition for the past 5 years and now it is coming to fruition. Jeff said he was "thrilled with the opportunity to serve more families in the Black-

stone Valley and buying his "competitor" was just what he needed to expand Precious Ones." When asked about her feelings in selling, Terri said, "It is my baby, having started it in my grandfather's building (originally a hardware store) and it is certainly difficult to let it go." However, she is thrilled with the thought of retiring and

spending more time with her husband and family. She went on to say that "Cherub's could not be in more capable hands, and I am confident that Jeff will run Cherub's Haven with the same enthusiasm and love that he does Precious Ones."

Jeff's response was nothing but respect and admiration for Terri and what she has accomplished, by saying, "Terri should be in-

credibly proud of 40 years of hard work through many challenging times; she's done a tremendous service to the families in this community."

Both owners agreed they have a strong mutual respect for one another. Precious Ones currently offers infant, toddler and preschool care at its main facility in Uxbridge and separate school age locations in both Uxbridge and Doug-

las. The recent purchase will include the two main buildings in Whitinsville (serving infants, toddlers, preschool, and school age) and additional school age locations in Northbridge and Grafton. On the growth and expansion of Precious Ones, Jeff said "I'm just working hard one day at a time and I never dreamed it would grow to this level when I started Precious Ones back

in 2011." Jeff spoke of the high demand for quality childcare in this area and the tremendous team he is blessed with at Precious Ones. He offered "We are incredibly grateful for God's blessing on Precious Ones, and we look forward to being able to meet the childcare, preschool and school age needs of the families in the communities that we serve."



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Celebrating 20 years of the Unibank Greenway Challenge

WHITINSVILLE – The Whitin Community Center is pleased to announce that registration is underway for the 20th Anniversary 2021 UniBank Greenway Challenge, New England’s premier adventure race that promotes the recreational quality of life in the Blackstone River Valley. The first Greenway Challenge was organized and run in 2001. It was an offshoot of “Expedition 2000,” sponsored by the Blackstone River Valley National Heritage Corridor. Expedition 2000 comprised a group of men and women who, by canoeing the entire length of the Blackstone River, put a spotlight on the emerging recreational opportunities in the Blackstone Valley, which stretches from Worcester, to Pawtucket, RI. The mission of the UniBank Greenway Challenge is to promote the recreational quality of life in the Blackstone River Valley.

This year’s milestone event will be held on Saturday, September 25 (rain date October 2), and will feature fun and exciting run, bike and paddle segments which will take athletes from Lincoln Woods State Park, Rhode Island up through the Blackstone Valley with transition sites in Douglas State Forest and Riverbend Farms to the finish line at the Whitin Community Center’s Whitin Park, in Whitinsville, over 50 miles later. This adventure race in-

cludes street running, trail running, paddling, street bike, and mountain bike segments, that is designed to bring you through one of the most beautiful and historic regions of New England, the Blackstone River Valley National Heritage Corridor. Teams can be made up of 1-8 people with team members doing just 1 or 2 segments each, up to individuals conquering all of the segments themselves! Athletes can compete in any of the following categories: Individual Participant (Male or Female), 2-4 Person Team (Male, Female & Co-Ed), and 5-8 Person Team (Male, Female, Co-Ed & Corporate). Whether you’ve been with it since the very beginning, or just joining in on the fun now, there has never been a better time to get involved with the Greenway Challenge.

The Greenway Challenge is also looking for volunteers to staff the start and finish lines, our transition sites, and photographers to take pictures on the course. If you are interested in volunteering at this historic event, please visit www.greenwaychallenge.org/volunteer or contact, Monique Boucher-Adams at 508.234.8184 ext 121 or Monique.Boucher@OurGym.org for more information.

Thank you to sponsors for supporting this event: UniBank, Koopman Lumber & Hardware, Osterman Propane, NEDT, Inc., Ski With

Charlie, Massachusetts DCR, and Rhode Island D.E.M. Please contact Sarah Lawson at 508.234.8184 ext 122 or Sarah.Lawson@OurGym.org for more information about sponsorship opportunities.

A program of the Whitin Community Center, presented by UniBank and supported by other partner organizations, the Greenway Challenge supports the development of new programs, purchase of additional equipment, and facility renovations for the members and guests of the Whitin Community Center (WCC). The WCC is a 501(c)(3) organization committed to enhancing the health and well-being of individuals and families and to building a strong community in the Blackstone Valley.

Head on over to www.GreenwayChallenge.org to register yourself, your team, or volunteer for this milestone event.

For any questions regarding participation please contact the Greenway Challenge team at GreenwayChallenge@OurGym.org or 508.234.8184 ext 132 for more information.

The Whitin Community Center is committed to enhancing the health and well-being of individuals and families and building a strong community in the Blackstone Valley. We offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds to-

gether. The Whitin Community Center is the Blackstone Valley’s most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information call 508.234.8184 or visit www.WhitinCommunityCenter.com.



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Quinsigamond Community College graduates

WORCESTER - Quinsigamond Community College has released its 2021 list of graduates. On Friday, May 21 QCC hosted a virtual commencement ceremony to honor this year's 1,441 graduates. To view the 2021 Commencement Ceremony, visit www.QCC.edu/commencement-2021.

Associate in Arts

Douglas: Marie Soliman
East Douglas: Garrett Grann, Cameron Howe, Nathaniel Paine, Ethan Whitney
Northbridge: Kathryn Mellor

Uxbridge: Bailey Bean, Brianna Doherty, John Lobe, Sierra Sasser

Webster: Eunice Artey, Sarah Condon, Katelyn DiTullio, Chime Lama, Eliza Larson, Kelly Moriarty, Danielle Zecco

Associate in Science

Douglas: Brianna Boyko, Michela LaClair
East Douglas: Amanda Alexion, Nathan Milliken
Northbridge: Feliciano Carrasco, Christopher Corkum, Joshua Desjardins, Trevor Gosselin, Amanda LeClair, Tyler Novitch,

Nicholas Payne
Uxbridge: Anthony Abate, Daniel Costa, Caitlyn Ellis, Erika Ethier, Shannon Gilmore, Mark Jordan, Mariah Masse, Mariangela Pereira, Cory Rexford, Addison Russell, Patricia Sansoucy
Whitinsville: Marie Delgado, Ian Kelly, Charlotte Murphy, Sharon Ridley, Braelyn Sessa

Certificate

East Douglas: Heather Dodd, Earl Parfitt, Anthony Rossi
Uxbridge: Jason Baillargeon, Daniel Costa, Stephanie Gosselin



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UniBank Summer Interns Volunteer

Bank interns provide support at Peace of Bread Food Pantry



UniBank summer interns Sophie Plouffe and Mike Wickstrom volunteering at the Peace of Bread Food Pantry.

WHITINSVILLE - UniBank recently announced that their summer interns provide both business and community support. Recently, they spent an evening serving over 120 meals to people in the community at the Peace of Bread Food Pantry in Whitinsville.

Michael Welch, CEO of UniBank, stated, "As part of our long term and strategic planning, we have developed a robust Summer Intern Program to cultivate the financial and business skill-sets of some very promising college students in our region. They are doing some great and important work internally here at the bank and

true to our mission as a mutual / community bank, and part of our Foundations Program, they are also learning the importance of service as an element of being on Team

UniBank. At its core, mutual banking when done well is an exercise of the mind and heart. At UniBank, we strive to embody the concept of servant leadership."



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2021

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THE PIKE SMELLS LIKE THE 90'S CRUISE	AUGUST 21 • 6:30PM
LAKE TOUR	AUGUST 22 • 10:00AM
LAKE TOUR	AUGUST 26 • 4:00PM
LAKE TOUR	AUGUST 27 • 4:00PM
LAKE TOUR	AUGUST 28 • 10:00AM
LAKE TOUR	SEPTEMBER 12 • 10:00AM
LAKE TOUR	SEPTEMBER 18 • 10:00AM
LAKE TOUR	SEPTEMBER 19 • 10:00AM
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Small Stones Festival of the Arts announces live exhibit with new programs

GRAFTON - The 2021 Small Stones Festival of the Arts (SSFA) returns Oct. 15 to the Great Hall, at the Grafton Town House, One Grafton Common, Grafton, to present a live fine art and photography juried exhibit with an opening reception to announce the winning artists.

Four regional arts organizations - Apple Tree Arts, the

Worcester County Camera Club, the Blackstone Valley Art Association and the Shakespeare Club of Grafton have collaborated to create the fourth fine art and photography exhibit accompanied with music and literary programs, juror and artist talks and an art collection presentation. Extended festival hours run Oct. 15-24 for the free exhibit.

Exhibit hours are Saturday, Oct. 16, and Oct. 23, 10:00 a.m. to 7:00 p.m., Sunday, Oct. 17, and Oct. 24, 12:00 p.m. to 4:00 p.m. at the Great Hall. New weekday hours run Oct. 20-22, 4:00 p.m. to 7:00 p.m.

The Festival's Art call opens Aug. 15 for submissions of artwork. Photography and all forms of two-dimensional artwork are welcomed, with

a maximum of three entries per artist. The Art Call will remain open until midnight of the day, 500 entries are received. All artwork meeting acceptance criteria will be displayed online. Artists may submit artwork beginning Aug. 15 at www.smallstones2021.artcall.org.

