

## Dr. Helen Whall, Nicholas Gage are Small Stones Festival headliners

Though still several months away, the Small Stones Festival of the Arts in Grafton is quickly shaping up with Dr. Helen Whall and Grafton's own Nicholas Gage stepping forward as key presenters.

In announcing the dates of October 14-23 for this year's production, Festival Spokesperson Dana Wilson said the event will take place at three locations: the Great Hall at Apple Tree Arts, the Community Meeting Room at the Grafton Public Library and the Congregational Church of Grafton.

An Opening Reception is scheduled for Friday, October 14th at 7:00 p.m. at the Great Hall, on the Grafton Town Common.

Exhibitions to be judged will be available for viewing on Saturday, October 15 from 11:00 a.m. to 6:00 p.m., Sunday, October 16 from noon to 4:00 p.m., Wednesday, October 19 from 4:00 to 7:00 p.m., Thursday, October 20 from 4:00 to 7:00 p.m., Friday, October 21 from 4:00 to 7:00 p.m., Saturday, October 22 from 11:00 a.m. to 6:00 p.m. and Sunday, October 23 from noon to 4:00 p.m.

In Dr. Helen Whall and Nicholas Gage, the Festival has two big-name attractions.

Dr. Whall is a retired professor



Dr. Helen Whall, left, and Author Nicholas Gage.



of English who taught for forty-two years at the College of the Holy Cross. Five years after her retirement, the college received an endowment of \$2.6 million to establish the Helen M. Whall Chair in Race, Gender and Social Justice. The three-year endowment will allow Dr. Whall's impact on students to continue. It recognizes her contributions to the students and to the college with her service on many committees.

A graduate of Yale University with a Ph.D. in English Lit, Dr. Whall's focus at Holy Cross was on William Shakespeare, among other subject matter. She will be discussing the works of Shakespeare—one of her favorite top-

ics—on Saturday, October 15th at 3:00 p.m. at the Grafton Public Library.

Dr. Whall's lecture is free to all and will be followed by a question-and-answer session.

As it happens, last year, according to Ms. Wilson, the Festival debuted a new and well-received Literary Track Program with The Shakespeare Club of Grafton. This year's Festival will present three literary programs in collaboration with the Club, to be held at the newly expanded Grafton Public Library.

**SMALL STONES**  
continued on page 2

## MA State Police Museum finds a home in Whitinsville

BY ROD LEE

Saturday, July 16th was not just the occasion for a parade and related activities to mark the town of Northbridge's 250th anniversary.

The date also represented a soft

Byron, VP Eric S. Bernstein and Jack Crawford—three principals at the forefront of efforts to relocate the museum from its previous home at the State Police barracks in Grafton—are in an understandably celebratory mood, knowing that they were able to get the premises



Memorabilia housed at the Massachusetts State Police Museum walks visitors through the organization's past.

opening of the Massachusetts State Police Museum and Learning Center in the historic former Whitinsville Bank Building at Memorial Square.

MSPMLC President Stephen F.

ready for area residents to enjoy as part of festivities associated with the municipality's big milestone.

**MUSEUM**  
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## SMALL STONES

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Nicholas Gage is the Grafton-based author of "Eleni" and "A Place for Us" and is well-known for these autobiographical memoirs. Eleni is about his family's life in Greece during World War II and the Greek Civil War and his experience as a New York Times reporter traveling to Greece to find out about his past.

Mr. Gage's presentation as part of the Small Stones Arts Festival is scheduled for Friday, October 21st at 7:00 p.m., also at the Grafton Public Library. He often talks about his investigative reporting and his literary life.

His talk will also be followed by a Q-and-A session.

Another highlight of the Festival will be a Music Program featuring Paul Surapine and musicians from the Claflin Hill Symphony Orchestra and Apple Tree Arts. This will take place on Saturday, October

15th at 7:00 p.m. at the Congregational Church of Grafton.

Also, "History at Play: Annie Fields," will be presented on behalf of History at Play, LLC, by Judith Kalaora as another ingredient of the Festival at 7:00 p.m. on Saturday, October 22nd at the Grafton Public Library.

"Victorian Gossip Girl" Annie Adams Fields exerted incredible influence on the literary decisions made at Ticknor and Fields Publishing House (forerunner of Houghton Mifflin Harcourt). She also had a great ear for gossip. Nathaniel Hawthorne, Oliver Wendell Holmes and Charles Dickens were among her closest friends. She witnessed a great deal of Victorian revelry at her waterside museum on Beacon Hill in Boston. She wrote about her beloved guests in her novel "Authors and Friends" (1896).

An Art Call for the Festival went out on July 15 for submission of work. All

fine-art artists and photographers are invited to join the region's finest painters, photographers, water colorists and two-dimensional artists for the fifth year of the Festival.

The Festival returns to the Great Hall at One Grafton Common with winning artists to be announced at the Opening Reception. Apple Tree Arts, The Worcester County Camera Club, the Blackstone Valley Art Association, the Shakespeare Club of Grafton and Claflin Hill Symphony Orchestra are collaborating to showcase the art exhibition, artist and juror talks, music and literature programs.

Photography and all forms of two-dimensional artwork are welcomed for judging, with a maximum of four entries per artist. The Art Call remains open until midnight of the day five hundred entries are received.

All artwork meeting acceptance criteria will be displayed online.

Visit [smallstonesfestival.org](http://smallstonesfestival.org) to submit artwork.

# 'Zap 50' may be even bigger cleanup than the original

Nearly fifty years have passed since 10,000 volunteers gathered along the banks of the Blackstone River to remove tons of trash, including appliances, furniture and even cars and a school bus.

Thus began, in September of 1972, an initiative called "Zap the Blackstone."

Today, although many challenges still remain in the effort to "Bring Back the Blackstone," the waterway is much cleaner than it was half a century ago. It is also a focal point for many of the activities taking place in the Blackstone River Valley National Heritage Corridor.

In anticipation of a 50th-anniversary reenactment of the original cleanup, Raymond Kelley, whose grandfather was part of the initial effort, is making an appearance at Blackstone Valley Historical Society on August 14th to help kick off "Zap 50."

Mr. Kelley's hope is that this year's watershed-wide cleanup in Massachusetts and Rhode Island will be an even more massive undertaking than its celebrated predecessor.

Personnel in the Corridor office are understandably proud of all of the happenings that are calling overdue attention to the region's prized national park. Re-

cently, for instance, the Corridor issued a call for help in growing its "pollinator gardens," asking, "do you have a green thumb? Want to volunteer for gardening projects?"

Individuals interested in helping out in this capacity should email Ms. Cardoza at [mcardoza@blackstone-heritagecorridor.org](mailto:mcardoza@blackstone-heritagecorridor.org).

There is also an opportunity to take "the pollinator pledge" by going to <https://blackstoneheritagecorridor.org/protect-our-pollinators/>.

Also contact Ms. Cardoza if you want to become a volunteer.

## Bikeway, paddling are staples of river activity

The Blackstone River Bikeway and self-guided paddling are just two of the recreational opportunities available to residents looking to experience the National Heritage Corridor up close and personal.

The Blackstone River Bikeway can be accessed on bike or on foot. Twenty-four miles of the path are constructed. It will eventually run forty-eight miles from downtown Worcester to India Point Park in Providence, and connected there with the existing East Bay Bike Path and continued to Bristol, Rhode Island for an

additional 14.5 miles.

Self-guided paddling is available to both the novice and the expert. Paddlers will be pleasantly surprised as they move through quiet, teeming marshes, challenging narrows and unusual flows. At least two hundred species of birds can be seen along the river, which drops 450 feet over 46 miles. Among the birds living in the watershed are sixteen types of waterfowl.

## Battling the invasive water chestnut

The Corridor recently issued a thank you to Kate DeGoosh, environmental analyst for the Rhode Island Department of Environmental Management, who presented a skills workshop on the invasive water chestnut just days before the volunteer water chestnut pull hosted by the Blackstone River Watershed Council and the Friends of the Blackstone River. Eight cubic yards were pulled over two days.

The Blackstone River today, much cleaner than in the past but still with challenges. A 50th-anniversary Zap the Blackstone cleanup is scheduled for Saturday, August 27th.



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## Correction

In our Summer Guide it was incorrectly stated that the Grafton Farmers Market took place on Thursdays. It actually takes place on Wednesdays. We apologize for any inconvenience this may have caused.

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# Doughty Best Choice for Governor

Our state is facing some serious problems including high cost of living exacerbated by inflation, an ailing MBTA system, rising crime rates, businesses leaving the state, and declining schools. We need a governor who will put aside politics and put people first. That person is fiscally conservative outsider Chris Doughty.

He is not a professional politician. Chris has spent a lifetime creating jobs, not worrying about the next election. He is the only job creator in the race. For more than three decades he has worked to build businesses that provide good jobs, while juggling being a hands-on dad for his six children and serving in the community.

Doughty has overseen the expansion of Capstan Industries from its initial startup of a few dozen employees to become, at its peak, a large multinational manufacturer. As a business owner and job creator, he dealt with all kinds of challenges — from low-cost international imports to government regulation. He has worked hard to make

## political spotlight

his company a place people were proud to work.

