

# The Yankee Xpress

CROSTOWN ADS & BUSINESS NEWS

PRSR STD  
ECRWSS  
U.S. Postage  
PAID  
Boston, MA  
Permit No. 55800

Auburn, Charlton, Dudley, Oxford, Webster

August 26 - September 23, 2022

## Webster Dudley Business Alliance's Summer Hoorah a counter to seasonal doldrums

BY ROD LEE

The dog days of August are typically when merchants' organizations take a break. No breakfast or luncheon meetings, no workshops, no after-hours networking events.

The chance to put aside the usual activity associated with membership obligations is too good to pass up; besides which, the beach is calling.

The Webster Dudley Business Alliance's "Summer Hoorah"—free to all—is an exception to this rule.

Held at Andy's Neighborhood Canteen at the bottom of Frederick Street in Webster the evening of August 10th, the Summer Hoorah was both a celebration of Bill Sabine's outdoor beer garden and a salute to those enterprises associated with the WDBA that chose to be on-site as a way to advertise their products and services.

A rich mix of vendors was ar-



Lucas Beaudette, with Melinda Beaudette and Ali Beaudette, operates workshops in Charlton, and was a vendor at the WDBA's Summer Hoorah.

rayed for attendees to check out.

Lucas Beaudette, who operates workshops in Charlton, was present with a sampling of the nifty items that he manufactures by hand. Mr. Beaudette specializes in custom-made furniture,

sign carving, photo framing and creative woodworking.

"I've been doing this for about

## McGovern briefs Webster on PFAS, January 6 riots

BY JANET STOICA

Webster residents came out to the Webster Senior Center on Saturday, July 16, to tell Congressman McGovern what was on their minds. Rep. McGovern indicated he was resuming his district visits after having temporarily halted them due to the COVID pandemic.

Many attendees wore face masks.

He began his introduction by stating that he was visiting to take questions from the audience. The gathering was scheduled for one hour but lasted more than two hours as many voters had many questions. Among those questions was one about the PFAS in everyone's drinking water. PFAS are otherwise known as "per- and polyfluoroalkyl substances."

According to the Earth Justice organization, PFAS are "chemicals in more than 5,000 substances that are found in products like nonstick pans (e.g., Teflon), food

packaging, waterproof jackets, and carpets to repel water, grease, and stains. They're also used in firefighting foam often used on military bases and at commercial airports.

Even personal care products like waterproof mascaras and eyeliners, sunscreen, shampoo, and shaving cream can contain PFAS.

These chemicals don't easily break down, and they can persist in your body and in the environment for decades. As a result of their pervasiveness, more than 95 percent of the U.S. population has PFAS in their bodies, according to the Centers for Disease Control and Prevention (CDC). These chemicals are currently in our water supplies and the Town of Webster is continuously testing and monitoring its well water supplies to ensure the PFA levels meet Environmental Protection

McGOVERN

continued on page 4

**EXCLUSIVE CHECKING OFFER**

ENJOY A **CASH BONUS** when you open a **FREE** Basic Checking account.

- **FREE** mobile banking with Touch ID®, Face ID® and Zelle®
- **FREE** online banking and bill pay
- **FREE** of monthly service charges
- **FREE** access to thousands of SUM® Network ATMs nationwide\*

**Open an account in-branch or at [bankHometown.com](http://bankHometown.com)**

**Unlock your potential**

Member FDIC | Member DIF | NMLS #: 402413

\*Not responsible for surcharges or fees imposed by other banks, ATM operators and/or networks based outside of the continental United States, Alaska, Hawaii or U.S. Territories. Zelle and the Zelle related marks are wholly owned by Early Warning Services, LLC and are used herein under license.

TAKE **10% OFF**

YOUR NEXT SERVICE VISIT OF \$50 OR MORE. Must present coupon at write-up. Valid until 9.30.2022

WHITINSVILLE | WEBSTER

**(508) 499-3510**

[harbroauto.com/service](http://harbroauto.com/service)

## Pre-Targeting: The New Way to Buy Online Display Ads

Pre-Targeting selects the sites by the concentration of audience interest rather than specific content.

100% REACH
100% VIEWABILITY

100% TRANSPARENCY

Want to reach your target audience?

Contact Yasmin Nasrullah at 617-686-0806 or by email at [Yasmin@TheYankeeXpress.com](mailto:Yasmin@TheYankeeXpress.com) today for more information.

Maxwell Luciano's  
**PRIME RIB**  
**\$19.99**

**DINE & DANCE**  
Every Friday & Saturday  
6:30 to Midnight  
**508 755-6408**

Maxwell Luciano's  
Banquet and Conference Center  
at Union Station

**WDBA**  
continued from page 1

six years," he said. "I have a full-time job, this is a side venture."

An avid naturalist who enjoys the New England outdoors, Mr. Beaudette is a self-taught woodworker who began what has become a satisfying trade by shaping his own skateboards as a teenager. He also has going for him that his late father was involved in many restoration projects. Mr. Beaudette's extended family includes antique dealers, collectors and crafters.

Also on hand at the WDBA's Summer Hoorah was Kristen St. Laurent of The Dancer's Sole, marking ten years as a provider of dance instruction on the Webster-Dudley town line.

"Eighteen months to adult," Ms. St. Laurent said, of her clientele. "Primarily age three to seventeen, every form of dance.