A distinguished panel of six jurors (three for each category) will select 144 works to appear in the exhibit and printed exhibit catalog as well as select cash prize winners in fine art and photography categories. Awards will include first, second and third cash prize winners, juror's choice and a popular choice award for each category. Cash awards are \$500 for first; \$250 for second; and \$100 for third place. A 2021 hardback exhibit catalog will be sold online in late November.

Fine art category jurors include Carol Arnold, a Putney Painter group member and first place prize winner in the best figure/portraiture category of the June 2020 Plein Air Salon Art Competition; Charlotte Wharton, a highly accomplished portrait, plein-air and genre artist, whose work is displayed in national and European collections; and Susan Swinand, a prominent painter with preference for water media, who has taught at Worcester Art Museum, Clark University and Welles-

ley College Greenhouses.

The jurors for the photography category are David DeMelin, founder and managing director of Rhode Island Center for Photographic Arts; Jessica Roscio, director and curator at Danforth Art Museum, who has held positions at the National Museum of Women in the Arts and Museum of Fine Arts, Boston; and renowned fine art portraiture photographer Al Weems, whose work is widely published and displayed.

The Festival has added new venues including the recently renovated and expanded Grafton Public Library. The Shakespeare Club of Grafton has organized a diverse literary track. Radio Active Theatre and Club members will perform excerpts from "Spoon River Anthology" on Oct. 16, 2:00 p.m. and 7:00 p.m. Local author Nicholas A. Basbanes will discuss his new book, "Cross of Snow, A Life of Henry Wadsworth Longfellow" and Barbara Basbanes Richter will talk about her translation of Fanny Reybaud's nineteenth century French novel, "Mademoiselle de Malepeire" on Oct. 22, 7:00 p.m. Assumption University professor Dr. Daniel Mahoney will talk about the correlation between George Orwell's classic books and how totalitarian governments corrupt and manipulate language on Oct. 23, 3:00 p.m. Several additional programs



include a discussion by artists about their work on Oct. 17, 2:00 p.m. and a presentation by jurors regarding their thoughts and perspectives about their favorite Festival artwork at 3:00 p.m. Art collector Tom Saupe will present "Eclectic Eye: Collecting Art on a Limited Budget" on Oct. 20, 6:00 p.m.

The mission of the Small Stones Festival of the Arts is to elevate the practice and appreciation of fine art and photography in the Blackstone Valley and beyond. The Festival is under the aegis of fiscal sponsor, Grafton Arts, Inc., a nonprofit 501 (c) 3 organization.

Sponsorships are available to help support the Festival. Please contact Chair Ken Crater at ken@smallstonesfestival.org. The Festival appreciates the support of the Cultural Councils of the towns of Grafton, Millbury, Northbridge, Shrewsbury, Sutton and Westborough; The Town House Tavern, One Grafton Common; and Yesod Foundation, Inc. For more information, visit <https://smallstonesfestival.org>

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Uxbridge Senior Center news

UXBRIDGE - The Uxbridge Senior Center, 36 South Main St., has listed the August calendar.

Director's news

The Senior Center continues to slowly open our programs.

Last month we opened our Nutrition Congregate Lunch Program on Mondays. Now we are excited to announce the opening of the Congregate Lunch on Wednesdays as well, starting August 4. Please RSVP 48-72 hours ahead to reserve your seat. Transportation will be available to the Center. The home delivered meals program will be discontinued on September 2, in order to fully re-open the Congregate Lunch Program five days a week effective on September 13. Please plan on attending our Grand Re-opening Luncheon on Friday, September 17, for a BBQ sponsored by State Rep. Mike Soter. Also, please note, our last Friday Fish Curbside event will take place on August 20th. Please mark all these updates on your calendars.

The Senior Center was proud to help Alice and Frank Susskey celebrate their 75th wedding anniversary along with State Rep. Mike Soter and Senator Ryan Fattman on June 30, at their home in Uxbridge. Both Rep. Soter and Sen. Fattman presented official citations of congratulations along with the Uxbridge BOS and Governor Baker citations, to the happy couple. We congratulate Alice and Frank and

wish them many more years of happiness together.

There are a lot of exciting things happening this month. Be sure to check out the activities calendar for more info and consider participating in our events. We are sure you will have fun. The medical transportation program is up and running. If you need transportation for a medical ride, please be sure to call Donna asap.

Stay well.

Lisa Bernard, director

Save The Date. The Uxbridge Elderly Connection will hold its 15th Annual Uxbridge Senior Center Golf Outing on Monday, October 18. This will be held at the Whitinsville Golf Club starting at 12 noon, Shotgun start, 9 holes with a Fee of \$100. Contact Russ Rosborough 508-579-5983 or Karen Beane 508-769-3816. Line up your foursome.

Bloomin' 4 Good Program - For the month of August, the Uxbridge Senior Center has been selected to receive \$1 donation for every \$11.99 Bloomin' 4 Good Bouquet with the red circle sticker sold at Hannaford's 158 N. Main Street location.

Friday, August 13, 1:00 pm - Facebook Live Family Feud. Tune in to the Uxbridge Senior Center Facebook page for some fun. Prize given to first place participant.

Tuesday, August 17, 9:00 am - 12:00 pm - SHINE Representative Pat Nectow by appoint-

ment only. Call 508-278-8622 to schedule.

Friday, August 20, 12:00 pm - Baked Fish curbside pickup - RSVP is required. Please Call 508-278-8622 to reserve your meal.

Friday, August 20, 1:00 pm - Live Facebook Pictionary with Sally & Gail. Tune in to the Uxbridge Senior Center Facebook page. Prize given to first place participant.

Monday, August 23, 10 am - 2 pm, Pout Pond Outing w/ hot dogs on the grill and bingo. Transportation is available. Please call ahead to reserve your lunch. Folks are welcome to meet at Pout Pond as well. There will not be a lunch served at the center on this day.

Friday, August 27, 1:00 pm - Facebook Live Family Feud. Tune in to the Uxbridge Senior Center Facebook page for some fun. Prize given to first place participant.

The Milford Senior Center is holding a Bridge Club Tuesdays 12:30 pm. Call 508-473-8334 to pre-register. They are located at 60 N. Bow Street in Milford.

Uxbridge Senior Center On The Move - Videos will be posted every Monday at 10:00 am. Get ready to join Sally and Gail on virtual trips in and around Uxbridge.

Card Games will be played during our Monday Congregate lunches and bingo will be on Wednesdays.

Chair Exercises with Sally on Mondays before lunch.



The Senior Center was proud to help Alice and Frank Susskey celebrate their 75th wedding anniversary

Hannaford grocery shopping every Tuesday. Pick up begins at 8:30 a.m. Please sign up in advance by calling us at 508-278-8622 to reserve your seat on the van. Masks are required and seating is limited.

Appointments are now available on the third Tuesday of the month from 9:00 am - 12:00 pm with our SHINE Representative Pat Nectow. Call 508-278-8622 to schedule.

Knitting Club every Tuesday 1:30 pm - Space is limited and must continue to maintain social distancing. Please RSVP 508-278-8622.

Every Wednesday 9 a.m. weather permitting - MCOA Walk Massachusetts Challenge continues - Program runs until Sept. 30 and is incorporated with Sally's Walking Club. Meet at the Blackstone Valley Greenway on Adams St., S. Uxbridge. To sign up call 508-278-8622 or go to www.mcoa-

online.com/walkma

The Uxbridge Senior Center Donation Funds are used to pay for services, programs, and activities for Uxbridge older adults and are not considered part of the Town's operating budget for the Center. Anyone wishing to donate may do so by making checks payable to the "Uxbridge Senior Center." Donations may

also be made in honor of, in memory of, or in appreciation of. Contributions are greatly appreciated. Our seniors Thank You!

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



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Don't miss our next event Safari at Sunset and World of Lights at Southwick's Zoo on September 22nd. Contact Liz O'Neil at 508-234-9090 ext. 102 for details and to purchase tickets.

For our full events calendar please visit our website at www.blackstonevalley.org/event-calendar/signature-events/



Follow the storywalks

The Simon Fairfield Public Library in Douglas has deployed two storywalks in town for families to enjoy in lieu of in-person programming this summer. The first is on the Southern New England Trunkline Trail, starting at the Depot Street parking

lot. From Main Street, turn onto Depot and follow it until it dead-ends at a walking trail. The featured story-Night Walk by Marie Doreleans would make a perfect dusk or night-time flashlight walk as long as you lay on the bug repellent.

The second storywalk is at the Douglas Orchard and Farm, located at 36 Locust Street in Douglas. The Farm is open from 8 am to 4 pm, Thursday through Sunday, and the storywalk will also be available during the Saturday night concerts hap-

pening throughout the summer. These storywalks have been sponsored by the Friends of the Simon Fairfield Public Library, Douglas Cultural Council, and hosted by the Department of Conservation and Recreation and Douglas Orchard and Farm.

