

June 10 - July 8, 2022

## Chamber's Hebert receives 'Manufacturing Champion' award

Directors of the Blackstone Valley Chamber of Commerce undoubtedly knew soon after hiring Jeannie Hebert as president and CEO fourteen years ago that they had made the right choice.

This has become ever more apparent since 2008, as Ms. Hebert lifted the Whitinsville-based organization to new heights.

Drawing on an already established familiarity with the Worcester-area business scene and the solid rapport she had forged with state and federal legislators, Ms. Hebert set to work raising the Chamber's profile and influence. She put economic development at the top of her agenda, and set about reaching out to the partners across the region and the Commonwealth who would help her achieve the Chamber's objectives.

In recognition of all that she has achieved, Ms. Hebert was honored as the Worcester Business Journal's "Manufacturing Champion" award winner during a ceremony held in the Hogan Campus Center at the College of the Holy Cross on May 10th.

She was in good company in that regard. Also celebrated at the event were such high-octane companies as Solvus Global (Rising Star Manufacturer), Burkart-Phelan Inc. (Top Product Design & Innovation), Ascend Ele-



Blackstone Valley Chamber of Commerce President & CEO Jeannie Hebert speaks to a crowd of business leaders after receiving the "Manufacturing Champion" award at the Worcester Business Journal's 2022 Manufacturing Summit ceremony.

ments Inc. (Green Manufacturing), Bristol Myers Squibb (Workforce Development & Productivity), Waters Corp. (Collaboration in Manufacturing) and Catania Oils (Manufacturer

of the Year).

In her keynote address to an audience that included local titans of commerce from a variety of fields,

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## Good 'Friends' vital to success of Simon Fairfield Public Library

By Rod Lee

The cordiality with which Ellie Chesebrough greeted those persons who turned out for a Memorial Day weekend book and plant sale at the Simon Fairfield Public Library in Douglas on the morning of May 28th stood in stark contrast to the overcast that prevailed; and the intermittent sprinkles of rain that threatened to dampen the event.

"The proceeds are to help make the library handicapped-accessible." Ms. Chesebrough said, as she watched patrons pour over titles (arranged on tables and on the grounds behind the building) by such well-known authors as Patricia Cornwell, Mary Higgins Clark, John Grisham, Ken Follett, Danielle Steel, Sandra Brown, Robert B. Parker, James Patterson, Nora Roberts, Sidney Sheldon, Tom Wolfe and Mary Karr.

The struggle to maintain and improve a structure that dates to 1903 demands much of the attention of the Friends of the Library, a group that takes on this task several times a year. Ms. Chesebrough is a trustee of the Friends and a woman who warms to the



Charlie Bourath of Uxbridge looks over some of the books and other media available for purchase at the Friends of the Library book sale in Douglas.

opportunity to discuss their endeavors on the institution's behalf.

Library Director Justin Snook, who had issued a public appeal for monies to augment the more than \$130,000 that has already been raised for the library's building fund, was not able to be present on this occasion. In the days before

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**HEBERT**  
Continued from page 1

Christine Nolan compared the ramp-up of U.S. production following the attack on Pearl Harbor in 1941 to a similar resurgence that took place in response to the onset of the Covid-19 virus in 2020. Ms. Nolan, who is director of the Massachusetts Center for Advanced Manufacturing with the Massachusetts Technology Collaborative, noted that when the coronavirus struck, an emergency response team mobilized by Gov. Charlie Baker immediately began manufacturing “hospital gowns, masks, face shields and ventilators”—a plethora of “PPE” materials.

Ms. Hebert played an active role in this process.

The initiative that sprang from the ensuing pandemic has not slowed, but rather accelerated, Ms. Nolan told her audience. Soon, she said, the state will be launching “a new brand, ‘MassMakes,’” which



Ms. Hebert serves as moderator of a panel discussion on manufacturing at the Hogan Campus Center at the College of the Holy Cross on May 10.

she described as new technology to help for- and nonprofit companies continue to do their important work “effectively.”

Ms. Hebert and the Blackstone Valley Chamber of Commerce fit nicely as part of this scenario.

Through Ms. Hebert’s guidance, the WBJ pointed out in a pamphlet distributed at its “Summit,” the Blackstone Valley Chamber created a non-profit agency called the Central Massachusetts Center

for Business and Enterprise (CMCBE) that connects businesses to organizations, state agencies and directors. The CMCBE also provides free business counseling, financial analysis and legal assistance to the small business community.

The WBJ further observed that Ms. Hebert “has been instrumental in securing over \$1 million in grants to build the Blackstone Valley Education Hub.” A workforce training school located in the Chamber’s Linwood Mill building, the Ed Hub “offers classes focused on advanced manufacturing. These certificate courses in OSHA, MACWIC, NIMS, CAD, Welding, Robotics, Electronics, Shop Math, Blueprint Reading and more are offered to students of all ages throughout Central Massachusetts to help close the work-skills gap.”

Ms. Hebert’s part in the proceedings at the Hogan Campus Center was not limited to the award she received. She also moderated a panel discussion featuring Joseph Basile of Catania Oils, Eric Gratz of Ascend Elements, Odile Smith of Bristol Myers Squibb and

Dan Welch of Waters Corp.

In acknowledging receipt of the Manufacturing Champion award, Ms. Hebert thanked “Melissa Kane, an amazing grant writer,” other key members of her organization, and “the many collaborators and partners and students” who have made the Ed Hub possible. The students, she said, “came to us with no confidence and they couldn’t get into the voke system.”

Dubbed “the queen of collaboration,” Ms. Hebert used the WBJ Summit to announce additional strides the Blackstone Valley Chamber will be taking in the near future.

“We will be building an electronics and robotics lab,” she said.

Reflecting on the success of her efforts to put education and workforce development at the forefront, Ms. Hebert said “one naysayer said to me ‘this is not going to happen.’ But I’m a dreamer; and, looking out at all of you, I see that you are too.”

Contact Rod Lee at [rodlee.1963@gmail.com](mailto:rodlee.1963@gmail.com) or 774-232-2999.



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2nd Friday: Auburn, Charlton, Dudley, Oxford and Webster, 1/2 all addresses.  
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4th Friday: Auburn, Charlton, Dudley, Oxford and Webster, other 1/2.  
4th Friday BLACKSTONE VALLEY North: Grafton, Millbury and Sutton.

**DIRECTORY**

Rod Lee, Editor • [rodlee.1963@gmail.com](mailto:rodlee.1963@gmail.com)  
Submit business news and community events to [news@TheYankeeXpress.com](mailto:news@TheYankeeXpress.com)

Billing and advertising information Laura Gleim [lgleim@TheYankeeXpress.com](mailto:lgleim@TheYankeeXpress.com)  
(Auburn, Charlton, Dudley, Oxford, Webster) [ads@TheYankeeXpress.com](mailto:ads@TheYankeeXpress.com)  
Bill Cronan, Sales (Blackstone Valley) [bcronan@TheYankeeXpress.com](mailto:bcronan@TheYankeeXpress.com)

The Newspaper Press, LLC / contents copyright 2022  
Kim Vasseur, Production Manager  
Sally Patterson, Graphic Artist Carol Kosth, Graphic Artist  
Contributing writers and columnists: Tom D'Agostino,  
Christine Galeone, Amy Palumbo-Leclaire, Janet Stoica

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# Xpressly Yours ... a letter from the editor

## Small-town medicine show



Ignore the warnings presented as advertisements in the newspaper and on television at your own peril. This was the message conveyed the weekend before Memorial Day, as seven yards of red cedar mulch that had been delivered by Chamberlain Construction of Douglas lay like a cone-shaped sand hill in the driveway—waiting to be spread.

For years there had been the cautionary messages, including the ones flashing across the TV screen that depicted a man, bare from the waist up, whose back is covered in nasty, festering welts; accompanying this image, symbolic bolts of lightning, as further evidence that shingles and all of the pain that comes with it is not to be taken lightly.

So began an ordeal that had loomed as a threat since childhood, and an outbreak of chicken pox.

Day One (May 21)

The front flower bed, facing the street, was mulched within an hour or so, the bright wood chips lying in perfect complement to the leafy lamb's ear and azalea bushes and iris and rhododendron and lupine that were just starting to bloom. Mary Trotter, a neighbor, driving by,

stopped to say "looking good" and to point out that she appreciated the restaurant column in the Xpress newspapers for having given a battered industry the attention it deserved as it fights back from the ravages of the pandemic. Early afternoon arrives. The first twinges of pain on the left side of the head.

Day Two (May 22)

A trip to Urgent Care and a visit with Dr. Scheinfein, who after examining my ears for wax buildup (which I am prone to) and the scalp at the top of my head ("I'm jealous that you have hair") declares "I believe this is shingles. I am going to prescribe an anti-viral drug, Valacyclovir. Take one tablet three times a day for seven days." The pain sharpens. I manage to read the Sunday papers, nap in the recliner, and watch the final round of the PGA championship. I reach for the bottle of Excedrin Migraine tablets.