Doughty graduated from Brigham Young University with a B.S. in economics and received an MBA from Harvard Business School. He is well qualified to be our Governor.

But, what will Doughty do for you? As he likes to say, "You will have more dough with Doughty."

Doughty was the first candidate to call for the suspension of the gas tax to help ease the pain at the pump. His plan is to suspend the gas tax until the price of gas drops below \$3.70 per gallon.

"The state has the funds, so there is no reason that the State House cannot help the hard working taxpayers by immediately suspending the gas tax. As the next Governor, we will be proactive in responding to crises," said Doughty.

Doughty wants to end the Commonwealth's reputation of being "Taxachusetts" and reduce taxes



more than Bill Weld did as Governor. This will make our state more competitive for attracting new businesses so that we can grow jobs and wages.

Like you, Doughty opposes licenses for illegal immigrants. But, he knows that the true problem is that Massachusetts is a magnet state. As our next Governor, he will strengthen verification of applications for public assistance so only the truly needy and legal residents receive benefits.

As an experienced job creator, Doughty has a small business bill of rights

plan to support those who create the majority of new jobs in our state.

"As a business owner, I have worked hard to always comply with new regulations, but it has not been easy. Creating jobs and meeting a payroll is not for the faint of heart. State government should be advocates and partners with our local businesses so the Commonwealth can create more jobs and raise wages. We do that by encouraging entrepreneurship and small businesses that are the backbone of our economy," said Doughty.



As a father and grandfather, Chris Doughty knows that education is the heart of our Commonwealth and that we need to provide the best educational opportunities for the next generation. Our state is a national leader in education at all levels but it is often uneven in its availability. Doughty will work to ensure parents can access the very best education for their children. The equation is simple: high expectations, a strong cur-

riculum, excellent teachers, and empowered parents.

We can count on Chris Doughty to make Massachusetts affordable again. To see more details on his small business bill of rights and other issues visit ChrisforMA.com. Chris would be honored to have your vote in the GOP Primary on September 6th.

*This article is Paid for by Committee to Elect Chris Doughty*

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# Xpressly Yours ... a letter from the editor

## A concert goer in pink with a stage of her own



BY ROD LEE

Understood by most everyone who takes in concerts at Indian Ranch is that a staple of the experience is “people watching.” On any given day performances by groups like the Little River Band, which took place the afternoon of July

17th, are sure to bring out an assortment of characters more colorful in attire and more captivating in personality than even Big Bird, James Cagney as Yankee Doodle Dandy, Liberace or Jerry Lee Lewis at the piano or Aerosmith’s Steven Tyler in a lavishly embroidered jacket. Such was the case again when hundreds of people

(some of who, like myself, received a VIP invitation for a thank-you press party prior to the main event from Indian Ranch Publicist Adam Klein) gathered at the venerable location at the edge of Webster Lake in anticipation of the music they would be hearing from Wayne Nelson and his mates; songs like “Cool Change,” “Reminiscing,” “Playing to Win,” “Help is on its Way” and of course “Lonesome Loser.”

For me, the chance to sing along to the lyrics “Have you heard about the lonesome loser?/ Beaten by the queen of hearts every time/ Have you heard about the lonesome loser?/ He’s a loser but he still keeps on tryin’” was made all that much better by the presence of a granddaughter who came along for companionship—and by a surprise reconnection with former colleagues from the Telegram & Gazette.

Seeing Jay Valencourt and Deirdre Baldwin again meant catching up on “the good old days” we shared on Franklin Street in Worcester, followed by lunch together at a picnic table (the food was provided by the staff of Samuel Slater’s Restaurant) and then seats in the bleachers to the right of the stage for the show.

Jay and Deirdre were much more familiar with the Little River Band’s catalogue than myself and so they did not raise their hands when Wayne Nelson asked “how many here are seeing the Little River Band for the first time?” To the many hands that shot up at this question, Mr. Nelson said “where have you been for the last forty-seven years?”

Perhaps more than is true

at even the Comcast Center, The Palladium, the South Shore Music Circus, the Cape Cod Melody Tent, Boston’s Hatch Shell or the Hampton Beach Casino, there is an energy at Indian Ranch that can lift the most downtrodden spirit. This will undoubtedly continue to be true as the

with cooling water — and anyone nearby who desired the shower as well — while dancing continuously. At times she left her place about midway up the grandstand to bolt down the aisle and engage with others she knew, without missing a beat. At other times she dropped into

the lap of the man who was with her, still gyrating and singing along with the band.

Wayne Nelson may not have noticed Rose in the throng but if he did, perhaps he was toasting her when he raised a glass, took a sip and said “Kentucky water, brown.”

One thing is for sure. Rose got her money’s worth by letting off a little steam. She was not alone. Invariably concerts at Indian Ranch get the audience up on its feet. The acts — in this case the Little River Band — respond affirmatively.

“We’ll be back!” Wayne Nelson said, while paying homage to keyboardist Chris Marion, singer-songwriter-guitarist Bruce Wallace, drummer Ryan Ricks and guitarist Colin Whinnery.

An Australian rock group that has been around since the 1970s the Little River Band has been dubbed “the best singing band in the world” by Glenn Frey of The Eagles. LRB continues to demonstrate staying power as it moves from Webster to Dallas, Winder, Georgia, Anderson, Indiana, Nashville and beyond—in 2022.

Just like Rose, who never seemed to tire on a blazing hot day that left a lot of others wilting.

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## MUSEUM

*continued from page 1*

"We started this in 1995 as an idea. It took until 2007 to get it organized as a nonprofit," Mr. Byron said on July 20th. "We have more stuff than we know what to do with."

His comments came as he and Mr. Crawford ushered Amy Sondrup, Scott Williams and Dean Cerrati of Access TCA through the premises.

Mr. Byron and Mr. Crawford had high praise for Access TCA, which was largely responsible for creating the atmosphere that has been achieved in the 6,000 square feet the museum occupies on the first floor of the building. As Mr. Crawford told Ms. Sondrup, Mr. Williams and Mr. Cerrati, "we're police officers, not design experts."

"They're incredible," Mr. Byron said of Access TCA's crew.

They are indebted as well to Vincent Osterman of E. Osterman Gas, the building's owner, for providing them with a two-year lease.

"We landed here in eight days and we had to be out of the building we were in a month," Mr. Crawford said. "This is one of the most



*Above, Steve Byron talks with officials from Access TCA during their visit to the Massachusetts State Police Museum on July 20th. A 1951 Indian motorcycle is prominently displayed on the floor of the museum. Right, Jack Crawford helps lead representatives of Access TCA through the Massachusetts State Police Museum. A team from Access TCA played an important role in crafting the displays and exhibits at the museum.*



beautiful buildings in town. We thought it was too big when we first saw it. It is a bases-loaded home run. It's perfect. Everything meets our requirements for a public building."

Mr. Crawford, a longtime prominent townie who now lives in Uxbridge, believes the museum will quickly be embraced as an important addition to Northbridge's downtown historic district. Initial response from those who are checking the museum out indicates his optimism is well-warranted.

The museum is open Tuesdays and Saturdays

from 11:00 a.m. to 4:00 p.m., and by appointment.

"We are always looking for volunteers," to assist with shepherding visitors through the museum and explaining the exhibits, Mr. Byron said.

In giving the Access TCA team a guided tour, Mr. Byron and Mr. Crawford were pleased to offer remarks on many of the artifacts that have been arranged for viewing. There are vintage and current State Police uniforms, helmets, countless photographs (including some of various State Police troop locations), scanners, license plates, telephones, a holster with bullets ("twenty-four rounds, loaded individually," Mr. Byron said), patches, the learning center (a separate room), pennants, firearms ("we had a pistol team"), a board room, a replica canine, and a 1951 Indian motorcycle—for instance.

"At one time," they said, "every trooper was required to learn to ride a motorcycle."

"Most motorcycles have the throttle on the right, these were on the left, so an officer could shoot with his right hand if necessary," Mr. Byron said.

Exhibits include a lunch counter dedicated to Artist Norman Rockwell's famous painting "The Runaway,"

which appeared on a cover of the Saturday Evening Post. It depicts a trooper and a child sitting side by side on stools.

"Rockwell approached a trooper who lived nearby, Dick Clemmons, to help him with this," Mr. Byron said. "Dick Clemmons became a goodwill ambassador and is now deceased. The boy, Eddie Lock, is still alive." Mr. Lock was an eight-year-old third grader at the Plain School in Stockbridge in 1958 when he was selected to pose for a picture Mr. Rockwell used to create his painting.

Addressing his new tenant on the morning of July 22, Mr. Osterman said "I think the museum is going to be a great asset for the town. It fits well in the historic district to have a facility like that. My hope is that they will get the education community involved."

"We're very happy to have them as a tenant."

Persons interested in learning more about the museum and learning center ("preserving a history of service to the citizens of Massachusetts") can do so by going to the website, [www.mspmlc.org](http://www.mspmlc.org).