Fall online auction

The Friends of the Simon Fairfield Public Library are now accepting donations for their second Fall Online Auction, which will kick off on October 2 (Douglas's Oktoberfest) and run through the 16th. The Friends are seeking out artisanal goods, local crafts gift cards, gift baskets, services, monetary donations, or anything that might generate bids. The deadline for submitting donations is September 8. All proceeds from the auction will once again go toward the Library's capital campaign to make the building handicap accessible.



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BVAA busy in spite of COVID

The Blackstone Valley Art Association is finally emerging from its COVID state. The members were not idle during the pandemic, however. Many continued with their artistic endeavors. Like everyone else, they were online, virtually showing their work and taking virtual classes. Many professional artists from around the world gave

free demonstrations which provided much inspiration and learning opportunities, most of us would never have had the chance to see.

Thanks to many local cultural council grants from the Valley towns BVAA was able to purchase equipment to do video sessions and Lisa Shea has produced several Youtube art videos featur-

ing all of the towns that donated. They are available to view at your leisure. The towns include, Millville, Blackstone, Douglas, Upton, Auburn, Spencer, Grafton. The towns of Uxbridge and Northbridge annually provide grants to buy supplies and have artist demos at meetings, which are open to the public.

The first live show was at the Spaulding Aldrich Gallery at the Open Skies Administration Building on the Plaza. It was a juried show. JoEllen Reinhardt, from the New England School of Fine Arts was the juror. Winners were: Lynne Randolph first place, Beverly Tinklenberg second place, Bob Evans third place, Mike Zeis, Carol Frieswick and Alexandra Spano Honorable Mention. The show is open during the free weekly concert series sponsored by Valley Cast, on Thursday evenings from 6-8 p.m., rain or shine. The show will be up for viewing until August 28.

BVAA also has art exhibited at the Uxbridge Open

Skies Gallery, Hunter's Tavern in Grafton Center and at the Milford Local Access TV station Gallery.

The Uxbridge Open Skies facility is open on Saturdays from 10 a.m.-3 p.m. for open paint sessions and for lively artistic talks.

Monthly paint-outs have

been ongoing since spring with collaboration with the Blackstone River Heritage Commission. BVAA has increasing attendance at these events and artists from several towns from MA and RI have been participating. It is a great low key way to practice painting out-of-doors. It is also

a great way to network with and meet other local artists.

Membership to the BVAA is open now and the form can be found at bvaa.org. BVAA will be planning its next season soon, but have events planned through the summer. Contact-Carol Frieswick info@bvaa.com.

Take a break on new benches



Sally Selvidge, (Activities Coordinator), Uxbridge Senior Center and Jody Madden, Director of Mass DCR.

In an effort to encourage seniors and folks of all ages to get out and walk, the Massachusetts DCR announced a campaign to place three benches along the Blackstone Valley Greenway walking path. This initiative is part of the Uxbridge Senior Center's effort that began with the launch of the walking club lead by Activities Coordinator, Sally Selvidge.



Sally presented this project to Jody Madden from Mass DCR (Department of Conservation & Recreation) and Jody quickly responded to construct and install the benches along the walking path. The walking path is located on Adams Street in South Uxbridge.

The Uxbridge Senior Center's Walking Club meets every Wednesday at 9am (weather permitting) on the

walking path. This is a program in coordination with Massachusetts Council on Aging (MCOA) Walk Massachusetts Challenge, which runs until September 30. Please call the senior center to sign up at 508-278-8622 or go to www.mcoa-online.com/walkma for more information. The senior center wishes to thank Jody and Mass DCR for their efforts and interest in helping our senior community.

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Living well and looking good

Studies don't support CBD oil for depression

By Keith Roach, M.D.

DEAR DR. ROACH: My son is taking hemp-based CBD oil for depression. He purchased this at a health food store. His doctor prescribed pills that he was unable to tolerate due to suicidal thoughts. He is unable to go outside when taking CBD. We would like to know if it will show up in a drug test as part of a job interview. Should he be taking it? – D.

ANSWER: There are animal studies and some prelimi-

nary data suggesting that cannabidiol, a nonpsychoactive substance found in cannabis, might be effective for anxiety and depressive disorders. I hope that CBD will be proven to be a useful treatment for depression, as what we have now certainly isn't perfect. However, there are not yet high-quality studies supporting this use. The fact that your son can't go out while taking the CBD suggests to me that it may

not be effective. While the pills he had previously cannot be used, there are many treatments available for depression that have better safety and effectiveness data than CBD.

Most forensic drug testing uses THC and its metabolites, so if what your son is taking is truly CBD, then it should not be identified during testing as

THC. There is a chance that the "CBD oil" he purchased has THC in it: In one study, 57% of CBD oils sold were found to have measurable THC, which would show up on a drug test. Unfortunately, 25% of the oils contained no CBD at all.

I remain convinced that these drugs, THC and CBD, need to be properly studied, and when found to be useful, tested for purity and content in the same way as pharmaceuticals.

Does oatmeal contain roundup herbicide?

DEAR DR. ROACH: Experts advised us to "throw out sugar-laden cereals" and eat a healthy breakfast, such as

oatmeal. Now we are told that oatmeal contains a significant amount of glyphosate, which they say is an ingredient in Roundup! Are we poisoning our children? – A.D.

ANSWER: There have been traces of glyphosate (an herbicide) found in oatmeal and other cereals. However, as always, the dose makes the poison.

The Environmental Protection Agency has set a level of 30 parts per million, below which the exposure is considered safe. A 2018 study by the Environmental Working Group found levels of glyphosate in oatmeal breakfast cereals to be between 0.5 and 1 parts per million. It is unlikely that consumption of these cereals causes any

significant health risks. Nobody likes the idea of eating an herbicide, but these are very low amounts, and some experts have questioned the specificity of the detection method used.

The same EWG report found that organic cereals had less, but often still some, glyphosate in them. Although the levels in both conventional and organic cereals were safe, glyphosate itself is found at generally lower levels in organic products. Unfortunately, there have not been good studies on residual amounts of organic pesticides (some of which are substantially more toxic than glyphosate) that might be found in organically grown food.

I agree with reducing the simple sugars found in many cereals, especially those marketed to children. However, I recommend more protein for breakfast than is found in oatmeal. You can add more with nuts, egg whites or seeds.

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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Team photo with Uxbridge Lions sponsors

Uxbridge Lions Club keeping it local

Fundraising efforts focus on local people in need by the Uxbridge Lions Club, now in its sixth year carrying out the motto "We Serve."

The Uxbridge Lions Club scholarships were awarded to two members of the Uxbridge High School Class of 2021. The scholarships are awarded to graduates who have been assets to UHS and the Uxbridge community through service and volunteering.

Colin Caso served in numerous ways but notably at the People First Food Pantry, Uxbridge Community Television and a local vaccination clinic.

Drew Gauthier was Presi-

dent of Student Council and volunteered at the Uxbridge Public Library, Young Neighbors in Action, a local animal shelter and various fundraisers for important causes. Both racked up many hundreds of hours of volunteering.

Partnering with the Mendham Brothers of the Brush, the Uxbridge Lions helped to install a ramp at the home of a local youngster whose need came to their attention.

The Mendham Brothers of the Brush is a non-profit organization dedicated to improving and promoting public spirit and cooperation in the community. A great collaboration resulted in just what the young lady needed.

After being introduced to the Uxbridge Baseball Association in 2018, the Uxbridge Lions decided what it needed was a team of its own in 2020. That season was canceled, but finally the Uxbridge Lions Club U-9 team took the field this spring in their yellow shirts. And what a great year it was. What a pleasure it was for the Uxbridge Lions to see the enthusiastic players and their dedicated coaches having such a fun time with the support of their appreciative fans.

The Uxbridge Lions are planning fall activities with

their third annual Car Show on Saturday, October 2, at Valley Chapel in Uxbridge and its semi-annual shred event slated for Saturday, November 6, at the VFV on Route 16 in Uxbridge.

Hopefully, the Uxbridge Lions Club will be able to resume in-person meetings in September at the Uxbridge Senior Center on the third Wednesday of each month at 7 p.m. New members are always welcome to check them out to help grow this club with all of its worthy aspirations and goals. Lions International is the largest service organization in the world with clubs in 200 countries with 48,000 clubs with 1.4 million members all seeking to improve the world through kindness. For information contact President Diane Seely at dseely@hotmail.com or 508-450-2451.

Sutton Library event

SUTTON - The Friends of the Sutton Public Library will be selling merchandise, including custom blankets, pottery mugs, and library bags at the Library event Tony Gahan Concert, August 19. The event starts at 6:30 p.m. on Sutton Common.



Uxbridge Lions root for their team at final game of the season. President Diane Seely, Donna Featherstone, Mike Sulham, and Kathy Smith.



Bruce Clifton and Charles Hawkes of Brothers of the Brush partnered with Lions Garrett Kaplan, Deb Abate, Diane Seely and Mike Kaplan to build ramp.