Day Three (May 23)

The mulch sits. It can wait. The stabs are coming more frequently. The Excedrin with Valacyclovir is not touching them. In the recliner, I can see my left foot jump every time a stab strikes. I call Northbridge Primary Care. Our PCP, Dr. Anderson, has no openings but I can see the nurse practitioner. I am convinced the problem stems from wax buildup in the left ear. I asked for the ear to be flushed and Tess Green willingly complies. She flushes the right ear too for good measure. But her verdict is the same as Dr. Scheinfein's: shingles, which, she explains, can be caused by the massive headache I am experiencing. She puts me on a

combination of Tylenol and Ibuprofen and says "keep taking the anti-viral med too."

Day Four (May 24)

I discuss my situation with Tess, on the telephone. I tell her I had to force myself to sleep through the pain and that as soon as four hours or so pass the pain returns, every bit as severe as before. She expresses concern and says it will take some time for the mixture of two Tylenol tablets and three Ibuprofen to work their magic. "Let me know how you are doing," she says. "If things don't get better in a day or so, I will put you on a steroid."

Day Five (May 25)

I want to avoid the ER in Milford at all costs. Milford Regional is a great hospital but a man I know mentioned that he had taken his wife there for a shoulder issue at 10:00 p.m. and they didn't leave for home until 6:00 the next morning. I stick to the regimen and do virtually nothing. Late in the afternoon, still in discomfort, I call for Tess and the woman at the desk takes my message.

Day Six (May 26)

In the morning, a nurse calls to pass along word from Tess. "Tess is prescribing Prednisone. Take that in the morning with food. It may cause sleep restlessness. Follow the instructions on the container, you have to taper the dosages day-to-day. Keep taking the combination of Tylenol and Ibuprofen. You can keep taking the anti-viral pill too."

Day Seven (May 27)

I wake to twinges at 5:00 a.m., get up, toast and butter some bread, take the Prednisone with a large glass of water and

then the Tylenol and Ibuprofen with another large glass of water. "From virtually no pills at my age I have become a pill pop-

per," I say.

I go back to bed, waiting for the medicine to kick in.

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**LIBRARY**  
Continued from page 1

the sale, Mr. Snook had noted that there would be “boxes and boxes” of books to choose from; donated, or weeded from the library’s collection. In doing so, he had said “the more books you take away, the less they have to haul back into the basement, so be kind and load up.”

Ms. Chesebrough was a more than adequate representative of the interests of Mr. Snook and the Friends in keeping an eye on foot traffic, and thanking those who paid for their purchases. No specific amounts were asked for.

Dollar bills were slipped into a small metal container in return for what was bought. She explained this approach to the sale by saying “I used to be a library director in Sturbridge and dealers came but I found here why not just ask for donations? In the past, we have raised around \$1000. We have been working on handicapped access for probably twenty years.”

Recently, Ms. Chesebrough said, the building’s plaster ceiling had begun cracking. “Town Meeting voted to fix that, a life and death situation,” she said. “Inspectors have to come back and say it’s hunky dory” before regular activity can fully resume.

A reader herself, Ms. Chesebrough described having just finished a biography, Eleanor, about the former first lady, which she found “very interesting. You have to give Eleanor Roosevelt a lot of credit for everything she did.”

She admitted to being an admirer of Edna Ferber, whose novel *So Big* won the Pulitzer Prize in 1925. Ms. Ferber’s tale was inspired by the life of Antje Paarlberg in the Dutch community of South Holland, a suburb of Chicago. The book’s title stems from the nickname the lead character gives her son “Dirk” when she is asked “how big is your baby?” Although Ms. Fer-



From the left, Pam Bishop, Ellie Chesebrough and Carolyn Dorval served as hosts for the Friends of the Library book and plant sale at the Simon Fairfield Public Library in Douglas on May 28th.

ber said at the time the story had “no plot,” it resonated for telling how Dirk finally came around to accepting his mother’s advice that “aesthetics and beauty are more important than money.”

The Friends’ ongoing mission to keep the Simon Fairfield Pub-

lic Library a vibrant gathering place in Douglas involves a book sale “twice a year, Memorial Day weekend and during Octoberfest,” Ms. Chesebrough said. “Our other big fundraiser is an auction that runs for two weeks.”

Learn more about the Simon

Fairfield Public Library at its website, [mysfpl.org](http://mysfpl.org).

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# Ranger Walkabouts return in the Corridor

Ranger Walkabouts are back, as part of a flurry of upcoming activities for people of all ages in the Blackstone River Valley National Heritage Corridor. Corridor rangers will lead these walkabouts on Thursdays at 6:30 p.m. in

June, July and August.

Go to [nps.gov/blrv/planyourvisit/guidedtours.htm](https://nps.gov/blrv/planyourvisit/guidedtours.htm) for more information.

In other Corridor news, Independent Sector has announced new hourly values for volunteer service. The Mas-

sachusetts rate is now \$36.38 and the Rhode Island rate is \$29.17. These are important for the impact they have in Corridor communities but also because the dollar values count as in-kind contributions and can go toward grant

matches and more.

Contact Molly Cardoza, director of volunteer engagement and community outreach, at [mcardoza@blackstoneheritagecorridor.org](mailto:mcardoza@blackstoneheritagecorridor.org) if you are interested in signing up.

Register now for Blackstone Valley Day at Polar Park on June 14. Go to <https://blackstonevalley.org/event/blackstone-valley-day-at-polar-park/>

A Pollinator Garden Bike

Tour will be held on Wednesday, June 22nd from 6:30 to 8:00 p.m. For more details go to <https://bit.ly/PollinatorRide22>

The Blackstone Valley Paddle Club starts its 22nd season on Tuesdays, through August 30.

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Pictured is the first class of Whitinsville Christian School's First Aid certified graduates, Kathy Parlante and Bill McGinnis (Bikeway ambassadors), John Marsland (Blackstone River Watershed Council and Friends of the Blackstone), Al Menard (North Smithfield Heritage Association) and Mark Dennen (Bikeway ambassador, certified in CPR and First Aid training). The class also included Molly Cardoza.

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# ValleyCast's summer concert series starts June 30<sup>th</sup>

ValleyCast, the arts and culture arm of Open Sky Community Services, announces the return of its free summer concert series featuring local (and not so local) bands and a wide variety of popular music.

Now in its thirteenth year, the concert series is one of ValleyCast's most popular events at Alternatives' Whitin Mill complex, 50 Douglas Road, Whitinsville.

This year's kickoff is sched-

uled for Thursday, June 30<sup>th</sup>. Two bands will play back-to-back on the Dennis H. Rice Community Plaza to coincide with the opening of the new "Beyond Zentangle" exhibit in the Spaulding R. Aldrich Heritage Gallery. Samuel Bowen will perform from 5:30 to 6:30 p.m., followed by the Blackstone Valley Community Concert Band from 6:30 to 8:00 p.m.

The series continues Thurs-

days on the plaza from 6:00 to 8:00 p.m. through September 1<sup>st</sup>. In case of inclement weather, the shows move inside to the Singh Performance Center.

Cristi Collari, director of community outreach for OSCS, said "this is a wonderful way for people of all ages and abilities to gather together in the plaza and dance or just relax and enjoy a summer event of music by talented musicians while watching the sun set over the Mumford River.

In addition to Opening Night on June 30, here are the other dates for 2022.

**July 7:** Chuck & Mud and the Hole in the Dam Band.

**July 14:** Blackstone Valley Bluegrass.

**July 21:** Country Wild Heart Band.

**July 28:** Michelle Canning.

**August 4:** Ash & Eric (formerly The Promise is Hope).

**August 11:** Claflin Hill Symphony Orchestra's Summer Winds.

**August 18:** Le'Mixx Band.

**August 25:** Grayson Ty.

**September 1:** The Eagles Experience.

The summer concert series is sponsored by Weirsma Insurance Agency, UniBank, Lampin Corp., Open Sky Community Services, ValleyCast and with a special grant from the Northbridge Cultural Council which is funded by the Massachusetts Cultural Council.



The Blackstone Valley Community Concert Band in performance on Alternatives' Dennis H. Rice Community Plaza. (Photo by Cristi Collari).



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## New reviews featured in latest Shelf Awareness

Deb Horan, owner of Book-lovers' Gourmet, 72 E. Main St., Webster, reports "plenty of new reviews in this issue" of Shelf Awareness, including Cindy House's Mother Noise, the author's "unexpectedly uplifting memoir" of addiction, recovery and parenting; also, City of Orange, David Yoon's post-apocalyptic novel set in California, "an often funny and always compelling journey;" and Lindsay Eagars "spectacular middle-grade novel" The Patron Thief of Bread, in which an eight-year-old struggles with her loyalties.

In the Writer's Life, Canadian author Deborah Ellis discusses Step, ten stories about the journeys a child takes on their eleventh birthday; the gift her grandmother unwittingly left; and a line by Chaim Potok that gets her through tough times.