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# Grafton's Business Scene – August 2022

BY CHRISTINE GALEONE

For some people, saying goodbye to summer isn't easy. They'll miss the sunny picture postcard skies, the outdoor adventures and the slower pace of the season. But although summer is drawing to a close, it's possible to bid it farewell in a joyful way.

In Grafton, there are several fun activities that people can participate in before fall arrives. Some

of them could be seen as wonderful ways to end the summer.

If there's a special dog in your life, there's probably no better way to end the season than with your furry friend beside you. On Saturday Sept. 3, from 10:30 a.m. until noon, at Quite Fetching, located at One Grafton Common, you can do just that. The barkery and pet boutique will hold its second annual Pancake Breakfast (for dogs), which

will offer dogs a free buffet of dog-friendly pancakes and topping. That same day, humans can enjoy the shop's End of Summer Clearance Sale, which will continue throughout the day.

If you would prefer to spend the Saturday of Labor Day weekend at a farm, you could stop by Houlden Farm's Sunflower Shanty in North Grafton. The multi-generational family-owned business sells a variety of its produce along with dairy

items, baked goods and more at its farm store. Its Sunflower Shanty will be open that day and every Saturday through Oct. 29 from 11 a.m. to 9 p.m. The outdoor beer garden features live music, food and drinks. And during the day, families can visit the farm's goats and its playground.

If enjoying an ice cream cone under the sun is your favorite summer activity, or an activity on your summer bucket list, you're in for a treat. Not only does Houlden Farm now sell ice cream cones, you can find the sweet treats at Swirls and Scoops, Mooving Cow mobile ice creamery, Grafton Flea Market (for soft serve only) and frequently at the Grafton Farmers Market.

On Friday September 16, Engine Company No. 2 of Grafton, Inc. – a nonprofit run by firefighters from Grafton Fire Department Station Two in North Grafton – will end summer with the return of its GFD Station Two 16th Annual Golf Tournament at Highfields Golf & Country Club. The event will raise money to help the GFD with training and equipment needs. Proceeds will also go towards a scholarship for a Grafton High School student. The registration fee of \$160 per player includes greens fee, cart, dinner and prizes. An auction and raffles will be



A dog enjoys a pancake at the barkery and pet boutique's 2021 annual Pancake Breakfast. Courtesy of Quite Fetching's Facebook Page

held after the dinner. For more information, you can visit the nonprofit's website, [www.graftonengine2.org](http://www.graftonengine2.org).

People who want to end summer by signing themselves or their kids up for a fall class or sport could visit the Grafton Recreation website. The department is now registering students for its fall and winter sessions. Registration information can be found on the Grafton Recreation website, [www.grafton-ma.gov/recreation-commission](http://www.grafton-ma.gov/recreation-commission) in the department's Fall/Winter 2022-2023 brochure. It offers programs such as

soccer, basketball, horse riding and care and outdoor adventure. There are also programs on babysitting and kids' safety while being home alone.

Parents with kids who enjoy dancing might be interested to know that there's a new dance studio in South Grafton. MCW Performing Arts just opened at 156 Main Street in South Grafton. On the studio's website, [www.mcwperformingarts.com](http://www.mcwperformingarts.com), it states that they are "excited to welcome everyone to a safe, creative and nurturing space where they can become not only incredible dancers, but incredible humans."

It won't be long before summer nights are replaced by autumn evenings. But there's something to be said for bidding farewell to this season with the warmth it's known for.

Contact Christine with your business news items at [cmgaleone15@gmail.com](mailto:cmgaleone15@gmail.com).



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# Healthier Baking in the Blackstone Valley

BY CHRISTINE GALEONE

During the lazy days of summer, we frequently don't need an abundance of energy to fuel our days. But with busier schedules just around the corner, having an energy-boosting or energy-sustaining snack on hand is a pretty good idea. Having one that's also a joy to eat is an even better one.

For years, granola bars have been the go-to energy snacks for many people. But most of the brands that are sold in grocery stores contain additives, preservatives, artificial ingredients or too much sugar. Making your own granola bars gives you the opportunity to customize them, so that they're as healthy as you want them to be. And they're much fresher than the ones sold in stores. This recipe for dark chocolate honey-nut granola bars is one that you can reach for any time that you want to create a supply of delicious energy snacks.

These granola bars are a healthy snack because they're loaded with so many nutritious things. The oats are the whole grains that can give you energy. They



also contain fiber, which is good for your digestive health, and they're a heart-healthy ingredient that can lower your cholesterol.

Walnuts and almonds are two of the healthiest nuts that you can consume. They're healthy for your heart and mind, and the protein they contain helps support your energy. And the dried fruit, dark chocolate and cinnamon have anti-oxidants. Honey – in moderation – is also better for you than granulated sugar, and it can soothe your throat if you have a cough or sore throat.

## DARK CHOCOLATE HONEY-NUT GRANOLA BARS

**Ingredients:**  
 2 Cups of Rolled Oats  
 1 Cup of Chopped Walnuts  
 ½ Cup of Slivered Almonds  
 1 Cup of Freeze-Dried Fruit  
 1 Tbsp. Unsweetened Cocoa  
 1 tsp. Cinnamon  
 ¼ Cup of Brown Sugar  
 ¼ Cup of Honey  
 2 Tbsp. Butter  
 1 Large Egg  
 1 tsp. of Almond Extract  
 1 Cup of Dark Chocolate Chips (or 4 Baker's Squares of Dark Chocolate)

### Directions:

Pre-heat the oven to 350 degrees.

In a bowl, mix together all the dry ingredients except the chocolate chips.

In a separate microwave-safe bowl, microwave the butter and brown sugar until the butter is melted.

Add the honey and almond extract to the wet mixture, and stir until the brown sugar has been dissolved.

Add the egg to the wet

mixture, and stir well.

In increments, add the dry mixture to the wet mixture, and combine.

Distribute the mixture evenly in a 9" X 9" pan, press it down firmly with a spoon, so that it's level, and bake at 350 degrees for 20-25 minutes. Let it cool completely. Then, melt the chocolate chips or squares, and coat the granola with the melted chocolate. Cool in the refrigerator, and cut into bars after the chocolate

layer has hardened. Makes about 16 granola bars.

*\*Please Note: Honey is unsafe for infants, so this recipe shouldn't be made for anyone under one-years-old.*

Now, you can greet those busier days with confidence...or, at least, with a delicious homemade granola bar nearby. Happy (healthier) baking!

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7. Street Bike	25.00 miles
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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).

**THROUGHOUT THE MONTH OF AUGUST**

- Classic Cars & Ice Cream. This event occurs every Wednesday from 5:00 to 8:00 p.m. at

Nor'easter Blizzard's Ice Cream, 278 North Main St., Uxbridge, hosted by Top Dog Entertainment.

- The 6th annual Blackstone Valley Art Association Sunflower Show will take place at Booklovers' Gourmet, 72 E. Main St., Webster, with viewing hours for the café gallery Tuesday-Saturday from 10:00 a.m. to 5:00 p.m. and on Wednesdays from 10:00 a.m. to 6:00 p.m. A reception for some of the artists will be held on Saturday, August 13 from 3:00 to 5:00 p.m. Masks are

requested in the store at this time. Contact Deb Horan, 508-949-6232 or [deb@bookloversgourmet.com](mailto:deb@bookloversgourmet.com) for further info.

## UPCOMING AT INDIAN RANCH IN WEBSTER:

- August 26, Get The Led Out.
- September 2, Extreme, 7:00 p.m.
- September 3, Aaron Lewis and The Starliners, 1:00 p.m.
- September 10, The Pike Rock Fest 2023, 12:00 noon.
- September 11, Nash Icon Local Country Fest, 12:00 noon.
- October 8, Jamey Johnson Live in Concert, 1:00 p.m.

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

## FRIDAY, AUGUST 26

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

## SATURDAY, AUGUST 27

- The Auburn Historical Society & Museum presents the first annual Parking Lot Craft Fair, 41 South St.,

Auburn, 8:00 a.m. to 2:00 p.m., rain or shine. For more information or to reserve a spot contact Helen Poirier at [auburnmuseum@verizon.net](mailto:auburnmuseum@verizon.net), or stop by the museum Tuesdays or Saturdays between 9:30 a.m. and 12:30 p.m.

- "Zap 50," a re-enactment of the original "Operation Zap" cleanup of the Blackstone River, will be held throughout the watershed in Massachusetts and Rhode Island from 8:00 a.m. to 5:00 p.m. All volunteers are welcome to take part; for more information contact the Rhode Island Historical Society or the Blackstone River Valley National Heritage Corridor.
- The Friends of the Grafton Public Library is hosting a Back-to-School Book Sale at the library, 35 Grafton Common. This is also "Play Music on the Porch" day. All are welcome. Call 508-839-4641 for more info.

## TUESDAY, AUGUST 30

- The Uxbridge Senior Center's Pout Pond Lunch Outing is scheduled for 11:00 a.m. to 1:00 p.m. There will be bingo with Sally. Van rides are available or meet at the site. Call ahead to RSVP, 508-278-8622.
- "Virtual Ladies of the Light: Women Lighthouse Keepers," an online event made possible by an American Library Association Humanities grant, is being offered by the Millbury Public Library. Jo Ann Tufo, historian and experienced virtual/hybrid presenter, will talk about women who have shouldered this important responsibility throughout American history.