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Community Harvest Project's 'Carolyn's Garden' Summer Flower Festival is August 21

GRAFTON - Community Harvest Project (CHP) will be holding its annual 'Carolyn's Garden' Summer Flower Festival on Saturday, August 21, at their Grafton location, 37 Wheeler Rd, North Grafton, from 10am to 3pm. This year's festival will feature a Pick-Your-Own flower field, professional photo mini sessions

with Carolyn Tay for \$25, flower arranging workshops, informative farm tours for all ages, kids crafts, live music by Dave Johnson, local artisan vendors, and the Hometown Poke Food Truck. Admission will be \$10 and includes 5 free flowers. Additional cut flowers will be \$1 each. Kids under 10 are free.

This festival is held in memory of Carolyn Ambrose, CHP's Development Manager who passed away in 2019 after a brave battle with cancer. All proceeds support Community Harvest Project's mission to engage and educate volun-

teers to grow fruits and vegetables for hunger relief.

Visit community-harvest.org/events for more information about the event. Please contact MaryHope Gardner at MaryHope@community-harvest.org with questions.



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Meet Fadrea! She is a 3-year-old, 38-pound pitty mix from South Carolina. Fadrea was surrendered because her owner's new landlord wouldn't allow her to stay there. Since she was 6 months old, she lived with children, one as young as four, and another dog. Due to her excitement when meeting new people, we recommend older children as toddlers may accidentally be hurt. Although she was with a family, she spent most of her time outside, even at night, so she may take some time to acclimate to a new home. She was described by the rescue down south as a "gem" and the staff absolutely loved this girl. We recently had Fadrea tested with a cat and she did great.



Meet Willow! Willow is a 2 year-old, 52 pound, beautiful pitty mix from South Carolina. Willow was taken from someone who was trying to give her away for free. A friend of our partner rescue took her in so she didn't end up in the shelter or in the wrong hands. Even after all she has been through, Willow still is the happiest of girls and is always showing off that pitty smile we all know and love. Willow is a ball of fun energy. She loves to play with other dogs, toys, and doing her zoomies. As she is a ball of energy, we prefer children over 7 years so they do not accidentally get knocked over.

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Living ON with Lincoln

Lincoln's best day

By Amy LeClaire

The summer is different. His orange ball is still there, frozen in time beneath the deck. I walk around the yard to check out the new blooms (what did I plant last year again?) and wait for Lincoln to trot by my side, the blue ball (yet another) lopsided in his mouth. He loved to shadow me while I kneeled down to dig a hole, then drop the ball down into the fresh soil. "I was thinking we could play ball today."

Dog People understand. A dog's presence, coupled with his personality, are qualities unrivaled by anyone or anything else. Dogs bring us the intangible reminders that life is perfect just as it is, and so aren't we. Everything is as it should be, and we are just right, as-is. The sun is out, the birds are singing, and guess what-? We're together. Let's go smell the roses. Better yet, let's play ball around the roses.

Every dog I have owned, though different in breed and personality, has reminded me of the importance to be present. Max, my childhood fave, was a medium-sized mongrel partial to Rhodesian Ridgeback roots. His sleek coat, a peppery cinnamon shade, betrayed a cheap diet of value-packed kibbles and occasional table scraps. My family's 35 mm slide shots (later) captured his life of leisure on the big screen, a white sheet repurposed for movie night. There's Max on the front lawn. Remember the orange shag. Max lived the life of a rock star. He would taunt our neighbor's long-leashed (mean) dog Lito, galloping to the very border of the dog's furthest edge to flaunt his freedom—until the

unlucky day when Lito broke free. "It's Max!" I sobbed to my father. "Lito's going to kill him!"

Max shook off the fight. He trotted the hood with one eye shut, but he got over it. That was the seventies.

Fast forward forty years. Living without a dog still feels unnatural and still, like sitting on a broken, unused wooden rocking chair. I'm still "getting-it-done" (an energetic person by nature) but there's a disconnect in the process, a blip in the journey. I no longer wait in Dunkin Donuts drive-through lines. What's the point? My trips with Lincoln were not about the donut and coffee.



Watching mom plant.

Rather, they were about the journey. I'll never forget the time I brought Lincoln through a McDonalds Drive-Through line for the first time. He sniffed the air, took in the sights, and barked with belligerence, completely unsatisfied. Where are the pinks and browns? The smell of hazelnut? What's with the gigantic letter M? Wrong, wrong, wrong. He paced the backseat with fury, beside himself. "It's okay, Lincoln. Mum-my just wants to try a New-man's coffee today. Change is good." A burger at the window may have sold him, but he knew what he wanted. I miss watching him tilt his head to

the robotic sound of the speaker voice, then tap dance in the backseat before, finally, greeting his Dunkin pals. "Hi. My name is Lincoln! Do you happen to have a piece of Day Old cheese?"

Every single day spent together was the best day of Lincoln's life. Dogs appreciate us fully. They love us every day, regardless of circumstance and without exception. They study our habits and remind us of their favorite quirks. The mere jingle of my keys would set Lincoln into a spiral of elation, as though we were about to embark on an exotic cruise. He'd hop up to the backseat of my Pilot and wait for me to drop the window down. The destination didn't matter, only the journey. "You're such a good boy, Lincoln." I'd reach back to pat his head and he'd smile comfortably. "I know I am."

His last day of life, unexpectedly and remarkably, ended on a snowy April 16th with a car ride. He didn't know the ending of that ride, only that we were going on another adventure together. Although I've found myself second-guessing what I could have done better (why didn't I pack a jar of goat's milk for him to sip in the backseat?) I know in my heart that his ending was exactly as it should have been. My husband, heartbreakingly, had to turn down his request to play ball in the snow early that morning. "Daddy, it's snowing out! Let's go play!" More devastating (for me) was facing his moment of truth, when Lincoln actually made a mind-body connection in regard to what was happening with his breathing and consequent ability to function normally. He knew he wasn't right. A few days before his time, he even tried to "hack up" the tumors in his throat while out in the back yard. My dog is innocent. Please, give me his pain.

Up until those final days, he was able to find a way around his illness. Most days, I don't think he even knew anything was wrong with him. His thirst for being happy and his will to go on overshadowed any discomfort.

"Go ahead, Lincoln. Take your ball." I was desperate to be with Lincoln as I always had, and as he always was. He was ageless, a survivor, the largest male of the litter, and he needed to go on. "I can't play anymore. It's my breathing." That morning was different. He rested his head on his chin and turned his head away. My eyes ached, rested shut.

Then something happened. The sound of my key jingle awakened him to his old self! "Want to go for a ride, Lincoln?" The inflection in my voice (I fought to give it a positive ring) was just what my dog needed. He snapped up and led me to the accent table by the refrigerator, where the same ball he had just resigned from had rolled beneath. "Great idea! Let's bring my ball along too!" Old times. Thank you, Lincoln.

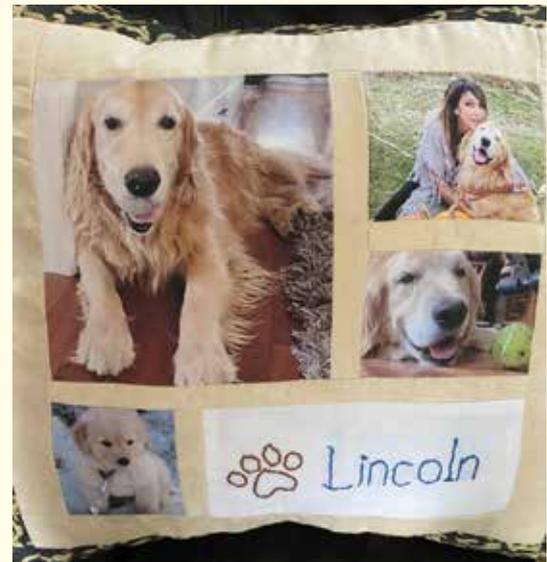
Rushes of cold air and snow blew his ears back while, window open, he watched the world pass him by. The moment was harsh and unforgiving but, for Lincoln, it was beautiful. Another day, another car ride, another journey to take part in. Yesterday's worries were gone. Tomorrows were pointless. All that mattered was that his two favorite people were taking him somewhere. Where to? It didn't matter. "Lincoln can come too." I repeated the words over and over while he rested on my lap and went to sleep. All that mattered was this—that we were together.

Every day spent with Lincoln was the best day of his life, even his last.

Contact Amy at amyklaire@hotmail.com



Another car ride, another adventure.



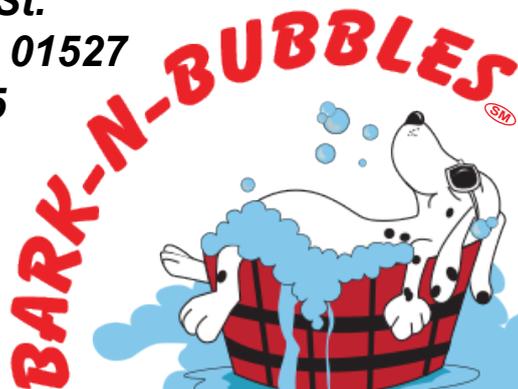
One of so many heartfelt gifts received in honor of Lincoln. Thank you.

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UniBank and Worcester Red Sox align missions

WHITINSVILLE – UniBank had the privilege and honor of hosting Dr. Charles Steinberg, President of the Worcester Red Sox, at their annual Corporator's Meeting held this time at the Worcester Country Club.