In Black Boy Smile: A Memoir in Moments, D. Watkins moves into new, vulnerable territory. Watkins wrote about growing up in east Baltimore in The Cook Up and The Beast Side. Now, in Black Boy Smile, he dissects what he calls "the lie" codes of Black masculinity that forced him into stoic silence in order

to survive his upbringing. In his new memoir, Watkins practices the opposite—he shares traumatic memories of sexual abuse and violence as well as ways in which "the lie" inhibited his growth and happiness. Through it all, his love for the people of east Baltimore shines through, and Watkins's story is ultimately a hopeful, redemptive one.

Roger Angell, the "elegant and thoughtful baseball writer who was widely considered among the best America has produced," died May 20 at age 101, the New York Times reported. His well-informed, lyrical baseball season wrap-up essays in the New Yorker became a tradition. As a fiction editor, he discovered and nurtured writers like Ann Beattie, Bobbie Ann Mason and Garrison Keillor, and worked closely with authors like Vladimir Navokov and John Updike.

The best books this week:

Our Last Days in Barcelona by Chanel Cleeton; Wild Pretz, by Brian Klingborg; Are We Ever Our Own, by Gabrielle Lucille Fuentes; Two Nights in Lisbon, by Chris Pavone; Never Coming Home, by Hannah Mary

McKinnon; Hide, by Kiersten White; The Honeymoon Cottage, by Lori Foster; Bread-song: How Baking Changed Our Lives, by Kitty Tait, Al Tait; My Moment: 106 Women on Fighting for Themselves;; The Uncollected Essays of Elizabeth Hardwick,

Alex Andriess, editor; The Best of the Rejection Collection: 297 Cartoons That Were Too Dark, Too Weird, or Too Dirty for 'The New Yorker'; Malibu Rising, by Taylor Jenkins Reid; Falling, by T.J. Newman; The Dictionary of Lost Words, by Pip Williams;

Diary of a Young Naturalist, by Dara McAnulty; Unequal: A Story of America, by Michael Eric Dyson, Marc Favreau; Francis Discovers Possible, by Ashlee Latimer, illustrated by Shahrzad Maydani; Inheritance: A Visual Poem, by Elizabeth Acevedo,

illustrated by Andrea Pippins;; Burn Down, Rise Up, by Vincent Tirado.



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## Pizzeria Bruno: a touch of Italy close to home

By Rod Lee

First impressions created by the new Pizzeria Bruno in the southeast corner of Pleasant Valley Crossing in Sutton are entirely favorable, offering proof that “the boy can be taken out of Italy, but Italy not out of the boy.”

Talking about the venture on the afternoon of May 27th, Marcello Bruno, owner of Pizzeria Bruno with his brother David, said the restaurant is an extension of a family business in the Milan area of his native country that dates to the

mid-1990s.

“We are trying do exactly what we did in the past, in Italy, same oven, same brand,” Mr. Bruno said. “We import flour, cheese, chips, soda, beer and wine from Italy. I live three minutes from here, it’s very nice. When we saw this location for the first time, we fell in love with it. Mike O’Brien (of Galaxy Development, developer of the plaza) is a good guy.”

Italia-themed throughout, Pizzeria Bruno features wood-fired, brick-oven pizza in a variety of combinations and flavors. There is red pizza (no

cheese), classic pizza, gourmet pizza and white pizza, along with calzone, panini, piadina (flat bread), a butcher mix (plate of meat and cheese), salad, focaccia and dessert.

Pizza toppings include artichokes, arugula, broccoli rabe, capers, cherry tomato, eggplant, egg, French fries, hot dog, mozzarella, mushrooms,

tuna, meat sauce and buffalo-milk mozzarella are also available.

Telephone ordering is provided at 508-917-8182.

“Delicious,” Beverly Ricciardona of Millbury, finishing lunch with her husband, said. “The music is good too.”

Already drawing steady patronage, Pizzeria Bruno joins



Marcello Bruno of Pizzeria Bruno in Sutton, with his wife Ang and employee Kyle Conlin.

Kalamata olives, red onions, peppers, pesto, red sauce, sausage, smoked caciotta cheese, spinach, taleggio cheese, truffle sauce, zucchini and ricotta cheese. Brie cheese, gorgonzola cheese, grana cheese, bresaola, ham, hot soppressata, ndujga, porcini mushrooms, prosciutto, shrimp, speck,

such food and drink enterprises as Five Guys and Starbucks in an ever-expanding Pleasant Valley Crossing, which is anchored by a Market 32.

Contact Rod Lee with news for The Feisty Fork column at [rodlee.1963@gmail.com](mailto:rodlee.1963@gmail.com) or 774-232-2999.

## Comfort Foods Made Fast and Healthy!

By Healthy Exchanges

### Bacon Beer Bread

I’m a teetotaler by choice. But I’ll tell you this -- this bread will be on the menu as often as I can get my hands on nonalcoholic beer

- 3/4 cup nonalcoholic beer
- 1/4 cup water
- Sugar substitute to equal 2 tablespoons sugar, suitable for baking
- 2 tablespoons Dijon Country Mustard
- 2 tablespoons reduced-calorie margarine
- 3 cups bread flour
- 1/2 teaspoon table salt
- 1 1/2 teaspoons active dry yeast
- 1/2 cup purchased real bacon bits
- 1/4 cup chopped green onion

1. In baking pan container, combine beer, water, sugar substitute, mustard and margarine. Add flour and salt. Make an indentation on top of dry ingredients. Pour yeast into indentation.

2. Follow your bread machine instructions for a 1 1/2-pound loaf. Add bacon bits and onion when “add ingredients” signal beeps. Continue following your machine’s instructions.

3. Remove loaf from machine and place on wire rack to cool. Makes one 1 1/2-pound loaf. Freezes well. Makes 12 servings.

\* Each serving equals: 146 calories, 2g fat, 6g protein, 26g carb., 348mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch.

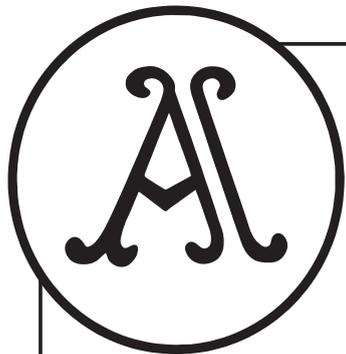
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# Boat responsibly: get your 2022 vessel safety check



Tri-State Flotilla 10-2 US Coast Guard Auxiliary VSC Station announces boat safety inspections to be held at the Memorial Boat Ramp, Nipmuc Cove on Wallum Lake on Saturday, June 11 and at the Wallum Lake Boat Ramp, Douglas State Forest, on Saturday, June 18.

Bring any type of watercraft from kayaks, canoes, PWCs, sailboats, cabin cruisers, to ski & pontoon boats for a stem to stern check of equipment for compliance to federal and state safety regulations. Vessels can be inspected on a trailer as well as afloat.

Trailer vessels, not having Webster access sticker and not launching, can be examined at the entrance gate to Memorial Ramp. Personal watercraft, not allowed to launch at the Wallum Lake Ramp on weekends, can also be examined at the gate. Both locations can accommodate boats arriving by water. The stations will be active from 9 AM to 4 PM at both these locations.

Vessel examiners are qualified and experienced to answer any boating related questions

or concerns along with being trained to spot any potential

problems. They will award your vessel with a 2022 VSC decal if it meets Auxiliary standards on items such as: registration and hull numbering, life jackets, fire extinguishers, expiration dates on flares (if required), working navigation lights, overall vessel condition, etc.

A VSC is conducted only with your consent; no reports are filed with any law enforcement agency. There are no citations, legal obligations, or penalties on violations or potential problems found. A VSC decal might result in a boat insurance discount and will indicate to law enforcement on the water that your vessel complies with safety regulations. The examiner will give the vessel owner options and information on correcting any issues. Often a quick trip

to the nearest boating supply vendor is all that is necessary to obtain missing safety items and easily pass a re-inspection, sometimes on the same day.

Coast Guard Auxiliary vessel examiners will be around the local lakes at various, un-

scheduled times during the boating season; they are few in number and not readily available inland. Can't make it to the station...schedule a VSC online at the link below.

Best to take advantage of this scheduled opportunity

and start your boating season with a visit to our station and a free 2022 VSC Decal on your craft.

For more information, visit [vesselsafetycheck.org](http://vesselsafetycheck.org) or email [CGAux1002@aol.com](mailto:CGAux1002@aol.com).

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# Happenings!

**NOTE:** Community bulletin board-type items are welcome for inclusion in the Happenings! section of the Xpress newspapers. Please allow enough lead time for publication. Email your calendar or event notice to [rodlee.1963@gmail.com](mailto:rodlee.1963@gmail.com).

**THROUGH JUNE 30**

- "Forget-me-not...An Artist's Healing Journey Through Flowers and Inspiration," by Cindy Smith, will be on display for the entire month in the café gallery of Booklovers' Gourmet, 72 E. Main St., Webster, during regular business hours, Tues.-Sat., 10-5 and Wednesdays 10-6. A meet-the-artist reception will take place on Saturday, June 24 from 2:00 to 4:00 p.m. For more information contact Deb Horan at 508-949-6232 or [deb@booklovers.com](mailto:deb@booklovers.com)

[gourmet.com](http://gourmet.com).