## WEDNESDAY, AUGUST 31

- Amy Cowen, a former resident of the island of Oahu, brings the Hawaiian Islands to Plummer Place at the Northbridge Senior Center, 20 Highland St., Whitinsville, for an end-of-the-summer party from noon to 2:00 p.m. Authentic Hawaiian entertainment and a



*A parade at 3:30 p.m. on Monday, September 5th (Labor Day) is a highlight of the town of Charlton's Old Home Day festivities but by no means the only attraction. See the Happenings! listings for further details.*

themed luncheon with dessert will be served. Seating is limited. Sign up with Amy, 508-234-2002, to attend.

## THURSDAY, SEPTEMBER 1

- ValleyCast presents The Eagles Experience, 6:00 p.m., Whitin Mill complex, 50 Douglas Road, Whitinsville. In the event of rain the show will move indoors to the Singh Performance Center.

## SATURDAY, SEPTEMBER 3

- A Dragon Boat Festival celebrating fifty years of the "Zap the Blackstone" cleanup movement will be held from 8:00 a.m. to 5:00 p.m. at Festival Pier, 50 Tim Healy Way, Pawtucket. For further info contact the Rhode Island Historical Society.
- The Millbury Lions Foundation will host its 5th annual Antique & Classic Car Show at Hebert Candy Mansion, 574 Hartford Turnpike, Shrewsbury, from 10:00 a.m. to 3:00 p.m. More than one hundred fifty classic cars, hot rods, trucks, foreign automobiles, motorcycles and other vehicles are expected with over six hundred spectators in attendance. Rain Date is Saturday, September 10th. Awards will be presented to the Top 50 entries with a trophy ceremony at 2:00 p.m. Pre-registration fee is \$10.00 if paid by August 15th. Registration on the day of the show is \$15.00. Cruisin Bruce Entertainment will provide music throughout the event. There will be dash plaques and goodie bags for the first one hundred participants who register. There will also be raffle prizes, door prizes and a 50/50 raffle. The Dog Father food truck and Hebert Ice Cream will be on-site. Vendor and flea market space is available at a minimal fee. All proceeds benefit

the Lions' community projects. For more information visit [www.millburylions.org](http://www.millburylions.org).

## MONDAY, SEPTEMBER 5

- Charlton's Old Home Day, established in 1897, returns with a plethora of activities including soap box races, a kids fun run (a collaboration between the Charlton PTO and Charlton Cross-Fit), arts, crafts, flowers, music, awards, an information booth, a road race, a bicycle stunt show, a parade (starting from Overlook at 3:30 p.m.), Grizzly Adams photos, Scottish Highland Games, Blessing Farm pony rides and fireworks. This family-friendly event will be occurring throughout town from dawn until after dark.

## TUESDAY, SEPTEMBER 6

- Coffee Break, a community Bible study for women, will begin its fall season with a Meet & Greet from 9:30 to 11:00 a.m. at the Pleasant Street Church, 25 Cross St., Whitinsville. A study of "Revelation: God Speaks to the Church," will start on Tuesday, September 13. Refreshments and childcare are provided. Coffee Break is held each Tuesday and offers women in the Blackstone Valley the opportunity to discuss the Bible, share questions and concerns, and develop new friendships. No homework is required and no previous Bible knowledge is necessary. For more information, call Anna at 508-234-4902 or email [churchoffice@psrc.org](mailto:churchoffice@psrc.org); or visit [psrc.org/adults](http://psrc.org/adults).
- The Sutton Historical Society welcomes Christine Higginbottom for a presentation entitled "An Infinite Variety of Fruit: Historic New England Apples," 7:00 p.m.,

## HAPPENINGS!

*continued on page 9*

## Blackstone Valley Boat Rentals

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**HAPPENINGS!***continued from page 8*

the First Congregational Church, 307 Boston Road.

**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**

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

**SATURDAY, SEPTEMBER 10**

• The Zap the Blackstone Revival,

celebrating fifty years of efforts to clean up the Blackstone River, will be held from 11:00 a.m. to 5:00 p.m. at the Old Slater Mill National Historic Landmark, 67 Roosevelt Ave., Pawtucket.

**WEDNESDAY, SEPTEMBER 14**

• The Rotary Club of Blackstone Valley will host its annual Rotary Scholarship Golf Tournament at Blissful Meadows in Uxbridge from 9:00 a.m. to 5:00 p.m. Cost is \$125 per golfer or \$500 per foursome, and \$40 for dinner only. Register at <https://tinyurl.com/unipaybvrotary> or send your payment to The Rotary Club of Blackstone Valley, PO Box 4, Whitinsville MA 01588.

**SATURDAY, SEPTEMBER 17**

• The Stewardship Committee of St. Denis Church, 23 Manchaug Road, Douglas, will present a "divine" comedy of belly laughs, blessings, blarney and bingo featuring Fr. Patrick Aloysius Misgivings relating his stories and one liners about growing up Catholic. This event is for those 21 or older.

Doors open at 4:45 p.m. The show starts at 5:30 p.m.

Tickets are \$20 per person and include heavy hors d'oeuvres and beverages. Tickets can be purchased online at [SaintDenisChurch.com](http://SaintDenisChurch.com), in person

*Fr. Patrick Aloysius Misgivings guarantees an evening of hilarity with thoughts on his Catholic faith at the St. Denis Church in Douglas on Saturday, September 17<sup>th</sup>.*

after all masses in August and early September or by calling the Rectory at 508-476-2002. "Don't miss this delightful and uplifting one-man show!" Cynthia Murphy says.

**SEPTEMBER 17-18**

• The American Heritage Museum, 568 Main St., Hudson, will present "World War I Aviation Weekend" with a public unveiling of the restored Nieuport 28 fighter in the colors of Douglas Campbell. A visiting exhibit of World War I replica aircraft is expected. Demonstrations of rotary engines and the AHM's World War I ambulance will be included. Tank rides and WWII biplane rides are available for an additional charge. Visit [www.americanheritagemuseum.org](http://www.americanheritagemuseum.org) for more info.

**MONDAY, SEPTEMBER 19**

• The 16th annual Uxbridge Senior Center "Sweet 16" Golf Outing, sponsored by the Uxbridge Elderly Connection, will be held at Whitinsville Golf Club in Whitinsville starting at noon with a shotgun start. This fundraiser benefits programs and activities at the Uxbridge Senior Center. Teams of four can sign up to play for \$100 per golfer for nine holes including cart and buffet dinner. Contact Russ Rosborough at 508-579-5983

or Karen Beane at 508-769-3816. A full sponsorship is available for \$600, which includes fees for four golfers, carts and dinner plus tee sign with additional acknowledgement in press and print matter.

**SATURDAY, SEPTEMBER 24**

• The Village Congregational Church's Harvest Festival, a local tradition, will be held from 9:00 a.m. to 3:00 p.m. on the Town Common in Whitinsville. Rain



*Young and old alike will get into the spirit of the event at the Millbury Lions Club's Antiques & Classic Car Show on Saturday, September 3<sup>rd</sup> at the Hebert Candy Mansion in Shrewsbury.*

Date is Sunday, September 25<sup>th</sup> from noon to 4:00 p.m. This event features arts, crafts, plants, a food court, farmers market products, a bounce pad, entertainment, children's activities and games, music, a large variety of raffle prizes and a special handmade quilt raffle. VCC is looking for volunteers and vendors. Call 508-234-7901 for further details.

**SATURDAY, OCTOBER 1**

• The Sutton Historical Society will present a Wagon and Cart Show from noon to 4:00 p.m. at the M.M. Sherman Blacksmith Shop, 6 Singletary Ave.  
• Dudley Grange #163 will host an Apple Festival at its grounds, 139 Center Road, Dudley. Vendors are welcome. Contact Karen-Beth at 508-341-6289 to reserve a spot.

**OCTOBER 8-9**

• "The Battle for the Airfield WWII Re-Enactment" will take place at the American Heritage Museum, 568 Main St., Hudson. This is a WWII living history event with over 350 re-enactors representing several branches of Allied and Axis military in two large-scale battles daily. Re-enactor encampments will be open all day for both Axis and Allied soldiers. There will also be a WWII veterans roundtable daily in the hangar. Tank rides will be available all weekend for an additional charge. Visit [www.americanheritagemuseum.org](http://www.americanheritagemuseum.org) for more info.

**OCTOBER 9-23**

• The Friends of the Simon Fairfield Public Library in Douglas will conduct a fall online auction, with all proceeds going toward the Library Building Fund. The Friends are seeking donations of crafts, services, gift baskets,

antiques and "what-have-you" for this event. For more information, visit [mysfpl.org](http://mysfpl.org).