Michael Welch, CEO of UniBank, stated, "When we decided to engage with the Worcester Red Sox as a Founding Partner, we knew we shared an important commonality – that of community sup-

port and development. Our shared values and vision for the future of our beloved community make the relationship real and beneficial to all. Dr. Steinberg has a storied career of community outreach and his message of "doing good" for the betterment of Worcester runs deep throughout UniBank. We were honored to host Dr. Steinberg and we look forward to many years of collaboration."



Left to right: Tim Wickstrom; Chairman of the Board at UniBank; Dr. Charles Steinberg; President of the Worcester Red Sox; Michael Welch; CEO at UniBank

National Park Service hosts artist Dan Borelli at Slater Mill

Massachusetts artist Dan Borelli will spend the next few months as Blackstone River Valley National Historical Park's artist in residence. In a project titled, "Illuminating Futures: Blackstone River Valley," Borelli will gather information from locals around Old Slater Mill to hear stories and create a prototype installation. This proposed lighting installation will raise awareness about water quality and foster stewardship for the Blackstone River. He will be engaging with the public on

August 25, and September 9, 11, and 25, at Old Slater Mill, 67 Roosevelt Avenue.

Dan Borelli is a graduate of the Rhode Island School of Design and Harvard University Graduate School of Design. His work examines the industrial past of Rhode Island and Massachusetts, particularly how industrial sites and landscapes have left lasting environmental impacts on later generations. Notably, an installation in his hometown of Ashland, included changing the color of local streetlamps

to raise awareness of current levels of soil contamination throughout the town.

The artist will be on site at Slater Mill, the Blackstone River State Park, or wandering up and downstream looking at the ways that people interact with the river. If you'd like to engage with the artist directly, please sign up for his workshop "Ground-Truthing" where you'll learn techniques for seeing the relationship of the city to the river and learn about how we connect with the river in our everyday lives.

The National Park Service has a history of working with artist who can capture the imagination of its visitors. Blackstone River Valley National Historical Park just accepted stewardship of the Old Slater Mill site this year and has celebrated the creation of an official park boundary in July. Hundreds of locals use the site for rec-

reation and have a personal and meaningful connection to the Blackstone River. Dan's workshops and installation are designed to engage with these folks as well as the thousands of tourists who travel here to learn about Rhode Island's industrial history. This will be Borelli's second residency at a National Park.

Blackstone River Valley National Historical Park celebrates America's entry into the Age of Industry. The success of Samuel Slater's cotton spinning mill in Pawtucket, RI touched off a chain reaction that changed how people worked, and where they lived and continues to reverberate across the nation to this day. Visitors to the various park nodes can see how this revolution transformed the landscape of the Blackstone Valley and the United States.

Raffle to benefit EN Jenckes Store Museum

The Douglas Historical Society is holding a raffle to raise funds for the maintenance of the E.N. Jenckes Store Museum on the occasion of the town's 275th anniversary.

"The E.N. Jenckes Store Museum is a building that is nearly 190 years old and it needs frequent maintenance. It's on the National Register of Historic Places and a jewel of the Blackstone River Valley National Heritage Corridor.

We're asking everyone to pitch in so we can keep this landmark looking great!" Society President Laurie Church said.

"First prize is a cabin rental at Wallis Cove Cabins for Memorial Day weekend 2022. The cabins offer a popular vacation experience for those who like to enjoy the beautiful outdoors on Whitin Reservoir," Jean Dwinnell of the society's fundraising committee explained. "The generous donation is a \$400 value and the cabins are booked way in advance so this is a really special prize."

"Second prize is \$275 cash in recognition of the town's anniversary and third prize is a hand crocheted wall hanging of the Town of Douglas seal that the winner can proudly display," she added. Tickets are \$5 each and the drawing will be held at Octoberfest on Saturday, October 2.

All proceeds will go to the Douglas Historical Society for the continued maintenance of the museum and to continue educational programs promoting the history of Douglas.

For tickets please email Sue at Susan.Martinsen@yahoo.com or call Lisa at 508-341-4876. Ticket holders need not be present to win.



VCC Harvest Festival in Whitinsville accepting vendor applications

WHITINSVILLE - The VCC Harvest Festival, sponsored by the Village Congregational Church in Whitinsville, is scheduled for Saturday, September 25, from 9:00 a.m. until 3:00 p.m. on the Town Common in Whitinsville. (The rain date will be Sunday, September 26 from 12:00 noon until 4:00 p.m.).

A 13-year tradition on the Northbridge Park common returns this year across from Village Congregational Church on 5 Church St. Whitinsville. VCC brings the community a full day of arts, crafts, plants, food court, bounce pad, entertainment, children's activities and games, face painting, music, a huge variety of raffle prizes and a very special handmade quilt raffle.

VCC is currently looking for volunteers and accepting vendors of various handcrafted arts and crafts, artisanal products, herbs, honey products, jewelry and crafted home decor. Check the Village Congregational Church Facebook page to request an application or simply reach out to Harvest Fair Vendor Coordinator, Claudia Dexter at office@vccucc.org

Sign up soon. Vendor space includes a 12'x12' space on the park common at \$40 per space. All applicants are vetted and approved for appropriate wares and variety. Educational organizations and local businesses wishing to promote their craft classes or farm stands are welcomed to apply.



Terando and Goyette receive Brenda M. Bonetti Memorial scholarship

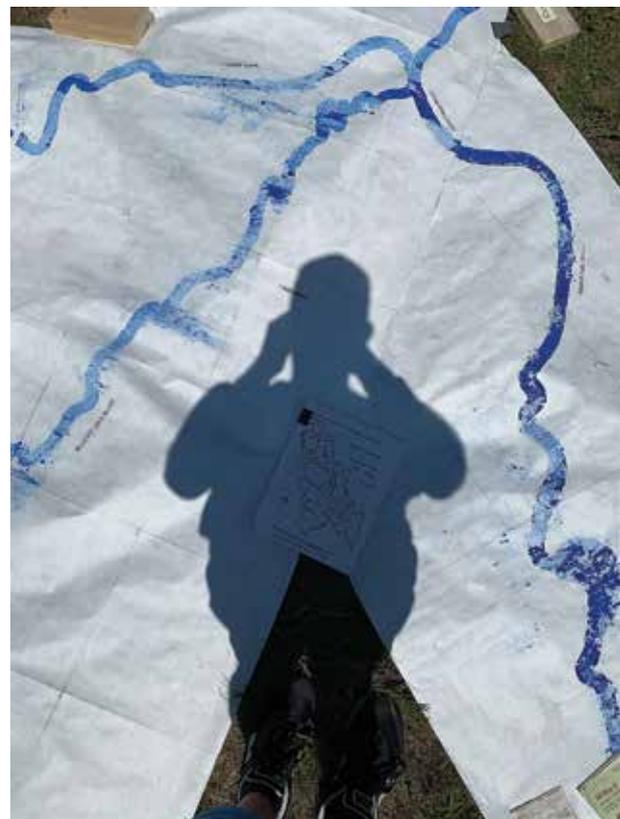


Pictured (Left to Right): Casey Goyette, Larry Bonetti, Sonya Terando

Sonya Terando and Casey Goyette were named the 2021 recipients of the Brenda M. Bonetti Memorial Scholarship presented by Larry Bonetti, Sunday, June 13, at the Catholic Community of Sacred Heart Church, Hopedale.

Sonya, a 2021 Graduate of Hopedale High School will be attending the University of Connecticut pursuing a degree in healthcare management. Casey, a 2021 Graduate of Blackstone Valley Tech, will be attending Northeastern University pursuing a degree in computer engineering.

In memory of Brenda M. Bonetti, the scholarship is available for any graduating high school senior who attends the Catholic Community of Sacred Heart Church in Hopedale. The purpose of this scholarship is to provide financial assistance to one student pursuing post-high school education or training. Consideration for the scholarship is given to all who are a registered parishioner at the parish, accepted to a college or institution of higher learning in the coming fall, participated in church ministries for the past 4 years and have continued through senior year, worship regularly with the Catholic Community of Sacred Heart.



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Q & A with The Car Doctor

John Paul is AAA Northeast's Car Doctor. He has over 40 years' experience in the automotive business and is an ASE certified master technician. He will answer reader's questions each week. You can find the Car Doctor podcast at www.johnfpaul.podbean.com or other popular podcast sites. Email your car questions to jpaul@aaanortheast.com. Follow John on Twitter @johnfpaul and friend him on facebook [mrjohnfpaul](https://www.facebook.com/mrjohnfpaul)



Q. I have a 2004 Ford Explorer and the air conditioner is not working. The air coming out of the vents is cold but there isn't much of it. The fan speeds all work, and the vent flaps seem to open and close. Could the system be clogged up and not letting the air flow?

A. I would start with looking at the blower fan. The fan is a cage design and I have seen some fans, as they get old, the vanes break off or the get so coated with dirt they can't move the air. The fan is pretty easy to remove, only four or five screws and while it is out test to see that it is also spinning properly. The fan bearings could also be seizing up and slowing the fan down.