**SATURDAY, JUNE 11**

- A Community Yard Sale/Plant Sale will be held at First Congregational Church, 128 Central Ave., Auburn, 8:00 a.m. to 1:00 p.m. Spaces are available for \$25, tables (on a limited basis) for \$5. Annuals and perennials. Call or text Cindy, 774-238-0260, or contact the church office, 508-832-2845, for further details.

- Open Sky Community Services announces a spring return for the 37th Annual Valley Friendship Tour from 9:00 a.m. to 1:00 p.m. The event will start and end at the Alternatives Whitin Mill complex, 50 Douglas Rd., Whitinsville, with yoga, music, raffles and food on the Dennis H. Rice Community Plaza at the same address. Participants can

choose between a one-mile walk (the "Golden Mile"), a 5K walk/run, or a 30-mile bicycle ride. The Valley Friendship Tour has been the signature fundraising event for Alternatives Unlimited (now Open Sky Community Services) for 33 years. Since it began it has raised over \$3 million in support of individuals and families in Central Massachusetts, including \$160,000 in 2021. To pre-register \$30, visit [openskycs.org/vft2022](http://openskycs.org/vft2022). Registration the day of the event is \$35.

- Memphis Sun Mafia, an Elvis tribute trio, kicks off the Summer Concert Series at Douglas Orchard and Farm, 36 Locust St., Douglas. \$10 cash per person 16-and-older, kids admitted free, 5:30-8:00 p.m. No rain date. Go to [douglasorchardandfarm.com](http://douglasorchardandfarm.com) for further info.

**MONDAY, JUNE 13**

- Blackstone Valley Tech's annual golf tournament will be held at Highlands Golf & Country Club in Grafton. Proceeds benefit the school's Education Foundation and Athletic Department activities and programs.

**WEDNESDAY, JUNE 15**

- The McCartney Years: Live in Concert will be presented as a day trip to Danversport, Danvers, by the Northbridge Senior Center. The cost, \$101 per person, includes the show and a plated lunch before the performance. Sign up with Amy at the front desk. Call 508-234-2002 for more info.

- Hullers are needed from 9:00 a.m. to 1:00 p.m. at 139 Center Road

in Dudley to help hull strawberries for the Dudley Grange's annual Strawberry Festival on June 16th.

- A BangoGals concert will take place at the Asa Waters Mansion, 124 Elm St., Millbury, from 6:00 to 7:15 p.m. Free admission.

**THURSDAY, JUNE 16**

- The Memphis Sun Mafia Band will bring Memphis to Northbridge with an acoustic journey through the music of Elvis at the Northbridge Senior Center, 20 Highland St., Whitinsville, from noon to 1:30 p.m. Doors open at 11:45 a.m. Tickets are needed for this event, which includes a BBQ-themed luncheon. Sign up with Amy at the front desk. Call 508-234-2002 for more info.

- The Dudley Grange Strawberry Festival returns. Something of interest for all ages including musical entertainment, children's activities, food from the grill and the Grange's famous strawberry shortcake; the event runs from 4:00 p.m. until all the berries are gone. For ticket info contact Karen at 508-341-6289.

- Robert Black, an Elvis impersonator, will perform at the Millbury Senior Center, One River St., from 6:00 to 7:15 p.m. Call 508-865-9154 for further info.

**FRIDAY, JUNE 17**

- Brumbylon performs at Andy's Neighborhood Center, 9 Frederick St., Webster, 7:00-10:00 p.m.

**SATURDAY, JUNE 18**

- The Sutton Historical Society's town-wide yard sale will be held from 8:00 a.m. to 1:00 p.m. Rain date is Sunday, June 19. The cost is \$10 for participating resident addresses to be included on a map and in advertising for the event. Registration forms are available at [suttonhistoricalsocietyinc.org](http://suttonhistoricalsocietyinc.org). Limited table space at the M.M. Sherman Blacksmith Shop, 6 Singleary Ave., is also available for \$10. The



Internships are a strength of the operation at Southwick's Zoo in Mendon, where Earth Limited's fundraising BASH will take place on Friday, June 24.

Society is accepting donated items (no upholstered furniture or electronic equipment) and will pick up if necessary. Contact [sutton1704@gmail.com](mailto:sutton1704@gmail.com) for more details.

- Tony Soul Project, from the Delta Blues to Soul to Rock & Roll, will perform as part of the Summer Concert Series at Douglas Orchard and Farm, 36 Locust St., Douglas, 5:30-8:00 p.m. Admission is \$10 per person 16-and-older, kids get in free, no rain date. Check [douglasorchardandfarm.com](http://douglasorchardandfarm.com) for further info.

**FRIDAY, JUNE 24**

- EARTH Limited's largest annual fundraiser is back for 2022 at Southwick's Zoo in Mendon, from 5:00 to 10:00 p.m. Proceeds support EARTH Limited's many education initiatives, such as internships, docent/volunteer training, rhino encounters, zoo mobiles, wild adventure programs, junior zoo keeping and more. Guests will enjoy an event of adventure and explore the zoo after-hours. Go to [earthltd.org](http://earthltd.org) to purchase tickets. Email Betsey Brewer Bethel at [betsey@southwick-zoo.com](mailto:betsey@southwick-zoo.com) for more details about EARTH Limited.

**SATURDAY, JUNE 25**

- Dark Desert Eagles, the ultimate

tribute band to The Eagles, comes to Indian Ranch in Webster as part of the Mike's Hard Lemonade Summer Concert Series. Songs from The Eagles' Greatest Hits 1971-1975 album along with hits from Hotel California and several gems from Joe Walsh's solo career will be featured in this live show. Touched by the passing of Glenn Frey, a co-founder of The Eagles, Pat Badger (an original member of the multi-platinum rock act Extreme) set out to form Dark Desert Eagles in paying homage to The Eagles' musicianship, vocal harmonies and timeless catalog. In doing so, "we really paid attention to the wardrobe, the hairstyles, the guitars...everything that made The Eagles so cool," he says.

Also upcoming at Indian Ranch: June 5, Trace Adkins; June 11, The Outlaws; June 19, The Mavericks; July 2, Michael Franti & Spearhead; July 8, Get The Led Out; July 9, Scott McCreery; July 17, Little River Band; July 23, Ann Wilson of Heart; July 24, Three Dog Night; July 30, The Pike Hairfest; July 31, TESLA; August 5, "Weird" Al Yankovic; August 6, Collective Soul and Switchfoot; August 7, Lost 80s Live; August 12, ABBA The Concert; August 13, Badfish; August 20, Home Free; September 2, Extreme.

Tickets are available at [www.indianranch.com](http://www.indianranch.com), by calling 1-800-514-3849 or at the Indian Ranch Box Office.

- Rolling Stones & CCR Tributes: 19th Nervous Breakdown with Kelly and the Poor Boys: A Creedence Tribute Band, will perform as part of the Summer Concert Series at Douglas Orchard and Farm, 36 Locust St., Douglas, 5:30-8:00 p.m. Admission is \$10 cash per person 16-and-older, kids get in free, no rain date. Go to [douglasorchardandfarm.com](http://douglasorchardandfarm.com) for more info.

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**TUESDAY, JUNE 28**

• A Narragansett Bay Lighthouse & Cruise Tour is being offered by the Millbury Senior Center. Cost is \$110 per person, all-inclusive, with departure at 9:30 a.m. and return at 5:30 p.m. A full-course luncheon is included. Call 508-865-9154 to sign up or for more information.

**FRIDAY, JULY 15**

• Joe Cicero performs at Andy's Neighborhood Center, 9 Frederick St., Webster, 7:00-10:00 p.m.

**SATURDAY, JULY 16**

• The town of Northbridge's 250th anniversary festivities will kick off with a parade from the elementary school



The popular band Get The Led Out returns to Indian Ranch in Webster for a performance on Friday, July 8.

**THURSDAY, JUNE 30**

• Tim VanEgmond will present an outdoor concert, featuring traditional and contemporary songs as well as tales about what draws a community together, the Northbridge Senior Center, 20 Highland St., Whitinsville, from 1:00 to 2:00 p.m. Sign up with Amy at the front desk. Call 508-234-2002 for more info.

• Dan Gabel & The Abletones will present a summer concert at the Asa Waters Mansion, 123 Elm St., Millbury, from 6:00 to 8:00 p.m. Free admission.

**FRIDAY, JULY 1**

• Euphoralites performs at Andy's Neighborhood Center, 9 Frederick St., Webster, 7:00-10:00 p.m.

**MONDAY, JULY 4**

• Celebrate the 4th on the Grafton Common! Dress up in costume! Decorate your bicycle! Build a float! Dress up your dog! From North St. to Oak St. starting at 12:00 p.m. Line up at the North Grafton Elementary School. For more details contact grafton4thofjulyparade@gmail.com.