**SATURDAY, OCTOBER 15**

• The St. Patrick's Autumn Recycling Event: 8am - 1pm in the Church parking lot, 7 East Street, Whitinsville. The profits will benefit upcoming Youth in Action service projects. Please keep items for each station separate. For more information & electronics pricing, call 508-234-5656 or email [oficesupport@mystpatrick.com](mailto:oficesupport@mystpatrick.com). Cash preferred. Thank you for your support!

**FOUR!**

The First Congregational Church of Sutton is holding its annual golf tournament on Sunday, September 11, 2022 at Blissful Meadows Golf Club in Uxbridge. Visit <https://suttonfirstchurch.net/golfouting> for information on how to register/pay. Please contact Dan Fadden at 508-865-4247 or [danielefadden@outlook.com](mailto:danielefadden@outlook.com)

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# Skills Park adds exciting new dimension to West Hill Dam

BY ROD LEE

Long a popular recreational area in the town of Uxbridge and the Blackstone Valley, West Hill Dam recently took on a new role as well with creation of a Skills Park by the local chapter of the New England Mountain Bike Association (NEMBA).

"We have been developing trails, working with park rangers, setting up an amazing network of trails,"

Brian Belfer, president of the Blackstone Valley chapter of the NEMBA, said. "More recently we have been working with them to come up with a proposal to build a Skills Park. There are a handful around. We have created a unique blend of courses right in the middle of West Hill Dam. We are in the last stages of Phase 1."

The Skills Park was officially scheduled to open on Sunday, August 21st at

9:00 a.m. with a ribbon-cutting ceremony scheduled for 10:00 a.m. According to the NEMBA there would be music, contests and snacks at the unveiling.

A host of partners have been engaged to bring the Skills Park from an idea to reality, Mr. Belfer said. The U.S. Army Corps of Engineers has been instrumental in the buildout. Koopman Lumber, the Uxbridge Police Department, UniBank and private donors all had

a hand in furthering the project along. A NEMBA Signature Trails Grant gave the initiative a big financial boost.

Mr. Belfer pointed out that the Uxbridge location is within a reasonable distance to lots of friends of the NEMBA who belong to nearby chapters of the organization.

"The Skills Park is completely free," Mr. Belfer said, with "manmade structures and obstacles to help mountain bikers test their ability." There are wooden, rock and dirt features "and next year we will adding a kids pump track with little up and down hills." Phase 2 will involve installation of a dirt pump track, in the spring.

Already, "people are there pretty much every day," he said.

Best of all, the Skills Park is suitable for everyone from "kids on strider bikes to event-level mountain bikers."

The original proposal was for the Skills Park to open in early 2020. "We have been working on the concept since the beginning of the year," Mr. Belfer said. "It's all done with volunteer labor."



Riders' proficiency will be put to the test at the Blackstone Valley chapter of the New England Mountain Bike Association's new Skills Park at West Hill Dam in Uxbridge. The Skills Park was achieved entirely with volunteer labor.

He described the work involved as "a labor of love."

Without the support of the NEMBA, the project would not have been possible, he noted. "Volunteers have come out twice a week to donate their time to help build a park that we should all be proud of."

In a statement, the NEMBA said "one of the best riding areas in the region is getting better. While most people think that skills parks are for kids, nothing could be further from the truth. Skills parks are for everyone."

Riders who use the park

do not have to be members of the NEMBA.

Set on Hartford Ave. E. in Uxbridge, West Hill Dam offers a wide range of activities, including picnicking, fishing, swimming, volleyball, horseshoes, a playground, hunting for small game and bird watching. Over seven miles of hiking and mountain bike trails meander through woodlands and grasslands, providing secluded views of the West River.

Mr. Belfer pointed out that while there are skills parks throughout New England, like one in Allston that is "more of a paved structure," and others in the Merrimack Valley, Chelmsford and elsewhere, the West Hill Dam skills park is designed as a resource for all mountain biking enthusiasts.

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

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

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# The Rose Room, Andy's— and now comedy nights



BY ROD LEE

Not only did Bill and Jess Sabine realize a dream with the opening of The Rose Room at 4 E. Main St. in Webster in November of 2018, they have now taken a bold new

beverage scene in South County and Central Massachusetts.

Andy's draws on his more than twenty years' experience in the industry, from his days starting out as a manager, server and bartender in Hoboken, New Jersey, to other stops along the way: as service director at Sheridan Square in New York City; as general manager at The Pearl Restaurant and the Dune Restaurant on Nantucket; as front-of-the-house manager at the East Ender in Portland and

and Christopher Listorti on August 19th from 7:00 to 10:00.

Since meeting on Nantucket, marrying and having a child, Bill and Jess Sabine have returned to her native area of Dudley and brought to fruition their separate visions of owning a restaurant/café.

Submit restaurant and food and beverage news to The Feisty Fork by email [rodlee.1963@gmail.com](mailto:rodlee.1963@gmail.com).



Sam Stefanik, Anna Stefanik, Bill Sabine, Dot Sabine and Jess Sabine make The Rose Room in Webster a family affair.

step forward by launching a companion business—Andy's Neighborhood Canteen.

Run by Mr. Sabine, Andy's is located at 9 Frederick St., just a short hop from The Rose Room.

Situated in a building that formerly housed a brewery, Andy's has been in operation for less than a year. The facility, with a first and second floor and an outdoor seating area, suits Bill Sabine's designs perfectly.

Word is getting around about Andy's.

"People are still finding us," Mr. Sabine said on July 30th.

He sees Andy's as an extension of what the couple began with The Rose Room, a café and tonic bar. The Rose Room with its concentration on locally sourced meat, dairy, grains, flour, eggs and produce from farms throughout the Northeast has already proven popular with customers. So much so that Bill and Jess say on their website "the impact this café has had in its short life has been indescribable."

Mr. Sabine's intention is for Andy's to exert similar influence on the food and

bartender/MOD at the Liquid Riot Bottling Company, also in Portland.

A graduate of the New Jersey Institute of Technology with a major in Architecture, he is versed in all aspects of the culinary trade including Operations, Food & Beverage, Hospitality, Wine & Spirits and Customer Service.

"During the week I open when The Rose Room closes, for people to get a bite to eat, shoot pool," Mr. Sabine said. "This space was built out for when [Brian Kretschmann of KBC] was brewing."

"We do trivia on Thursday nights, music on Fridays. We are starting a comedy series the second Saturday of the month, upstairs on the stage. That begins Saturday, August 13 with Matt Devlin hosting from 8:00 to 10:00 p.m."

Andy's also offers a \$6 sandwich night on Wednesdays, to go with a wide selection of draught beer, cocktails, sandwiches, snacks and "sweet treats" from The Rose Room.

As part of its regular entertainment, the Evan Wood Trio is scheduled to perform on August 12 from 7:00 to 10:00 p.m.

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Artists will receive a stipend for their work.



## Immigration and Industry Presentation

**T**he Millbury Historical Society presents "ZOSIA: Immigration and Industry along the Blackstone River," by Helen Rawinski Blazis

Thursday, Sept. 15 at 7 p.m.

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# Aviation Weekend at AHM will celebrate WWI planes, pilots

**W**orld War I aircraft will take center stage at the American Heritage Museum, 568 Main St., Hudson on September 17th and 18th, from 9:00 a.m. to 5:00 p.m. both days.

A special treat for visitors to the AHM that weekend will be the unveiling of the museum's original 1917 Nieuport 28 restoration project and plans to fly the craft each day. The AHM is also working with several organizations to bring and display their accurate World War I aircraft and original rotary engines as well.

As a bonus, original rare WWI uniforms and flight clothing worn by World War I aviators will be available for viewing. These are part of the Parks Collection that has been moved to the AHM. Such uniforms as that of Douglas Campbell, American's first ace, can be seen, as well as the original leather flight coat of Capt. Eddie Rickenbacker.

Douglas Campbell was an American aviator and WWI flying ace. He was the first American aviator flying in an American-trained air unit to achieve the status of ace.

Gates open at 9:00 a.m. for the shows.

All three museums will be open: the AHM, the Historic Aviation Hangar and the Classic Automobile Barn.

This is a rare opportunity for visitors to see some of the world's rarest aircraft, classic American automobiles, historic tanks, armored vehicles, military artifacts and more.

Tank driving experiences and tank rides will also be available over the weekend.