Q. I have a 2008 Dodge Sebring convertible, and rarely do I put the top down, but the last time I did something broke. One of the neighbors forced a little cover and got the top to close. What can be wrong?

A. I helped a neighbor with what sounds like the same problem. When the top opens there is a retractable trim piece on the left and right sides. It covers the top mechanism, and it has a spring and slides on a 4-inch track. On this car, I removed the trim cover, removed the sliding piece allowed the spring to retract and now the top opens and closes normally. I needed to screw the top trim in place with a couple of small screws and although it isn't quite as pretty as the left side, the top works fine.

Q. I see these small cars with trailer hitches and never see them towing a trailer. In fact I'm not sure a VW Beetle or Mazda Miata can tow a trailer. Why would someone put a trailer hitch on a small car, if they don't need it?

A. A trailer hitch or receiver may never be used for towing. Years ago, I had a small SUV and installed a trailer hitch receiver to mount a rack to move a snow blower from my house to my mother's. The rack was also handy for carrying items that were dirty that I didn't want in the car. Other people will use the receiver to mount a bike rack or carry beach chairs. Some people will occasionally tow with small cars. I did see a Miata pulling a big JetSki (probably not recommended by Mazda) out on the highway recently.

Q. I have a 2012 Nissan Altima coupe and recently a headlight bulb burned out. I bought a bulb and went to replace it and can't figure out how you get to the bulb. Someone told me you have to take the bumper off; can that be true?

A. In this case you do not take the bumper off (in some cars it is necessary) but there is a little extra work. You will need to remove the wheel and then remove

the fender liner. Once the fender liner is removed you will be able to see the bulb. Unscrew the bulb holder remove the old bulb and then carefully install the new bulb. Keep dirt and oil off the bulb and don't touch it with your hands, use gloves or a clean towel. The oils from your fingers can cause the bulb to overheat and fail.

Q. Would you buy a homemade car? I recently saw a Cobra replica for sale, and it looked good but then I found out the owner built it himself. It seems like there could be a multitude of mechanical and safety problems with something like this.

A. Yes I would buy a home built car, but there are some caveats. Like any used car I would have it inspected by a garage who had some familiarity with the base vehicle. Then it depends on the kit. I recently was at Factory Five Racing and saw how their kits are made. The frames and bodies were well done and they have years of experience refining their products and the knowledge to help their customers. Then you need to look at the drivetrain and suspension; was it new, did it come from a donor vehicle and how was it installed? If it looks good or looks like a project you want to finish, buy it and have fun.

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UMass Lowell names local students to dean's list

LOWELL - Local residents have been named to the dean's list at the University of Massachusetts Lowell. Among those recognized for achieving academic distinction for the spring 2021 semester at UMass Lowell are: Caroline Gallant of Douglas, majoring in mechanical engineering; Daniel Klos of Uxbridge, major-

ing in biology; Keith Boisseau of Uxbridge, majoring in business administration; John Lesack of Uxbridge, majoring in business administration; Audrey Bergeron of Uxbridge, majoring in chemical engineering; Cassidy DeMalia of Uxbridge, majoring in criminal justice; Kerollos Lowandy of Uxbridge, majoring in electrical engineering

Cory Lennox of Uxbridge, majoring in information technology; Zachary Dumais of Uxbridge, majoring in music studies. UMass Lowell is a national research university offering its more than 18,000 students bachelor's, master's and doctoral degrees in business, education, engineering, fine arts, health, humanities, sci-

ences and social sciences. UMass Lowell delivers high-quality educational programs and personal attention from leading faculty and staff, all of which prepare graduates to be leaders in their communities and around the globe. www.uml.edu.



•Berries are in season, and there's no greater time to stock up. But don't feel like you have to make jam out of all the berries. Freeze in a single layer

and transfer to a freezer-safe bag or container. Later they can be popped into muffins and quick breads, as well as eaten straight out of the bag for a delicious treat.

•Okra, which is at its peak July through September, makes an excellent stew thickener. But it's quite yummy on the grill as well, brushed with olive oil and lightly seasoned. Just be sure you don't wash it until you are ready to use it. There's a natural protective coating on it, and if you wash it off, it'll get slimy.

•Old socks can be fitted around the head of an old mop or Swiffer base. Spray with cleaner and clean away. When you are done, remove the sock and launder.

•Dill planted near tomatoes will draw caterpillars away from the fruits. And it's delicious.

•Potato salad will have more flavor if you whisk together all the dressing ingredients and add it to the potatoes when they are warm. The potatoes will absorb the ingredients better, and the flavor will develop even more during refrigeration.

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St. Andrew Bobola Church, 54 West Main St., Dudley will be holding a Yard Sale on Friday, September 17, starting at noon and Saturday, September 18, from 8 am to 2 pm. Start your fall cleaning early and drop off any useable, gently used donations at the rectory. Please call head any day until Tuesday, September 14, to arrange drop off at the rear of the church by calling 508-943-5633.

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Whitinsville Social Library events

Whitinsville Social Library, 17 Church St., Whitinsville, has listed its calendar for August. www.northbridgemass.org/WSL, (508) 234-2151. Follow WSL on Facebook, Instagram & Twitter. Register for free crafts and events www.tinyurl.com/EventsAtWSL

All returns are fine free through Labor Day 2021. If you are not vaccinated, masks are required.

Tails and Tales- Summer Reading 2021 now through August 14. Whitinsville Social Library presents this year's Summer Reading Program, "Tails and Tales." Celebrate with all types of animals including their fun tails. Each week will be a different animal theme, make sure to join us throughout the summer for a mix of virtual and in-person programs, and track your reading using the Beanstack App or online version! Programs include weekly Tween and Teen Crafternoons, Storytime, Game Hour, STEAM Builds, and Baby Bounce. Registration is required for each event and events will take place either virtually or outside of the library. Register at: www.tinyurl.com/EventsAtWSL

Outdoor Storytime every Thursday 10:30 - 11:00. Join Miss Heather on Thursday mornings from 10:30-11:30 outside on the front lawn of the library. Bring a blanket to sit in the grass as we read books, sing rhymes and dance to some fun music. Let's have some fun reading and singing together! Each week a different craft will be available at the end of the program, stay outside on the front lawn to craft with Miss Heather or take your craft home to put together in your own time! This program is for children

ages 1-6. Registration is required. Register at: www.tinyurl.com/EventsAtWSL

Outdoor Baby Bounce every Thursday 10:30 - 11:00. Join Miss Heather on Friday mornings from 10:30-11:00 outside on the front lawn of the library Bring a blanket to sit in the grass as we read books, sing rhymes and play with some fun musical toys! Let's have some fun reading and singing together. This program is for children ages 0-2. Registration is required. Register at: www.tinyurl.com/EventsAtWSL

Tween and Teen Graphic Novel Book Club, Wednesday, August 25, at 3:30. Join us for a discussion of the graphic novel "The Tea Dragon Society" by Katie O'Neill. Request the book in our on-

line catalog and copies are available at the Library's front desk. The meeting is taking place outside on the library's front lawn. If you have one, please bring a chair. Sign up to be notified if the meeting needs to be rescheduled due to poor weather.

Cookbook Club: Pickling Spice Thursday, August 26, at 12. Register to receive a sample of this useful spice blend for gardeners. Make pickles using the spice before the meeting and come ready to chat all about your pickles and what you think of this blend.

Friends of the Library Meeting Tuesday, August 31, at 6:30. All are welcome to join! Please contact friendsWSL2019@gmail.com for more info.

Dean's List at WIT

BOSTON - The following local students have made the Dean's List at Wentworth Institute of Technology for the Spring 2021 semester.

Aidan F Gordon of Douglas

Benjamin James Zidelis of Douglas

Justin Thayer of Uxbridge

Robert John Whiton of Uxbridge

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Blackstone Valley Tech scholarships and awards

A Springboard for its 2021 Grads with Nearly \$8 Million in Student Scholarships

UPTON – The Blackstone Valley Vocational Regional School District is proud to announce its class of 2021 scholarship and award recipients.

As BVT’s newest graduates advance their career training, these awards totaling nearly 8 million in renewable value are a financial springboard that allows its recipients the financial freedom to explore various pathways and put their career plans into action.

“Some students use financial aid to cover tuition at colleges or universities, while others purchase new tools, clothing, and equipment to launch their careers,” said Superintendent-Director Dr. Michael F. Fitzpatrick. “The assistance of these scholarships and awards help propel graduates towards a bright future-ready to contribute as well-trained, educated, and skilled members of the workforce.”

The following is a list of the scholarships and awards earned by members of the BVT Class of 2021 from Douglas, Northbridge and Uxbridge, including immediate plans for career training. Students are categorized by town and listed alphabetically by last name. Scholarship amounts reflect the first-year total. For more details, visit www.valleytech.k12.ma.us/scholarshiprecipients.