**FRIDAY, JULY 8**

• Static performs at Andy's Neighborhood Center, 9 Frederick St., Webster, 7:00-10:00 p.m.

**SATURDAY, JULY 9**

• A Night of Zeppelin: A Led Zeppelin Tribute Band, comes to Douglas Orchard and Farm, 36 Locust St., Douglas, as part of the facility's Summer Concert Series, 5:30 to 8:00 p.m. Admission is \$10 cash per person 16-and-older, kids get in free, no rain date. Go to douglasorchardandfarm.com for more info.

**WEDNESDAY, JULY 13**

• A Blue Shades luncheon concert will take place at the Asa Waters Mansion, 123 Elm St., Millbury, from noon to 1:00 p.m. Free admission.

**THURSDAY, JULY 14**

• 4Ever Fab, a Beatles tribute band, will perform at the Millbury Senior Center, One River St., from 6:00 to 8:00 p.m. Call 508-865-9154 for more info.

on Crescent St. at 10:00 a.m. and conclude with fireworks at the middle school on Linwood Ave. Gates will open at 6:00 p.m. for the pyrotechnics show, which will be preceded by activities for the whole family: food trucks, music, face painting, potato-sack races and more.

• Douglas Orchard and Farm, 36 Locust St., Douglas, welcomes Araxas—a Santana Tribute Band, for a show at 36 Locust St., Douglas, 5:30-8:00 p.m. Part of the Douglas Orchard and Farm's Summer Concert Series. Admission is \$10 per person 16-and-older, kids get in free, no rain date. Visit douglasorchardandfarm.com for more info.

**THURSDAY, JULY 21**

• Icons & Legends Concert, including a Maine Lobster Bake in York, is being presented by the Northbridge Senior Center. Cost is \$110 per person. Sign up with Amy at the front desk. Call 508-234-2002 for more info.

• Enjoy a Far from Eden summer concert at the Asa Waters Mansion, 123 Elm St., Millbury, from 6:00 to 8:00 p.m. Free admission.

**SATURDAY, JULY 23**

• Exit 17th Band, a Rock & Roll Band, will perform at part of Douglas Orchard and Farm's Summer Concert Series, 36 Locust St., Douglas, 5:30-8:00 p.m. Admission is \$10 per person 16-and-older. Kids get in free, no rain date.

**FRIDAY, JULY 29**

• Rockwell Valentine Jazz Trio performs at Andy's Neighborhood Center, 9 Frederick St., Webster, 7:00-10:00 p.m.

**SATURDAY, JULY 30**

• Douglas Orchard and Farm's Summer Concert Series continues with a performance by Petty Larceny, a Tom Petty Tribute Band, 5:30-8:00 p.m., 36 Locust St., Douglas. \$10 cash per person, kids are admitted free, no rain date. Visit douglasorchardandfarm.com. for more details.

**THURSDAY, AUGUST 4**

• The Hip Swayers will perform a summer concert at the Asa Waters

Mansion, 123 Elm St., Millbury, from 6:00 to 8:00 p.m. Free admission.

**SATURDAY, AUGUST 6**

• 4 Ever Fab, a Beatles Tribute Band, will perform as part of Douglas Orchard and Farm's Summer Concert series, 36 Locust St., Douglas, 5:30-8:00 p.m. Admission is \$10 per person for those 16-and-older. Kids get in free, no rain date. Go to douglasorchardandfarm.com for more info.

**TUESDAY, AUGUST 9**

• Judy Saves the Day, a puppet show, will take place at the Asa Waters Mansion, 123 Elm St., Millbury, from 4:00 to 5:00 p.m. Free admission.

**FRIDAY, AUGUST 12**

• Evan Wood Trio performs at Andy's Neighborhood Center, 9 Frederick St., Webster, 7:00-10:00 p.m.



The music of Tom Petty will be showcased when the band Petty Larceny performs at Douglas Orchard & Farm on Saturday, July 30.

**SATURDAY, AUGUST 13**

• Counterfeit Cash, a Johnny Cash Tribute Band, will perform at Douglas Orchard and Farm, 36 Locust St., Douglas, 5:30-8:00 p.m. Admission is \$10 per person 16-and-older, kids get in free, no rain date. Go to douglasorchardandfarm.com for further details.

**WEDNESDAY, AUGUST 17**

• Taking it to the Streets: The Ultimate Doobie Brothers Tribute Show, will be performed in Plymouth, New Hampshire at the Flying Monkey Theatre—a trip offered by the Northbridge Senior Center. Show and a

buffet lunch are included at a cost of \$110 per person. Sign up with Amy at the front desk. Call 508-234-2002 for more info.

**FRIDAY, AUGUST 26**

• Joe Cicero performs at Andy's Neighborhood Center, 9 Frederick St., Webster, 7:00-10:00 p.m.

**WEDNESDAY, SEPTEMBER 7**

• The Northbridge Senior Center is offering a "Lake Winnepesaukee Cruise & Castle in the Clouds Estate Tour," including lunch at Harts Turkey Farm, for \$151 per person. Sign up with Amy at the front desk. Call 508-234-2002 for more info.

**FRIDAY, SEPTEMBER 9**

• Infinite Groove performs at Andy's Neighborhood Center, 9 Frederick St., Webster, 7:00-10:00 p.m.



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**Mark Marzeotti**

**By Mark Marzeotti**

If you're thinking of buying or selling a house, you're at an exciting decision point. And anytime you make a big decision like that, one thing you should always consider is timing. So, what does the rest of the year hold for the housing market? Here's what we see.

The number of homes available for sale is likely to grow. There are some early signs indicating that housing inventory is starting to grow and experts say that should continue in the months ahead.

The gap between this year's homes for sale and last year's is one-fifth the size that it was at the beginning of the year. The

# What does the rest of the year hold for the housing market?

catch-up is likely to continue. This growth will likely mean more options for shoppers than they've had in a while, even though inventory continues to be behind pre-pandemic normal.

As a buyer, having more options is great news. Just remember, housing supply is still low, so be ready to act fast and put in your best offer up front. Let's get you prequalified!

mortgage rates impact your purchasing power. It may make sense to buy now before it costs more to do so, if you're ready. Call us if you are ready, we're here to help!

As a seller, rising mortgage rates are motivating some homeowners to make a move up sooner rather than later. If you're planning to buy your next home, talk to a trusted realtor/real estate advisor to decide how

the coming months.

As a buyer, continued home price appreciation means it'll cost you more to buy the longer you wait. But it also gives you peace of mind that, once you do buy a home, it will likely grow in value. That makes it historically a good investment and a strong hedge against inflation.

As a seller, price appreciation is great news for the value of your home. Again, lean on a



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As a seller, your house may soon face more competition when other sellers list their homes. But the good news is, if you're also buying your next home, having more options to choose from should make that move-up process easier.

Mortgage rates will likely continue to respond to inflationary pressures. Experts also agree inflation should continue to drive up mortgage rates, however more moderately.

As a buyer, work with trusted realtors/real estate professionals, including your lender, so you can learn how rising

to time your move.

Home prices are projected to continue to climb. Home prices are forecast to keep appreciating because there are still fewer homes for sale than there are buyers in the market. That said, experts agree the pace of that appreciation should moderate – but home prices won't fall.

Statistics show that home prices throughout the country have surged for the better part of two years, including in the first quarter of 2022. Given the extremely low inventory, we're unlikely to see price declines, but appreciation should slow in

member of Marzeotti Group or another professional to strike the right balance of the best conditions possible for both selling your house and buying your next one.

Whether you're a homebuyer or seller, you need to know what's happening in the housing market, so you can make the most informed decision possible. Connect with a realtor/real estate advisor to discuss your goals and what lies ahead, so you can pick your best time to make a move.



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Tales from beyond

# Creatures of the Bridgewater Triangle-Part 2

By Thomas D'Agostino  
www.tomdagostino.com

Mr. Andrade witnessed a bigfoot in 1978. He spied a huge strange-looking creature walking down a hill about two hundred feet in front of him. He described it as being over six feet tall, brown, and hairy. He could not see its face, as it was walking away from him. Since then he has recorded many accounts of the "Bridgewater Bigfoot." He would later go on video describing his account and showing a representation of what he saw. It was not the first time he encountered the creature. While collecting firewood during a camping trip, he heard a very loud growl which he would later describe as sounding like "something from hell."

His camp mates also heard the roar. Whatever it was, it was very close and gave them the impression it did not want them there. In all their years of camping in those woods, they never heard any such sound as that.

Three other campers pitched a tent in the woods near the swamp. Shortly after setting up camp, something threw a very large log at them, causing the party to vacate the premises. The next morning, they went back to fetch their gear and tried to lift the log that was thrown at them. All three had the most difficult time trying to hoist it off the ground. Whatever it was possessed immense strength to be able to catapult the massive piece of wood into the campsite.

John Baker of West Bridge-

port, Massachusetts witnessed the "bigfoot" monster in the early 1980s. While hunting in the swamp, he had the feeling someone, or something, was following him. He turned and saw a large hairy beast standing in the brush along the side of the water only a few yards from him. The "thing" was tall, covered with hair, and smelled very badly. It turned and ran off into the woods. He has since searched for the creature, but has never come across it since that fateful day.