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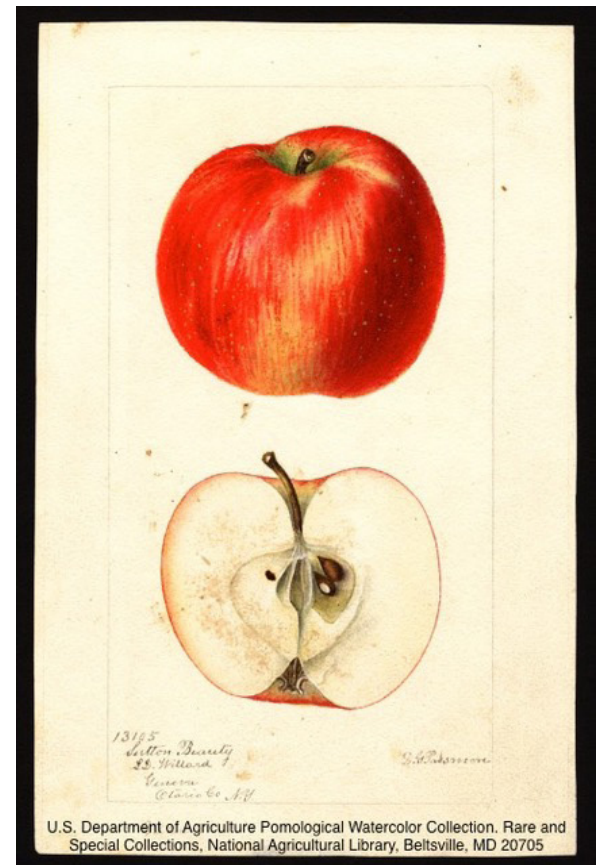
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## Sutton Historical Society to Host Speaker

The Sutton Historical Society, Inc. will host Christie Higginbottom, Garden Research Historian, on Tuesday, September 6, at 7 pm in the First Congregational Church, 307 Boston Road, Sutton. Her presentation entitled, "An infinite variety of fruit": Historic New England Apples, should be a New England crowd pleaser. This program will explore the roles played by apples at the table and on the farm landscape in the past, and will celebrate the revival of interest happening today. Hundreds

of historic apple varieties were born in New England cider orchards from the early 1600s to the late 1800s. These apples com-

museum's historic households. She also supervised the Village's Herb Garden collection, a garden exhibiting over 300 varieties



prise an extremely diverse collection with evocative names such as "Roxbury Russet," "Westfield Seek-No-Further," "Sheepnose," "Maiden's Blush," "Hubbardston Nonesuch," and Sutton's own "Sutton Beauty." The historic Sutton Beauty variety was cultivated by Stephen Waters in 1757. New saplings of the Sutton Beauty were recently planted at Sutton Historical Society locations thanks to the efforts of Jon Clements, UMASS Amherst. The Society is proud to be cultivating such an important part of the town's history.

Christie has worked as a costumed interpreter at Old Sturbridge Village since 1981. She coordinated the historic horticulture program researching, planning and planting the re-created kitchen and flower gardens at the

of historic herbs. Now retired from full-time work at OSV, she continues to work in costume part-time – most often in the gardens, and to present garden programs for the Village.

Christie lectures at museums and historic sites, garden clubs, historical societies, colleges and libraries. She writes and consults on historic gardens and their interpretation. She enjoys teaching home gardening classes at New England Botanic Garden at Tower Hill and the Northeast Organic Farmers Association.

This program is free to all members and the general public of all ages. Please join us to learn about apple history and to usher in the 2022 apple picking season.

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# Open Sky Community Services to Host Health Fair at Alternatives Whitin Mill

Open Sky Community Services invites the community to a free Health Fair at the Whitin Mill, 50 Douglas Rd. in Whitinsville on Wednesday, September 28, 2022 from 10 a.m. - 4 p.m. The fair will feature a variety of free exercise classes including classes from Brave Yoga, Beatz Dance Studio and Tai Chi with Ron Allen. There will be exhibitors representing different areas of health and wellness including Nutritionist Michelle Mix from Hannaford, students from the Blackstone Valley Vocational Technical High School Health Services shop, Special Olympics Massachusetts and many more! In addition, there will be a Chili Cook Off and healthy snacks.

This free event is open to anyone in the community and is a great

opportunity for school groups, families, and senior citizens. We are still accepting vendors for the health fair. If interested, please contact Shannon Gwinn at (774) 922-7577 or Shannon.gwinn@open-skycs.org.

What: Community Health Fair

Who: Hosted by Open Sky Community Services. Open to anyone in the community. Dozens of local health and wellness vendors will be present.

Where: Alternatives' Whitin Mill, 50 Douglas Rd. Whitinsville, MA

When: Wednesday, September 28th, 2022, 10AM-4PM.

Cost: Free!

## ABOUT OPEN SKY COMMUNITY SERVICES

Open Sky Community Services, Inc. offers a wide range of services for adults, adolescents, and children experiencing mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other complex challenges throughout Central Massachusetts. Open Sky, which was formed in 2018 through the affiliation of Alternatives Unlimited, Inc. and The Bridge of Central Massachusetts, has over 1,200 dedicated employees and an annual budget of \$90M with more than 100 programs throughout the region. For more information, please visit [www.openskycs.org](http://www.openskycs.org).



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## LIVING WITH LUKE

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# Luke learns through play

BY AMY LECLAIRE

Luke follows me everywhere, even into the bathroom. Dog People understand. Dogs want to know where we are at all times. Therefore they make themselves available to us all the time. For this reason, amongst so many others, it's so very hard to lose them. A dog's life is far too short. They're there, and then suddenly

they're not. The empty space marking 'what was' and 'what is' often leads to one of the most painful life transitions for a dog owner.

Henceforth, we don't mind tinkling on the toilet while our dogs sit in front of us and wait casually, as though there's no reason to be private about the business of going pee-pee. A dog has a one-track mind. Follow owner. Be with owner. Love owner.

I've had dogs my whole life, and appreciate their brand of love. Never would I have guessed, however, that my latest addition to the family

would follow me into the bathroom for yet another reason.

"What are you doing, Luke?"

Luke happens to be watching me do laundry. He sits and waits for me to drop socks and shirts, piece by piece, into the washer tub as though to say, "When will it end? Look at all of those clothes!" His ears prop up intelligently. He's hoping that I'll accidentally drop a sock onto the floor amid a soft toss. Here's the sad truth about this.

A part of me actually wants to feign an accident for him just to witness the surge of joy in his eyes as he realizes his good fortune. "My life is short. I'm grabbing that baby before Mom takes it back." Believe me, I've played Bad Cop, and said no to my pup often. Still, I must confess—it's difficult to say no to a six-month-old pup with eyes that plead, "I'm just going to hold it, Mom. I promise to give it right back."

Nevertheless, Professor Luke isn't fooling anyone. I've seen that pup steal a sock with the grace of a burglar in slippers, then dash beneath the kitchen table (his cave) and tuck it between his paws. "No one can see you under there, Luke," I say with sarcasm not lost on a smart puppy. He looks up in paranoia yet refuses to come clean. "Let me just take care of this loose thread."

His cuteness tempts me, but most times, it's not enough to sell me. So I make sure that every sock makes it into the washer. Then I kneel down with him and share in the joy that is the laundry finale. I press the magic button and we both watch the clothes dance and bounce against the washer door. "There they go, Luke!"

Professor Luke is always on the move to learn new things. Water play has offered him added opportunity, especially during the summer months. I'll never forget the first time he watched me water flowers. "The water is shooting from the snake's mouth!" He couldn't hold back his elation, and wanted IN. He barked, crinkled his nose and became boss to the water. He chomped at the droplets and struggled to track the irregular direction of the spray, while I moved the hose back and forth. "I'm gonna' get you, sprays of water. And you! And you, too! Hey, what happened?"

The water game has been a hit all summer long. A child of the seventies (and to my pup's benefit) I still adore playing with the hose. I



hold my thumb against its mouth to control the water flow. The water stream changes shape, morphing to a thin section that sprays and darkens Luke's roaring little face. "Knock it off!" He digs his heels

into the grass and barks some more. Luke is rather cute when he's angry but I haven't the heart to frustrate him more with the

**LUKE**

*continued on page 17*

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by Kelly Hauk

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## LUKE

continued from page 16

water's erratic behavior. Instead, I lower the hose to the ground and create a bubbler for him to drink from.

Empowered, Luke gulps at the water with the satisfaction of a mob boss. He even takes a shot at biting the green tube, a final nail in his coffin of frustration. "Take that, Hose!" I use the hose as a gun (capitalizing on an ironic defense) and spray him. "Luke – No!" He jumps backwards and shakes his head. "He

curious pup encountered a clever new trick while swimming. He found that he's able to create the same "hose effect" by slapping his paws against the water. Then he'll bite and swim after delicious circles of bubble and spray. I'll never tire of watching Luke bring life to the term, Simple Pleasures. My pup is intelligent enough to create his own fun.

Luke's quiet side is as remarkable as his fun side. He goes out to lunch with me often, and rests calmly beneath an outdoor table while person after person comes by to pet him and



started it!" His bear cub face is dark and dirty. Residual water drips from his mouth and he smiles devilishly, a small wolf with a temper. I make an important decision to turn the water off at its source.

Luke carries his love for water to pools and lakes. His first swim at Lake Singletary proved to be an enlightening experience. My son, a former lifeguard, dove underwater first. Luke, needing to follow his brother (and favorite person) learned to swim by virtue of needing to swim. It was that simple. He initially slapped down at the water, his paws frantic and desperate, as though he needed to save himself, then his brother, from a horrific drowning accident. After only a few tries, he learned to paddle efficiently. Now he swims smoothly, just as Lincoln had for so many years, barring one exception.