Douglas

Mya Ackerman - University of New Hampshire (Psychology) - Trustees’ Scholarship: \$12,000; UNH Non-Resident Tuition Grant: \$1,250; Work-Study: \$2,500

Andrew Benoit - Wentworth Institute of Technology (Architecture) - Presidential Award: \$17,000; Chad A. Holbrook Memorial Sports Scholarship: \$500

Jessica Brown - Western New England University (Health Science) - Presidential Scholarship: \$22,000; WNE First Robotics Scholarship: \$2,000; BVT Teachers Association \$250; Rita D. Skinner EMT Scholarship: \$500

Brianna Carroll - Wentworth Institute of Technology (Industrial/Product Design) - Wentworth President’s Scholarship: \$17,000

Lily Courtemanche - Montserrat College of Art (Animation and Interactive Media) - Presidential Scholarship: \$22,000

Giannah Downen - North Carolina State University (Biological Sciences) - Blackstone Valley Rotary Club: \$500

Kayla Drew - Anna Maria (Nursing) - Dell Merit: \$10,000

Ryleigh Flansburg - University of New England (Medical Biology/Pre-Dental) - Presidential Scholarship: \$20,000; UNE NorEaster Scholarship: \$4,100

Kyle Fleming - Wentworth Institute of Technology - Vice President’s Award: \$11,999

Daria Hamelin - DePaul University (Journalism) - State Scholar Plus Scholarship: \$25,000; Knights of Columbus: \$500

Krista Helstrom - MCPHS Boston (Diagnostic Medical Sonography) - Presidential Scholarship: \$16,000

Brooke Hooper - Springfield College - Springfield College Grant: \$3,000; Springfield College Trustee Scholarship: \$24,000; Springfield College Legacy Award: \$2,000

Abigail Horne - UMass Dartmouth (Animation and Game Arts) - John & Abigail Adams Scholarship: \$1,418

Ryan Masoud - UMASS Dartmouth (Mechanical Engineering) - Gene Haas Scholarship: \$2,500; John and Abigail Adams scholar-

ship: \$1,418; Stanley Award for Tools: \$200

Madison Mathieu - University of Massachusetts-Amherst (Electrical Engineering) - Corporal John Dawson: \$2,000

Kaitlyn McPherson - Fashion Institute of Design and Merchandising (Fashion Design) - Grant: \$5,395

Luke Morrison - Northeastern University (Electrical Engineering) - Northeastern University Grant: \$45,699

Victorya Pacheco - Nichols College (Criminal Justice) - Presidents Achievement Scholarship: \$21,000; Upton Police Association Scholarship: \$500; Early Acceptance Grant: \$1,000; IWL Scholarship: \$500

Joshua Patnaude - Wentworth (Electrical Engineering) - Wentworth Presidential Scholarship: \$18,000

Anna Thompson - University of Rhode Island (Animal Science) - University Scholarship: \$10,000

Kaitlyn Zisk - University of Massachusetts (Animal Sciences) - My One Wish: \$2,000

Northbridge

Emery Amtmann - Connecticut College (Molecular Biology) - NHS Scholarship: \$500

Grace Arnold - Johnson & Wales University (Culinary Arts) - JWU Grant: \$1,000; JWU Scholarship: \$7,050; JWU Skills USA Scholarship: \$1,999; Presidential Academic Scholarship: \$12,499; Culinary Arts Alumni “Mr. B” Scholarship: \$1,000; Michael Drinkwater Scholarship: \$500; VTC Trade Memorial Scholarship: \$1,000; MRAEF/Ernie Tremblay Scholarship: \$1,000

Melanie Bisbee - University of Connecticut (Nursing) - UCONN Award: \$18,500

Perry Memorial Volunteer Scholarship: \$500

Anna Cook - Montserrat College of Art (Photography) - Merit Scholarship: \$19,500

Emma Cummings - Endicott College (Business) - Presidential Academic Scholarship: \$14,000; Endicott College Grant: \$10,200; MA Gilbert Grant: \$1,000

Kevin Downing - UMass Amherst (Computer Science) - John and Abigail Adams Scholarship: \$1,714

Brenden Elder - Worcester State University (Psychology) - John and Abigail Adams Scholarship: \$970; Ken Baker Memorial Scholarship: \$500

Trinity Gibbs - Worcester Polytechnic Institute (Biology & Biotechnology) - WPI Presidential Scholarship: \$31,000; WPI Scholarship: \$12,450

Shaylanni Green - Wentworth Institute of Technology (Interior Design) - Grant: \$3,845; MA Gilbert Grant: \$2,000; Wentworth President’s Award: \$15,000

Grant: \$1,198; Early Action Scholarship: \$1,000; Early Filer Award: \$499

Meghan Griggs - Northeastern University (Bioengineering) - Presidential Scholarship: \$46,200; Class of 2020 Scholarship: \$500

Elizabeth Hannon - Plymouth State University (Nursing) - Dean Scholarship: \$34,000

Grant Houatchanthara - University of Rhode Island (Data Science) - University Grant: \$3,400; URI University Scholarship: \$10,000

Kayleigh Labrecque - Franklin Pierce University (Music) - FP Presidential Scholarship: \$29,000

Alexandria Lopez - UMass Dartmouth (Interior Design) - Chancellor’s Scholarship: \$5,000; Grant: \$1,600; Grant: \$2,990

Victoria Lopez - Wentworth Institute of Technology (Biomedical Engineering) - Early Action Scholarship: \$999; President’s Award \$16,499

Luke Malkasian - UMass Amherst (Electrical Engineering) - John and Abigail Adams Scholarship: \$1,714; Lacrosse #8 Scholarship: \$250

Kaitlyn Manzii - Sacred Heart University (Nursing) - The President’s Excellence Award: \$17,500; The Thomas More Honors Scholarship: \$2,000; Marcelyn Karagosian Memorial Scholarship: \$500; James Sochia Memorial Award -Good Citizenship: \$1,000; Olivia Noel Rotondo Memorial RI Dance Scholarship: \$2,500; The Hanover Insurance Group Foundation Community Scholarship: \$1,000; The Performing Arts Participation Grant: \$2,500

Nathan Nackman - University of Maine (Orno Industrial Design/Mechanical Engineering) - Presidential Scholarship: \$24,998

Thomas Puda - East Carolina University (Communications) - Knights of Columbus: \$500; ECU Grant: \$3,000

Matthew Scholl - Employment-Machining - Matthew L. Fleming Memorial Award: \$200

Morgan Stanick - University of South Carolina, Columbia (Exercise Science) - Academic Scholar: \$9,696; Academic Scholar: \$500

Matthew Trenholm - University of Massachusetts Amherst - John and Abigail Adams Scholarship: \$1,714

Isabella Trombino - Regis College (Dental Hygiene) - Residential Grant: \$3,000; St. Joseph’s Merritt Scholarship: \$26,000

Evelyn Williams - Maine College of Art (Painting) - Merit-Based Scholarship: \$21,000

Uxbridge

ShyAnn Baillargeon - Salve Regina University (Environmental Studies) - Grant: \$6,400; Salve Regina University Grant: \$7,700;

Trustee Scholarship: \$18,000

Dean Bank Scholarship: \$1,000

Jacob Barber - UMass Dartmouth (Psychology) - BVT Teachers Association: \$250

Gianna Bassignani - Bridgewater State University (Pre-Athletic Training) - Uxbridge Dollars for Scholars/Forest & Caroline Andrews Scholarship: \$2,500

Madeleine Bleyhl - UMass Amherst (Undecided) - John and Abigail Adams Scholarship: \$1,714

Braydon Booth-Desmarais - Assumption College (History) - Assumption Achievement Award: \$21,000; Assumption University Grant: \$2,342; Grant: \$6,495; Grant: \$1,799; Greyhound Spirit Award: \$8,500

Thomas Breau - UMass Lowell (Computer Science) - Dean Scholarship: \$7,849; Grant: \$6,345; Grant: \$900; UML Grant: \$2,000; UML Scholarship: \$3,000; John & Abigail Adams Scholarship: \$1,454

Isabella Caccavelli - University of Alabama (Nursing) - University of Alabama Academic Merit Scholarship: \$8,000; Student Council Scholarship: \$300; UniBank Scholarship: \$2,000

Alana Clancy - Salem State (Undecided) - SSU Grant: \$400; Viking Grant: \$1,000

Uxbridge Dollars for Scholars-Forest & Caroline Andrews Scholarship: \$2,500

Jacob Constable - UMass Amherst (Electrical Engineering) - Hanaford Scholarship Program: \$5,000

Isaac Curley - Lehigh University (Mechanical Engineering) - Lehigh University Grant: \$20,020; Rossin College Grant: \$7,500; Gene Haas Scholarship: \$2,250

Molly Curley - Case Western Reserve University (Nursing) - Bolton Scholarship: \$14,999; AFL-CIO Union Scholarship: \$10,000; CWRU Grant: \$5,000

Connor Donahue - Colby-Sawyer College (Sports Management) - Early Action Scholarship: \$6,000; Presidential Scholarship: \$28,000; Colby-Sawyer College Grant: \$6,495

Zachary Ferrick - University of New Haven (Cybersecurity-Computer Science) - University Award: \$20,000