One of the oldest and amazing legends in New England pertaining to strange creatures is that of a small being called a Pukwudgie. Pukwudgie, or Puk-Wudjie, which roughly translates into English as "wild man of the woods" or "little wild man of the woods that vanishes." These human-like little demons are deeply steeped into Wampanoag folklore and are considered the oldest and most dangerous mythical creatures in North America. Author, Educator and Historian Christopher Balzano hit it right on the nose when he stated "Large monsters are intimidating, but cannot fit under the bed, or in the closet, or in the corner of the room just beyond where the illumination hits. Small monsters can hide, sneak into thin cracks and slip out of sight."

The Pukwudgie is known to do just that and more. The creature is described as being about two to three feet tall, covered in hair from head to toe, resembling the

likes of a troll. They have the power to appear and disappear at will, lure people to their deaths, shape shift into various animals, shoot poison arrows and instantly create fire. Anyone who gets on the wrong side of a Pukwudgie is bound to meet with horrible circumstance.

According to Wampanoag legend, the Pukwudgies were very friendly and helpful to humans until the tribe, thinking they were a nuisance, had them rid from the area by

the giant, Maushop. Some survived and remained in the area of the Bridgewater Triangle, wreaking havoc on those who crossed their path.

Stories of these evil fairies go as far back as the written word but, for some reason, were not well received until the early twentieth century when Elizabeth Reynard published *The Narrow Land: Folk Chronicles of Old Cape Cod*. Within this book are several Wampanoag legends, including that of the Puk-

wudgie. More recent accounts have flooded pages of books, daily, weekly and monthly publications and the internet.

Pukwudgies also use the souls of the dead to lure victims to their demise. One person followed a ball of light into the woods only to spot one of the diminutive demons trying to lure him in further. A few nights later, while in the same area, the same creature stalked the person while he sat in his auto.

One of the more inter-

esting warnings against the evil demons in recent times was the placement of a sign along Slab Bridge Road near the Freetown State Forest reading, "PUKWUDGIE XING."

If you decide to look for Pukwudgies, be careful and do not annoy them. Many people in the area who have encountered one of the mystical creatures will tell you some things are often better left alone.



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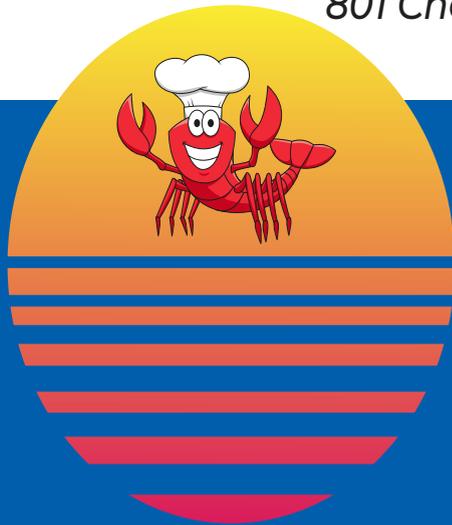
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## Living with Luke

# Luke Valentino learns on the go; training tips and trips

By Amy LeClaire

I couldn't be happier with my new pup, Luke Valentino. He's playful, pugnacious and imperfectly perfect. In some ways he's a typical pup; testing his limits then dashing away from me, a dirty sock in his mouth. In others, he's as unique as his full name. "Thank you for being such a good boy, Luke." I

rest on my shoulders. He licks my full chin and face as though cleaning dribbles of ice cream from a cone. I can't help but giggle to my puppy's innocence and honesty. His appreciation for me, I realize, falls somewhere between loving me for me, and the flavor of my facial cream.

"You're the best puppy." Either way, I cherish moments that are short-lived. Luke Valentino already weighs a healthy 28 pounds and picking him up is getting harder and harder. Whether his behavior is typical or atypical, one aspect has remained constant with the numerous dogs that I've owned. Train-

of dogs. Since Luke is nearly four months old, and we're both still in one piece (and living in peace), I thought I'd shared my secrets. Luke Valentino has stolen my heart, along with a few too many sneakers.

### Training happens all the time

Your dog may be able to sit on command for a reward and roll over (is there any benefit from the crazy trick?) or even hand you his paw in the kitchen, but what about when the spontaneity of life gets in the way? What if your dog is accustomed, exclusively, to being trained in isolation and, consequently, freaks out in public? What if a quirky terrier catches her eye in the ice cream parlor line, and she snakes through your legs to drool over the poor dog? Or what if you need to host a party and your hungry pooch causes a guest to trip while counter surfing?

It might be time to train.

### Travel with your dog

Dogs need to learn how to behave in human situations, especially if they are to live with one. Traveling with your pet offers hands-on opportunity to train on the go, on the fly, and on the scene. The more time you spend with your dog, the more training opportunities naturally arise. Luke rides in the backseat, seated comfortably in a travel crate lined with a plush mattress and chew toys. The sides of the crate have netted windows so that he's enclosed, but can still discern what's happening. We're going for a ride! His on-the-go bed is designed for comfort, safety and leisurely naps.

He adores the prospect of a new adventure equally as much as he does the journey. In fact, often times he'll awaken to the sound of my parked car and sit up with bedhead, one ear flapped open. "Where'd we end up? Mind if I just relax here for a bit?" Luke is more "chill" than most puppies we've had. We often refer to him as Professor Luke, the puppy most likely to study the sound of spoons dropped into the dishwasher bin. "Hmm." He'll cock his head to the sound. "That is fascinating." His curiosity draws him closer to the edge of the door, where he pokes his nose at a fork then backs off. "Ouch."

Amid traveling training days, he's even met some of his readers at CVS. Perched like a teddy bear in a metal carriage, he once raised his chin over the edge to say hello. "Wait a minute. Is that Luke Valentino?"

"That's me!" Have you ever noticed how utterly happy puppies are (especially Golden Retrievers) to greet new people. He licks the hand of a loyal reader and smiles proudly. "Isn't this place incredible?" Since food is LOVE for Golden Retrievers (and most dogs), it serves as the ultimate motivator and training tool. "Good boy, Luke." I reward him for being positive. Lincoln taught me to wear rose-colored glasses and see the good in every situation. The legacy goes on. "Mommy is so proud of you, Luke." He gnaws at the fleshy part of my palm, testing me. "Luke Valentino." I lower my voice and he tests further, biting yet softening his grip. Puppies know more than you think.

### Consistency matters

My husband and I have been



A Travel Day at TJ Maxx, Auburn

on point, and on the same page in certain areas, though inferior in others. Luke is able to "stay at his own spot" while we eat with the patience of an English butler. We've battled out that back and forth labor of bringing him back to his spot for a reward amid countless instances during which he's snapped back to our feet. A meal eaten in peace is secondary to helping Luke learn that we don't eat at the same table (unless we're at an outdoor restaurant café of course). So I've weathered the begging storm during tired mornings and scored big. He's so masterful that he'll now assume his dining spot throughout the day, waiting for us to sit down and eat, just so he can show off good behavior while waiting for a reward. The triumph has become a Luke Valentino classic. We gush. "Look how intelligent Luke is! He really is a gifted puppy."

We've also consistently potty-trained Luke, taking him out after naps and, frequently, throughout play times. This has been a process and has happened in gradual stages, with no perfection. Puppies drink a lot of water and pee a lot! It's important to watch the signals of your puppy and have patience. We've finally reached a stage where we can confidently trust him to "tell us" without staying on top of him. He'll casually sit at the front door to let us know he has to go out, even when we're engrossed in our own tasks.

**Set limits so that you're both happy**  
Although cuddling in bed

with an eight-week old puppy may have been tempting, the decision to give Luke his own cozy sleeping quarters was a good one. Luke now sleeps comfortably in his crate from 11 pm to 8 am. He woke us up throughout the night during the first week home, then stretched his sleep time, finally, to 6 am. We realized he was getting up too early, and only to eat. He would play a bit; then want to sleep all morning. Why not just sleep later? Instead of rushing downstairs to his first whimper, at about 12 weeks, we decided to ignore him and see if he'd fall back to sleep. Our plan worked like a charm! Now we're all fully rested and ready for the day's adventures! The important thing is to help your pup to conform to the unique schedule that works for your household.

How is Luke Valentino faring with off-the-couch behavior? B- The low mark is ours to own. We've wavered. We've wobbled. We've been worn down by Luke's cuteness and manipulation. We have not consistently shown him (as we had Lincoln) that his bed in the family room is far more fun than the leather couch. "No one talks during my movie" is a lost cause when it comes to training your dog. Luke needs to know that we're willing to wrestle, romp, redirect him to his toys and teach him to play at his own spot every single time. Luke needs to know that sometimes adults need to sit.

"I won't be any trouble." He sits at the edge of the couch and lifts his chin to us. "I was think-"  
**Continued on next page**



Luke visits Wells State Park, Sturbridge

kiss his nose and snout, traces of puppy breath still evident, even though he's almost too big to be held.