Lincoln was an athlete. Luke is a learner. The

learn more about him. He especially loves children. I think he senses his own small age while watching them move and speak in small voices. "Can my daughter pet your dog?" He listens to Mom and lowers his head obediently while a small hand pets his head. One time, from a distance, he watched as a child cried. He softened his gaze and studied her intently. His mouth stilled. I think he may have been saying what dogs have been telling us for years.

"It's okay. I understand you, and I love you. I don't know what happened or how it happened, but I'm here for you."

Dogs do not leave our sides. For this reason, Luke is always welcome to join me in the bathroom.

Write to me at [amyl-eclair@hotmail.com](mailto:amyl-eclair@hotmail.com)

Find Luke on Instagram: [instagram.com/livingwith-lukevalentino](https://www.instagram.com/livingwith-lukevalentino)

## REAL ESTATE

## Should you buy a home with inflation this high?



BY MARK MARZEOTTI

While the Feds are working to bring down inflation, the latest data shows the inflation rate is still going up. You no doubt are feeling the pinch on your wallet at the gas pump or the grocery store, but that news may also leave you wondering: should I still buy a home right now?

Economists are saying inflation will have a strong influence on where mortgage rates go in the months ahead. Whenever inflation finally starts to ease, so will mortgage rates — but even then, home prices are still subject to demand and very tight supply.

No one knows how long it'll take to bring down inflation, and that means the future of mortgage rates is also unclear. While that uncertainty isn't comfortable, here's why both inflation and mortgage rates are important for you and your homeownership plans.

When you buy a home, the mortgage rate and the price of the home matter. Higher mortgage rates impact how much you'll pay for your monthly mortgage payment — and that directly affects how much you can comfortably afford. And while there's no denying that it's more expensive to buy and finance a home this year than it was last year, it doesn't mean you should stop your search. Here's why.

Homeownership is historically a great hedge against inflation. In an inflationary economy, prices rise across the board. Historically, homeownership is a great hedge against those rising costs because you can lock in what's likely your largest monthly payment (your mortgage)

for the duration of your loan. That helps stabilize some of your monthly expenses. Not to mention, as home prices continue to appreciate, your home's value will too.

Real estate has historically been one of the time-honored inflation hedges. It's a tangible asset, and those tend to hold their value when inflation reigns, unlike paper assets. More specifically, as prices rise, so do property values. Also, no one is calling for homes to lose value.

Economists I've spoken to say the current home price growth rate is unsustainable, and higher mortgage rates coupled with more inventory will lead to slower home price growth but unlikely a decline home prices.

Your home search doesn't have to go on hold because of rising inflation or higher mortgage rates. There's more to consider when it comes to why you want to buy a home. In addition to shielding yourself from the impact of inflation and growing your wealth through ongoing price appreciation, there are other reasons to buy a home right now, like addressing your changing needs and so much more.

Homeownership is one of the best decisions you can make in an inflationary economy. You get the benefit of the added secu-

rity of owning your home in a time when experts are forecasting prices to continue to rise.

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## TALES FROM BEYOND

tomdagostino.com

# Multiple spirits haunt The Shanley Hotel in Upstate NY-1

BY THOMAS D'AGOSTINO

One of the most haunted places in the Northeast resides in a small town in Upstate New York. The Shanley Hotel, located in Napanoch, has at least fourteen different spirits that come and go as they please, no matter who is there. According to researchers and investigators who have made this haunted hostel their regular ghost hunting ground, the number may be more.

Thomas Ritch erected the hotel, naming it the Mansion House in 1845 on Napanoch's Main Street. From there, the hotel changed hands several times. In 1895 a fire consumed the whole structure, but it was quickly rebuilt and open for business in no time under a new name, Colonial Hotel. James Louis Shanley purchased the property in 1906 and added an addition to the rear of the building. This wing served as a barbershop, boarding house, and later, a bordello. Shanley also added secret rooms during Prohibition to



hide contraband and escape tunnels in the cellar to hide from authorities. Shanley married Beatrice Rowley in 1910. The couple was well known and respected by many prominent and influential people of the day. Thomas Edison was a regular at the Shanley, becoming friends with the owners. Beatrice became close friends

with Eleanor Roosevelt, who often visited the Shanley. In fact, the Roosevelts cleared Shanley's name when he was charged with selling alcohol during Prohibition. A room was later named in Roosevelt's honor.

The couple had three children, but unfortunately, all three died before one year old. Kathleen died at

only five months, twenty-four days old. James Jr. died at four months, eleven days, and William passed away nine months and ten days after birth. James senior passed away on August 26, 1937. Beatrice found the hotel too much for her to keep up alone, and in 1944, she sold it to Allen Hazen. It would change owners

several more times before becoming abandoned in 1991.

The Shanleys were not the only ones who experienced tragedy while residing in the hotel. In 1911, Rosie, the three-year-old daughter of the house barber Peter Greger, fell down a well on the property across the street and died. She haunts the bordello area on the second floor where the Gregers resided during his employment at the hotel.

Another person who is said to haunt the establishment is a man named Alfred Volkman. Volkman was executed for murdering the local preacher's nine-year-old daughter named Helen. Both he and Helen eternally reside at the Shanley.

Beatrice's sister, Esther Rowley Fraughman, died of influenza while pregnant. Her spirit resides in the room on the second floor, where she took her last mortal breath. The ghost of John Powers, one of Shanley's business partners,

also haunts a room on the second floor.

In 1979, a man named William Blakmur died while living at the Shanley. He may also be one of the ghosts haunting the building.

Other spirits include a man named Frank, who was a bodyguard at the bordello. He met an untimely end after being shot in the hotel's pub. A ghost named Joe and a man who whistles makes frequent appearances. Several children, the spirit of a former cook, and a cat named Sweet Thing are among the many ghosts haunting the property. Countless paranormal groups have rented the hotel for the night, hoping to come in contact with a spirit or two. They are never disappointed. Paranormal television shows have made the Shanley Hotel one of their must-do episodes. To this day, investigators and television producers continue to have the Shanley on top of their list of investigations.

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## THE CAR DOCTOR

jpaul@aanortheast.com

## Hybrids make this the golden age of the automobile



BY JOHN PAUL

**Q.** I'm considering buying a 2023 Hybrid SUV. What vehicles do you recommend? Is the Honda Pilot, which I have now, going to have a hybrid engine available?

**A.** Honda has been slower to expand its hybrid offerings, even though Honda was the first automaker to offer a hybrid (Insight) in the USA. Based on what I have read I don't believe we will see a Pilot hybrid in the next few years. Depending on what you are looking for you have many choices. Today many manufacturers offer both traditional hybrids and plugin hybrids (PHEV). Some of the PHEVs are the Toyota RAV4 Prime, Kia Sorento and Hyundai Santa Fe, all which offer some pure electric range and the added fuel economy of a hybrid. For a conventional hybrid the Toyota Highlander would be a good choice as would the slightly smaller Honda CR-V hybrid. Going upscale the Lexus RX and Volvo XC60 recharge would be worth looking at. Considering the amount of choices a consumer has, today in some ways is really the "golden-age" of the automobile.

**Q.** I tuned into your radio program and didn't find the Car Doctor, where did you go

and how can I get my "Car Doctor" fix? I'm a long-time listener who has won several cool prizes including a AAA membership.

**A.** The last station I was on, WBOQ, was sold to a large broadcaster. Every week when I finished the program I would take the entire program and turn it into a podcast. I'm still continuing to add podcasts each week. Like the radio program these will include interesting guests, car reviews and listener submitted questions. You can find the podcast at <http://johnfpaul.podbean.com> or other popular podcast directories. Just search for Car Doctor Radio.

**Q.** We're considering taking our new Hyundai Ioniq 5 to Florida this coming January and know that we have to consider the location and availability of EV chargers along the way to make the trip successful and less stressful. Any suggestions?

**A.** Last year I drove back and forth to Florida and spotted many electric vehicles on my trip that were hundreds of miles from home, so it is certainly possible. Most electric vehicles with navigation systems allow for easy searching of EV charging. I would also download all of the popular apps such as EVgo, ChargePoint, AAA, Plug Share and Electrify America. Tesla also has stated that they will open up their Superstation to non-Tesla vehicles by year end which will certainly help.

**Q.** I have a 2012 Chrysler 300c with 24,000 miles on it. The malfunction indicator light came on. According to the manual if it is not blinking it may reset after

a few cycles of driving. It did not. I took it to a mechanic, and he did a check and two things came up (bad/dirty oil and a misfire on cylinder seven). He said first thing he would do is change the oil which was due anyway. I picked the car up and within a few miles the light was back on. I took it right back and he said the cylinder seven is still coming up as a misfire. According to him four out of the eight cylinders shut down when the eco light comes on but cylinder seven is not. He wants to check the car out and change the solenoid which he said would cost about \$500. What do you think?

**A.** This is certainly a plausible answer. Also, these engines are very fussy when it comes to oil type. It is important to use only 5W-20 weight and change it often. I have seen the valve train stick due to old or wrong grade oil and have misfire codes. If the engine is running normally but the light comes on perhaps drive it for a bit, then change the oil again.