Madison Gannon - Rochester Institute of Technology (Biomedical Engineering) - Fall River Public Schools Scholarship: \$400; RIT Grant: \$10,600; RIT National Recognition Scholarship: \$2,000; RIT Presidential Scholarship: \$22,500; RIT Recognition Scholarship: \$2,000; Grant: \$1,000; Valley Tech School Committee Academic Scholarship: \$200

Casey Goyette - Northeastern University (Computer Engineering) - Gene Haas Scholarship: \$2,250; Knights of Columbus: \$500; NTHS Scholarship: \$500; Presidential: \$18,000

Mason Leavitt - R Harris Plumbing & Heating (Plumbing Apprenticeship) - Fran Dupre Memorial Scholarship: \$250; VTC Trade Memorial Scholarship: \$1,000

Hailey Lisak - Stonehill College (Biology) - Shields Merit Scholarship: \$27,000

Stonehill Founders Award \$2,500

John Lowrey - Bryant University (Business Administration) - Bryant University Merit Scholarship: \$15,000; Mass Gas-David Millard Memorial Scholarship: \$200

Michael Maietta - UMass Boston (Environmental Sciences) - Grant: \$1,800; Chancellor Scholarship: \$10,000; Grant: \$6,495; John and Abigail Adams Scholarship: \$1,714

Raymond Makynen - UMass Dartmouth (Electrical Engineering) - John and Abigail Adams Scholarship: \$1,418

Marissa Manganelli - Fitchburg State University (Nursing Uxbridge) - Fitchburg State University Grant Money: \$6,999

Mia McCluskey - Westfield State University (Criminal Justice) - Dean Scholarship: \$499

Khushi Patel - College of the Holy Cross (Biology) - Milford Federal Bank Scholarship: \$1,000; Chad Holbrook Memorial Scholarship: \$500; NTHS Scholarship BVT Specific Scholarship: \$500

Isabella Pimentel - Wentworth Institute of Technology (Industrial Design) - Uxbridge Dollars for Scholars-Forest & Caroline Andrews Scholarship: \$2,500; Wentworth President’s Award: \$17,000

Matthew Raposo - Employment in HVAC Field - Derek Yancik Memorial Scholarship: \$500

Matthew Richardson - Salve Regina (Marketing) - Trustee Scholarship: \$18,000

Caroline Sanford - UMass Amherst (Mechanical Engineering) - Gene Haas Scholarship: \$2,250; Polyfoam Corporation Scholarship: \$500

Kevin Sawyer - University of Rhode Island (Biomedical Engineering) - Presidential Scholarship: \$12,000; University Fund Grant: \$2,500; Joey Wilson Memorial Tool: \$600; Michael Camuso Memorial Scholarship: \$1,000

Owen Silvestro - Wentworth Institute of Technology (Mechanical Engineering) - Wentworth President’s Award: \$15,500

Ella Yarosheski - Eastern Connecticut State University (Biochemistry) - Presidential Scholars Award: \$3,000

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Millford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Light fixture is missing. 2. Ladder is shorter. 3. Body is slimmer. 4. Kite tail is shorter. 5. Bush is missing. 6. Bird house is missing.

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Tales from beyond

The Poland Spring Resort

By Thomas D'Agostino

Maine can be a magical destination in the summer months. Tourists flock to the many places of interest that the Pine Tree State has to offer. One place in particular is the Poland Springs Resort in Poland. Everyone knows the area is famous for its bottled water, but few are aware that the resort and springs are haunted.

The stories of the springs go back before Europeans occupied the land. An Abenaki medicine man, Mollyockett used the water for healing purposes. In 1793 Jabez Ricker bought 200 acres of the Poland Spring land from the Shaker colony that had settled there. The family built an inn and opened it as the Wentworth Ricker Inn. Business prospered and was soon known as the best inn in northern Massachusetts (at the time Maine was part of Massachusetts). The establishment expanded with the passing of time and the healing waters of the springs brought people from all over.

Jabez died in 1827 and his son Wentworth carried on the business until he was diagnosed with a rare and fatal kidney disorder. He put his faith in the water and not only was he cured, he became stalwart and hardy in health.

In fact, he built the road that runs through the resort today, Route 26. In 1845, the water from the springs became known across the country as doctors began prescribing it for their patients. The family became very wealthy and healthy with the magical waters of the Poland Springs.

In 1876, Hiram Ricker expanded the resort by constructing a one hundred room hotel. Reservations came in to the point where people were reserving rooms two years in advance. Hiram had no choice but to expand the hotel to three hundred rooms. The resort has seen the likes of many famous people from presidents to Babe Ruth and more.

In 1893 the Ricker family purchased the Maine State Building that premiered at the Columbia Exposition in Chicago. No less than sixteen freight cars shipped the building to the property to be assembled. In 1896, an 18-hole golf course was added and the Presidential Inn in 1913. The property was purchased by Saul Feldman in 1962. It was Feldman who added the Maine Inn to the resort. Today, there are four different choices of accommodations at the resort for guests to choose from.

There is also at least one former owner still roaming the grounds.

Hiram Ricker, the man who made the waters of the land famous, haunts the various inns on the property. Employees and guests have seen his ghost wandering about the Presidential Inn. His voice is often heard in vacant rooms and footsteps are heard early in the morning in the empty lobby. Hiram had a sense of humor in life that he apparently carried with him to the other side of the veil. He likes to play tricks on people and move items to very unusual places.

He is not the only spirit residing at the resort. The ghost of an unidentified woman has been seen as well. Some of the employees will not venture into certain areas alone for fear of encountering the strange spirit. In the immediate area of the resort on Route 26, there are accounts of two hitchhiker ghosts that entice travelers to stop and give them a ride. One is reported to be a bride who was struck and killed en route to her wedding. Another is a girl in a prom dress. Both will vanish just before they get into the automobile or right after.

Take a trip to Poland Maine

and visit the grand resort. It has museums, gift shop, golf course, fine array of accommodations and, of course, ghosts.

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.



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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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RE: Real Estate



Mark Marzeotti

Today's buyers may face added challenges if they're not coming in with a conventional mortgage.

Buying a home today is not an easy feat. While mortgage rates are competitive, there's a major shortage of property listings that's making today's housing market very tough to navigate. Not only are buyers being forced to compromise on home features, but they're also being forced to pay a premium to get a place of their own.

As a general economic rule, whenever a commodity is in short supply and demand for it is high, its price tends to go up. This is the case in the housing market today. Home prices have soared on a national level, and that alone is making

Sellers are rejecting offers that come with FHA and VA financing

it harder for buyers to qualify for high enough mortgages to make owning property possible.

But these aren't the only challenges buyers are facing. Some buyers may have a harder time getting their offers accepted – not because they aren't high enough, but because sellers aren't happy with the type of mortgage those offers are tied to.

Sellers are rejecting FHA and VA loans

Many people who apply for a home loan take out a conventional mortgage. But many buyers turn to FHA and VA loans to make the purchase.

FHA loans allow buyers to purchase a home with as little as 3.5% down, while conventional mortgages generally require a higher down payment. Some conventional mortgage lenders will take as little as 5% down, but often, buyers will need to put down a minimum of 10%. VA loans, meanwhile, allow buyers to purchase a home with no money down at all.

Both FHA and VA loans

have been around for years, and they're backed by solid guarantees from the Federal Housing Administration and the Veterans Administration, respectively. Statistically, only 30% of sellers say they'd likely accept an offer from a buyer who's planning to use an FHA or VA loan. By contrast, 89% of sellers would likely accept an offer from a buyer with a conventional mortgage. Obviously this is driven by the current market.

This could put lower-income buyers at a disadvantage in this market. It could close off buying opportunities for a wide range of prospective homeowners, including some who may not necessarily be on the lower side of the income spectrum, but rather, be U.S. military members or veterans who want to take advantage of the VA loan program.

Why are sellers rejecting these loans? Often these loan products with stricter home inspection requirements and home appraisal contingencies. Of course, home appraisals are a requirement for any mortgage. But for FHA and VA loans, sellers must reduce their homes' purchase prices to match their appraised values, so it's easy to see why some may be less than eager to work with buyers who are coming in

with these types of financing.

Because it's a seller's market, those who put their properties up for sale can afford to be choosier than usual. But that could hurt a lot of buyers and make it even more difficult for them to enjoy the benefits of homeownership in this market. **A historic opportunity to potentially save thousands on your mortgage**

Chances are, interest rates

won't stay put at multi-decade lows for much longer. That's why taking action today is crucial, whether you're wanting to refinance and cut your mortgage payment or you're ready to pull the trigger on a new home purchase, the time is now and is anybody's guess on how long you have! Don't wait, call a member of Marzeottigroup.com today or a licensed REALTOR.

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Answer

Weekly SUDOKU

Weekly SUDOKU

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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Prayer

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil (intention), Amen.
 If you pray three times a day, three consecutive days, you will receive your intention, no matter how impossible it may seem. Praise and Thanksgiving please the Heart of God.
Believer

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0% Interest - for 1 Full Year

We are in the process of selling out some of our current stock to make room for new Fall models. Because of this, we are offering savings throughout the store!

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*Some items are one of a kind floor samples. *No orders will be taken on these items. Floor Sample Clearance items are sold on a first come first serve basis.*

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