"Love you back, Mama." His body is pressed against my chest, causing his hind legs to open like a frog's while his paws

ing a dog takes a lot of time and work, but the rewards of putting forth the effort make a significant difference in living happily ever after (or not) with your pooch. I'm not a professional trainer; simply someone who has spent a lot of time studying the behavior

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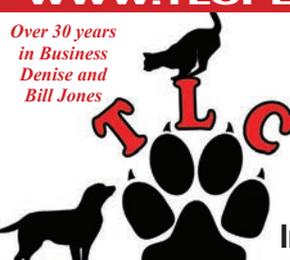
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Continued on from page 14

ing we could watch the movie together." A teddy bear, it seems, wants to snuggle. "Luke, we're going to relax now." Luke is a puppy. He has no interest relaxing—now or later. "Come here, you." We cave. We coddle. We shake hands with a devil in sheep's clothing. Luke gets his way, and the suede pillows are about to pay a price. He thrashes them around with the aggression of a wolf. We struggle to discipline a pup that's taken a turn for the worst. He lifts his gums to reveal a rebellious set of jagged puppy teeth. My husband, also a male, takes the domineering tactic personal. "I'm not letting him boss us around this way!" I nod my head in dismay. We've been inconsistent with this aspect of Luke Valentino's training. Puppies can't figure out what to do with their own tails, never mind every do & don't of domestic life. Still; neither of us could have predicted what was to come, and how dark things were about to get on that infamous leather couch.

"Oh gosh. Oh no." I left him on the floor beside the couch for two minutes one time. I didn't leave food or any choking hazards behind, only a risk I hadn't expected. I had planned to start writing this very column, and left my laptop screen flapped open, ready for words. A curious Luke, ready to chew, found the corner of the screen and dug his jagged choppers in to reveal a haunting sight. The screen, black as night, exposed the spread of a spider web, then a lightning bolt design which drew my index finger in, as though somehow I could zap an elec-

trocuted system back to life. In shock, I touched the screen over and over again but the crack, now iridescent, had made its mark. Luke Valentino, a puppy learning his boundaries, had destroyed my Mac's screen.

Stories and documents and pictures sailed through my mind. I'm a writer. My words had been wiped. I stared down at my puppy. "Oh, Luke. You didn't know what you were doing."

Luke smiled calmly up at me. "Want to play?" He was over it a full two seconds ago.

"It will cost \$578.00 to repair the screen." The Apple technician delivered the cost of my inconsistency with such patience. He had navigated the technical waters of password confusion and i-cloud cloudiness to track down the identification of my broken machine with blissful ignorance. I ran my fingers through my hair. "Wow. The screen alone costs that much." My gaze fell down on a patient Luke, who was seated beneath the workbench to partake on one of numerous "travel days." He smiled up at me as he does during our travel days together, and reminded me that perfection is impossible. "I love it here. Thank you for taking me along with you."

If you want to learn more about how to best handle your pup—take him for the ride!

Stay tuned for more on Luke Valentino's trips and triumphs.

Write to me at [amyleclair@hotmail.com](mailto:amyleclair@hotmail.com)

## Q & A with The Car Doctor



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

**Q.** I have a 2000 Buick Park Avenue with 181,000 miles on it. The automatic climate control is "shot." Air comes through the vents only and only blows hot. Even when I'm on the highway with the system off there is hot air coming through the vents. I closed all the vents, but the hot air is coming in, is this a blend door issue? I know it's hard to get to some of these doors, is there any easy fix?

**A.** Unfortunately, there is no easy fix. Unlike old cars that used cables to open and close vents and turn on heater valves, today these systems use vacuum and electric actuators. In your Buick there are four actuators. The air inlet, mode control, left air mix and right air mix. The air discharge is controlled by the mode door actuator. The actuator drives a cam wheel that controls the position of the two air discharge doors. Depending on which door or actuator is bad it can take 30 minutes to three hours to repair the problem.

**Q.** I have a 2007 Honda Pilot and I have owned it from brand new. My question is I changed the timing belt at 95,000 and it currently has 171,000 miles on it. I have had all of the regular maintenance performed and was wondering when I should change the timing belt again. The car is still in great shape and I would like to use it as my commuter car and hope to get another 100,000 out of it.

**A.** Typically, the timing belt on the Pilot gets changed at about 100,000 miles. My suggestion is if you plan on keeping your Pilot for another 100,000 miles it would make sense to replace the timing belt again this year. Considering the mileage, I would also replace the water pump and evaluate any seals for oil seepage, as well as drive belts and tensioners.

**Q.** I own a 2013 Volvo wagon with 235,000 miles. It still runs perfectly, and my mechanic says I can surely get to 300,000 miles which I aim to do. My question is about the steering: this car has always had wonderful steering – holds the road really well and not loosey, goosey like so many other vehicles. When I have test driven many other cars for my growing kids, it feels much less controllable on the road – the slightest movement of the wheel and you feel the car sway. Can you tell me what it is that makes the steering in my Volvo such a dream? What should I look/ask for in my next car to get the same kind of control that I have now?

**A.** Today most/nearly every new car has electronic power steering depending on the car that can translate into somewhat of an artificial "feel" in the steering. This can have a bit of loose feeling on center to an almost twitchy overly sensitive feel. There was a time when BMWs had legendary almost telepathic steering, but even that has changed over the years. Unfortunately, you need to road test the car that best suits your needs. Even the latest Volvos have lost a bit of that steering feel that you like in your car. The other determining factor can be tires, tires can transform a car's steering from direct to mushy.

**Q.** I have a 2005 Toyota Camry XLE with 150,000 miles on it. I recently brought it to a repair shop for an oil change. The "maintenance required" light was on, so I asked them to reset it. When I picked up the car, I noticed that the electronic clock was not working. Instead of displaying the time, it displayed "E/T: 93:04" and would continue to count up as long as the engine was running. I went back into the repair shop, and they tried playing with the radio fuses, but could not correct the issue. They told me that the clock display was now showing the engine elapsed time. Any thoughts on how to get the display to show the time?

**A.** There are times simple things feel complicated and you need to just look in the vehicle owner's manual for clarity. You need to use the mode setting and toggle back to the clock. Today nearly all newer cars have owner's manuals online. As an example, <https://www.toyota.com/owners/resources/warranty-owners-manuals.camry.2005>



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Terri and Mike

## Sports

# Uxbridge Baseball Exceeds Coach Rice's Expectations

By Christopher Tremblay, Staff Sports Writer

Uxbridge Coach Peter Rice was entering his 13th season at

all but one of his seasons. However, after the first five games of the season Uxbridge found themselves in a different scenario with a 2-3 record, but the

"During those first five games we played ok, it was just a matter of playing our game. In our losses we had been in some really close games, including an extra inning



the helm of the Spartans baseball team and outside of the Covid season, which was cancelled, the squad had managed to qualify for the tournament in

Spartan skipper was not all that worried. And before too long his squad had rallied to win 11 straight victories and was back in familiar territory.

affair," Rice said. "We didn't take anyone out, but we shuffled the lineup around and in the

**Continued on next page**

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**Sports**

**Continued on from page 16**

sixth game our bats finally got going against Blackstone Valley and we had 18 runs on 14 hits. We felt the momentum switching our way.”

When the Spartans finally got things going their way on the diamond, all 11 wins were not all one-sided as Uxbridge scrapped together a 2-0 and 2-1 win while also securing a walk-off win during the streak allowing them to finish 14-4 on the regular season. With their 14 wins Uxbridge was awarded the number two seed in the Central Mass Tournament and after picking up two wins they unfortunately fell 2-1 to #15 Tyngsboro.

Next, it's onto the Division 4 State Tournament where Uxbridge will be the number two seed and will open up on June 6th against the winner of Wachuset (#31) and Assabet (#34).

“I'm hoping that we can continue to play good baseball and make a run through the State Tournament. Once you get here anything can happen; we just got to keep working hard in practice and be ready when we begin,” the Uxbridge Coach said. “I knew that this was a

talented team, but we have certainly past my expectations having won 16 games so far.”

As the Spartans get ready to battle it out in the State Tournament the team has done been able to do so with a majority of underclassmen. Rice has three freshman and four sophomores on his roster this season with



said. “I had high expectations but with freshman you never know as it can go either way.”

The reason Rice went with the abundance of underclassmen was that he only had four returning varsity players coming back and only two of them were starters. Being on the younger side things could go either way once they took to the field.

With only three seniors gracing the roster Rice was looking for leadership from his three-character guys. Two of the three seniors also took to the mound for the Spartans. Seniors Zach Feeney and Sam Walton accounted for 9 wins and 2 losses throughout the season. Feeney, the team's starting third baseman when he's not on the hill, was the team's workhorse while Walton, who saw the occasional stint in the outfield, pounded the strike zone. Walton threw a three-hit win against Advanced math and Science when they were undefeated at the time.

The team's third starter and the team's starting shortstop was freshman Charlie Criscola, who managed to go 4-1 for the Spartans. During in early scrimmage

Rice noticed that the freshman had what it took to pitch on the varsity level.