**Q.** My 2011 Hyundai Accent over the past several months started to buck and makes a banging noise. This happens when trying to move from a stop or trying to go faster in first gear. Not all the time,

just randomly. It's been happening more often recently. I took it to the garage and drove it with them but of course, the car didn't act up. They said they can't fix it if they don't see it happen. This makes sense and I appreciate their honesty however, that doesn't help me. When the car starts to buck, I have to play with the clutch and very slowly ease the car faster, not great when cars are coming at you. I'm hoping the car doesn't finally conk out in an intersection. Any thoughts?

**A.** Engine bucking is usually related to an engine misfire. This could be due to a faulty sparkplugs or a faulty ignition coil. The

other possibility is a worn/broken engine or transmission mount. When mounts are worn, and you accelerate the engine can bounce and bang under the hood.

John Paul is AAA Northeast's Car Doctor. He has over forty years' experience and is an ASE-certified master technician.

He will answer readers' questions each week. Email your car questions to [jpaul@aanortheast.com](mailto:jpaul@aanortheast.com). Follow John on Twitter @johnfpaul and friend him on Facebook, mrjohnfpaul.

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# Opinion: From the Physical Therapist: Five Tips To Fix a Sore Back

DR. SEAN T. LORDAN DPT

Back pain is one of the most common reasons people visit a doctor or miss work, and it's a leading cause of disability worldwide. If you're one of the millions of Americans who experience back pain, you may be looking for relief.

A physical therapist regularly helps to treat back pain by developing a personalized exercise

and activity program that strengthens the muscles that support your back and improves your flexibility.

## Here are 5 tips to fix a sore back:

1. Stretching exercises can help improve your flexibility and range of motion, which can lead to a decrease in back pain. Here are a few stretches that I recommend my patients incorporate into their daily routine:

**Child's Pose**  
This stretch is helpful for lengthening the spine and relieving tension in the lower back and hips.

To do this stretch:  
• Start on all fours with your knees directly beneath your hips and your hands placed flat on the ground in front of you.  
• As you exhale, slowly lower your buttocks towards your heels and rest your forehead on the ground.



• Allow your arms to relax by your sides, with your palms facing up.  
• Hold this stretch for 30

seconds to 1 minute.

**Prone Press Up**  
This exercise helps to strengthen the muscles in the back and shoulders while also stretching the chest.

To do this exercise:  
• Lie on your stomach with your legs extended behind you and your arms by your sides, palms facing down.

• As you inhale, slowly press up onto your hands, straightening your arms and lifting your head and chest off the ground.

• Hold this position for 2 to 3 seconds before slowly lowering back down to the starting position.  
• Repeat this exercise 10 to 12 times.

**Piriformis Stretch**  
This stretch helps to loosen the piriformis muscle, which is located in the buttocks. When this muscle becomes tight, it can irritate the sciatic nerve and cause pain in the lower back and legs.

To do this stretch:  
• Lie on your back with both knees bent and your feet flat on the ground.  
• Cross your right ankle over your left knee and grab your left thigh with your right hand.

• Gently pull your left leg towards your chest until you feel a stretch in the buttocks.

• Hold this stretch for 30 seconds to 1 minute before repeating on the other side.

2. Drink plenty of water.  
Staying hydrated is important for your overall health, and it can also help to reduce back pain. When you're properly hydrated, the discs in your spine are better able to absorb shock and prevent injury. Aim to drink 8 to 10 glasses of water each day. Fun fact: you are taller in the morning than at night! This is due to the fact that your spinal discs absorb water as you sleep.

3. Exercise 3-4 days per

week.

Regular exercise is important for maintaining a healthy weight, improving your flexibility and range of motion, and strengthening the muscles that support your back. I recommend patients exercise 3-4 days per week for 30-60 minutes at a time. If you are new to exercise, please consult your PCP prior to starting a program on your own. I recommend beginning with a trainer at the gym, or your local physical therapist.

4. Get plenty of sleep.  
Most people need 7-8 hours of sleep each night. If you're not getting enough sleep, your body isn't able to properly heal and repair itself. This can lead to increased pain and inflammation. Aim to get a good night's sleep every night and you will feel well on your way to better movement. One trick is to go to sleep preparing to sleep for 9 hours. Because you are awake and could be disturbed at night more than you may think, you should account for about an hour of "awake" time each night.

5. If you're struggling with back pain, talk to a physical therapist.

A physical therapist can help you identify the underlying cause of your pain and develop a treatment plan to address it. They can also teach you exercises and stretches that can help relieve pain and improve your overall function.

Thank you for checking out this month's edition of "Tips From Your Neighborhood Physical Therapist". As always, if you have any questions for me personally, I can be reached at 508-861-1010 or [drlordan@concierge-physicaltherapy.com](mailto:drlordan@concierge-physicaltherapy.com).

Dr. Sean T. Lordan is a doctor of physical therapy and the author of "11 Winning Secrets To Stop Aging In Its Tracks." He is the owner of Concierge Physical Therapy with locations in Sutton and Shrewsbury.

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## SPORTS

# Sutton's Patty McCaffrey takes on the Pan Mass Challenge

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

In 2008 Sutton's Patty McCaffrey lost her husband Mike to bladder cancer. Prior to losing her husband, he was planning on running the Boston Marathon with their son Ryan. However, they never got the chance to do so.

"After his father died Ryan, now 36 years old, said to me that it would be really nice if he could run the marathon with at least one of his parents," McCaffrey said. "So, I ran it with him. I had a horrible time, but at least I finished."

McCaffrey has now run the 26.2-mile marathon four times and her daughter Meghan also joined in, but the ultimate goal was to ride in the Pan Mass Challenge (PMC).

"I had volunteered loading luggage and backpacks onto the trucks in the early morning hours at Sturbridge and watched the riders take off," the Sutton resident said. "I always thought it would be great to ride in the PMC, it was something that was on my bucket list. It's the type of thing that you want to do to give back."

Being a Director of Health Services for the Waltham Public School systems, McCaffrey doesn't deal with cancer patients, but if she were to get up on a bike and ride the PMC this would be her way of giving back. Having so many friends who have had and beaten cancer, McCaffrey felt that raising money for research that will eventually be the downfall of the disease was right up her alley.

"This is a dream come true, to actually be a cyclist in the PMC," McCaffrey said.

To take part in the August 6 and 7 event, McCaffrey reached out to people for donations as well as baking up some Mrs. Macs Doggie Snacks, which she sold at craft fairs to supplement her \$6000 required

ready."

Being that this was her first ever biking of the PMC McCaffrey prepared for all sorts of weather; extreme heat with proper hydration or rain, while praying it wouldn't happen.

"I'll be ready for whatever is thrown my way over the two days," she said, before the event. "Being my



Sutton's Patty McCaffrey with her trainer, Dave Contrada, and her son at the finish line of the PMC.

donation to take part in the ride.

Riding alongside her for the full 186-miles from Sturbridge to Provincetown was her son and his friend. The trio figured if they rode along at a 15-mph pace they would be safe and not interfere with the other riders.

In order to get ready for her first PMC McCaffrey enlisted the help of Dave Contrada, an avid cyclist, and a cancer survivor.

"It has taken me a long time to learn how to ride the bike as a cyclist. I've fallen a zillion times, but Dave has taken me under his wing and has helped me learn the rules of the road," McCaffrey said. "He has taught me proper endurance, how to fuel my body, conditioning, and training. Together we have rode a 50- and 60-mile trip to get

first ride, I figured that I'd be in the middle of the pack so I'm planning on starting a little later and let people go ahead of me. I don't want to get in their way; besides it's not a race, we're doing this for charity, and it doesn't matter how long it takes me as long as I do it safely."

McCaffrey rode in her first PMC for those who have been lost to cancer as well as those who have been able to defeat it. Although the weather was a little hot for her two-day ride McCaffrey was able to finish the ride despite barely being able to walk on the day after and still feeling sore a few days later. While she did feel the effects of the ride, she is planning on continuing to participate because of all the love that she felt.

"There were people all

along the route cheering us on. Each community had different things welcoming us as we rode through," she said. "There was a kid holding a poster saying I am 15, 16, 17, 18 19 all crossed out;

20 – because of you. It made me very emotional to say the least."

McCaffrey noted that luggage is a thing of the past, being a cyclist in the PMC is the way to go from

now on and as long as she is able to get up on her bike to help cancer research she is planning on doing it.

"How lucky am I that I can do this to help someone," McCaffrey said.

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Federal's Retail Bankers. "We are thrilled to welcome Daniel to our Retail Banking Team" said Paul Gilbody President & CEO," Daniel's depth and experience in Retail Banking expands our capabilities

significantly throughout Milford Federal's growing customer base. He brings strong relationships and familiarity in the communities we serve that will benefit our existing customers and future expansion of our

retail portfolio." Daniel has over 29 years' experience as a Retail Market Manager at institutions such as; Sovereign Bank, Berkshire Bank and East Boston Savings Bank. Established in 1887, Milford Federal Bank has

been assisting its neighbors and friends for 135 years. Serving the greater Milford and Blackstone Valley areas in Massachusetts and Northern RI, it has four conveniently located offices in Milford and Whitinsville

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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.

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