Jack Sander was the team's third and final senior. Originally a left fielder he was moved to centerfield last season due to his ability to get a good read on the ball. Rice also noted that the now centerfielder also has a cannon for an arm.

Offensively Uxbridge was led by Criscola who has batted .429 with 14 RBI and 19 runs scored as the team's leadoff hitter, through the regular season and into the first three tourna-

ment games. Behind Criscola, sophomore Aidan Blood, who batted third for the team, has hit .371 with 17 RBI and 24 runs scored. Freshman catcher Talen Rosborough batted second in the Uxbridge lineup this year.

While Rice and the Spartans still have the Division 4 State Tournament to partake in at the time of this writing the Uxbridge skipper is excited about what next year brings.

“I don't want to push the seniors out just yet, but we've got the majority of the team coming back next year so it's going to be

fun to watch and see what they can do this year in the tournament,” said the Coach. “Getting there at bats this year at such a young age will only be valuable in the future.”

Despite beginning the season on a down note Uxbridge is clicking on all cylinders as they prepare for the State Tournament. As Rice tells his team “It's not how you start but how you finish” and the Spartans are playing some of their best baseball as of late.

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# Daniels Farmstead issues call for volunteers

Historic Daniels Farmstead, 286 Mendon St. in Blackstone, is preparing for an exciting 2022 season with a number of special events planned for the enjoyment of its patrons.

The Farmstead begins its new summer and fall season on the first Sunday in July. The Farmstead will be open into October, Belinda Mazur announced. Among the attractions visi-

tors to the Farmstead can look forward to this year are "Fourth at the Farm," "Classic Movie Night Series," "Antique Tractor, Truck and Car Show," and "A Polish Picnic at the Farm."

Daniels Farmstead is appreciative of the support it gets from the community. There is a need for volunteers, members, sponsors, community representative and donors. Please think about

helping out in the garden, selling Daniels Farmstead produce, working in Doris's kitchen on Sundays or assisting with events. Volunteers become part of the Daniels Farmstead family, Ms.

Mazur said. For further details go to [info@danielsfarmstead.org](mailto:info@danielsfarmstead.org).



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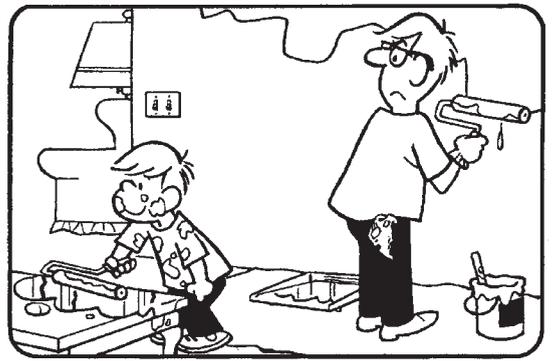
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If you pray three times a day, three consecutive days, you will receive your intention, no matter how impossible it may seem. Praise and Thanksgiving please the Heart of God. **Believer**

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Chief's corner

# Deadline to obtain real ID closing in

By Chief Steven J. Wojnar  
Dudley Police Department

The "REAL ID" driver's license program is now within one year of full implementation in Massachusetts. This is a federal security program created in 2005, due to the September 2001 terrorist attacks. The goal is to have standardized and secure identifications issued throughout the country. This enables people to use their license as an official identification for domestic air travel or to enter federal facilities. Under this program, Massachusetts ID's will meet similar standards as other states. This was supposed to be in effect as of October 2020, however; due to the COVID-19 emergency, several dates have been moved. Since we continue to receive questions on this, I was asked to provide some updates on this program.

People who have valid licenses have a choice of obtaining a standard driver's license or a REAL ID. Both are available for issue by the Massachusetts Registry. In Massachusetts, the deadline to obtain a REAL ID was extended until May 3, 2023. This means after that date, only a REAL ID or a valid passport would be an acceptable form of identification to fly domestically or enter federal buildings. These pandemic-related moves have allowed everyone more time to obtain these ID's. If you wish to obtain a standard license you can follow the same renewal plan as before. This may be done online or in person at a Mass DOT Registry point. Should you wish to obtain the REAL ID, it must be done in person, at a Registry or an AAA office if you are a member. You will be required to provide proof of

citizenship or lawful presence, your Massachusetts residency information, and social security number. A passport or an original birth certificate (with raised seal) are a valid proof of citizenship. In addition, for the REAL ID, you will need some documentation that will display your full 9-digit Social Security Number. These can include a pay stub, W2 form, 1099 form, a tax return, and any other official document that has the full number. Should you be required to prove residency, you can use any number of documents that display a residential (not PO Box) address. For married individuals, who have changed their name, an original marriage certificate is generally required. A piece of first-class mail issued within 60 days, a tax or utility bill, or other official correspondence proves your residence status. More information can be found at <https://www.mass.gov/guides/massachusetts-identification-id-requirements>.

The form of license you wish to have is your choice. If you have no intention of flying or using this to enter federal buildings, the standard license is fine. If you wish to use a REAL ID, you will need to have it in place by May 2023. According to Mass DOT, approximately 41% of drivers have obtained these REAL IDs so far. They advise everyone seeking these documents to make an appointment soon. The appointments will fill up closer to the date and may not be available. Please review the proper documentation to bring with you to obtain the REAL ID to avoid multiple trips to the Registry and the frustration that accompanies it.

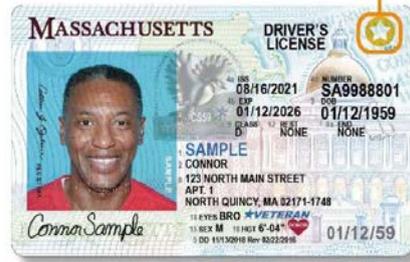
For those still seeking vac-

ation or COVID related information, it can be found at [www.dudleyma.gov](http://www.dudleyma.gov) or by calling 508-949-8036. During these challenging times, we, at the Dudley Police Department, greatly appreciate the support we receive from our community.

Thanks again for your questions and comments. Please send them to me at the Dudley Police Department, 71 West Main St., Dudley MA 01571 or email at [swojnar@dudleypolice.com](mailto:swojnar@dudleypolice.com). Opinions expressed in this weekly column are those of Chief Wojnar only and unless clearly noted, do not reflect the ideas or opinions of any other organization or citizen.

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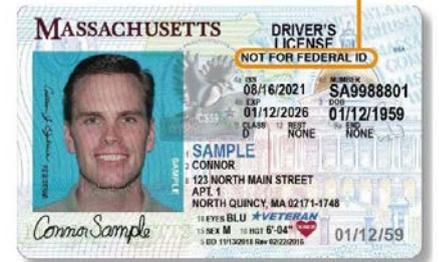
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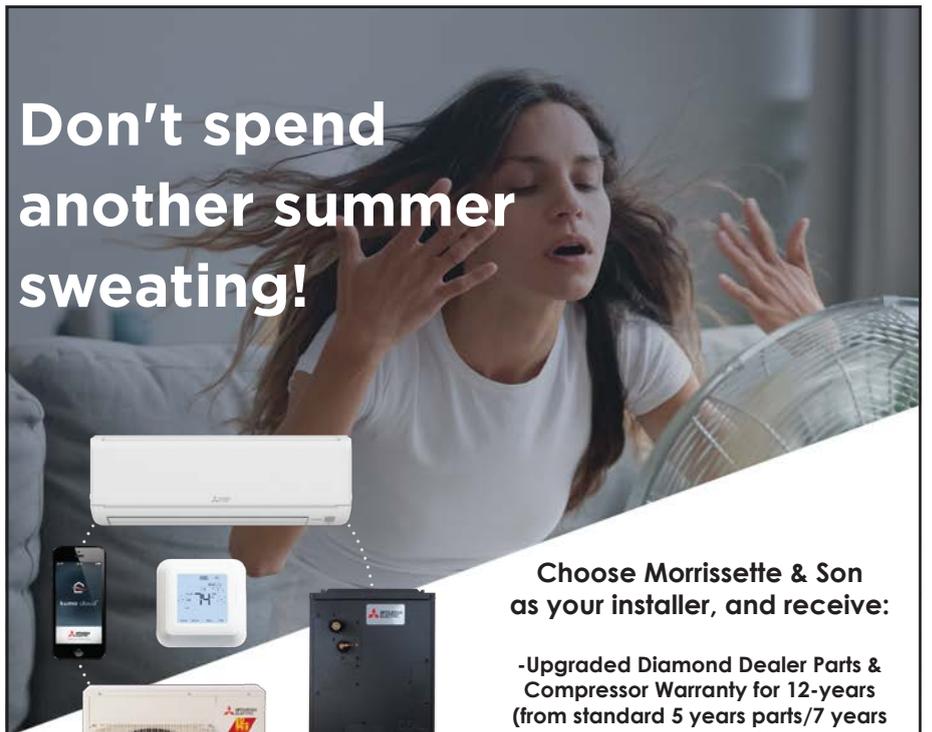
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