"I have been a member of the WDBA since 2013." Representing Westview Farm in E. Woodstock, Megan Hebert beamed in

talking about a multigenerational family enterprise that sits on top of a hill with a panoramic view of a town rich in agriculture.

Westview Farm sells grass-fed and grass-finished beef, produces quality hay and maintains a seasonal farm stand that offers vegetables, berries, fresh eggs and cut flowers.

Founded as a dairy farm in the 1800s by the Wetherell family, Westview Farm was purchased in the 1970s by the Harmon's and kept as a dairy farm until the dairy herd was dissolved and a small herd of Hereford cattle added. Westview Farm with the Hebert family now at the helm has changed from an 85% corn operation to almost 100% grasslands.



Above, Kristen St. Laurent, owner of The Dancer's Sole, took part in the Webster Dudley Business Alliance's Summer Hoorah at Andy's Neighborhood Canteen in Webster on August 10th.

Left, Megan Hebert represented Westview Farm, in E. Woodstock, at the WDBA's Summer Hoorah.

Lucas Perzan, owner of Insation Technologies in Webster and president of the WDBA, split time at the Summer Hoorah between demonstrating how prospective customers can "stop paying for cable!" and monitoring the goings-on around him.

Insation affords customers the opportunity to stream more than seven thousand channels live,

and "save big." The WDBA is thriving, Mr. Perzan said. "We have almost eighty members. "Our next big event will be the opening of Prestige Nail Salon's location at 118 Main St., in September.

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

**WELCOME!**

89 Southbridge St.  
Auburn, MA  
(across from Sword St.)

VISA MasterCard American Express

**Vacuums always 75¢**

<b>BIG KAHUNA</b>	\$18
<b>DELUXE WASH</b>	\$14
<b>SUPER WASH</b>	\$10
<b>BASIC WASH</b>	\$8

## 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.

# The Yankee Xpress

Published on 2nd and 4th Fridays of the month. Direct mailed to 63,000 unique homes and businesses each month and available on news stands throughout the region.

2nd Friday: Auburn, Charlton, Dudley, Oxford and Webster, 1/2 all addresses.  
2nd Friday BLACKSTONE VALLEY South: Douglas, Northbridge and Uxbridge.  
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)

Request advertising information: [ads@TheYankeeXpress.com](mailto:ads@TheYankeeXpress.com)  
Billing and advertising information Laura Gleim [Igleim@TheYankeeXpress.com](mailto:Igleim@TheYankeeXpress.com)  
(Auburn, Charlton, Dudley, Oxford, Webster) [ads@TheYankeeXpress.com](mailto:ads@TheYankeeXpress.com)  
Yasmin Nasrullah [yasmin@TheYankeeXpress.com](mailto:yasmin@TheYankeeXpress.com) 617-686-0806

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

168 Gore Road, Webster, MA 01570 PHONE: 508-943-8784 FAX: 508-943-8129

## Adult Day Health Program serving your community

Family Owned and Operated



- Reliable Partner Assisting Families
- Offering Skilled Nursing • Personal Care
- Case Management • Recreation • Homey, Fun & Secure
- Nutrition and Transportation Services
- We Follow CDC/MA COVID-19 Guidelines

**TESTIMONIAL:** "When my mother's dementia progressed to the point that she was no longer able to live by herself; I was in desperate need of help and found it with the folks at Accord."

--Marcia T



10 Cudworth Road, Webster, MA 01570  
508-949-3598  
[www.accorddaycenter.com](http://www.accorddaycenter.com)

# 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 Publi-

cist 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 Mike’s Hard Lemonade Summer Concert Series continues with shows featuring such acts as ABBA The Concert-ABBA Tribute, Get the Led Out, Extreme and the Pike Rockfest—together with other bookings, which are being added all the time.

Long associated with Country & Western music, this is not so typical anymore, but as a venue Indian Ranch stands second to none in New England; and there is as compensation for the loss of Charlie Daniels and other cowpoke-oriented productions the Nash

Icon Local Countryfest on September 11 to look forward to.

In the meantime, several rows in front of where we were seated, a young

— 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

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.

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



woman in sandals, black shorts and a sleeveless pink top (identified here as “Rose” for the purposes of this column) kept people around her entertained from start to finish.

In deference to the oppressive heat, Rose used a spray bottle to douse herself with cooling water

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,



## FALL HOME IMPROVEMENT

Reach thousands of local readers focused on enhancing their indoor & outdoor living spaces when you advertise in our Fall Home Improvement guide.

Coming Sept. 23 & Oct. 7, 2022  
Reservation deadline:  
September 12, 2022

Reserve your space today by contacting Yasmin Nasrullah at 617-686-0806 or by email at [Yasmin@theyankeeexpress.com](mailto:Yasmin@theyankeeexpress.com)

**TheYankeeXpress**  
BLACKSTONE VALLEY Xpress

Auburn | Charlton | Douglas | Dudley  
Grafton | Millbury | Northbridge | Oxford  
Sutton | Uxbridge | Webster

# What's in YOUR water?

BY JANET STOICA

We might not have the terrible Flint, Michigan water contamination problem in our area but there are other evil chemicals lurking in our everyday tap and private well water as well as bottled water that the Environmental Protection Agency (“EPA”), Food and Drug Administration (“FDA”), and our state Department of Environmental Protection (“DEP”) are taking a closer look at.

These chemicals are known as PFAS (“forever chemicals”) or “per- and polyfluoroalkyl substances” and a recent review from the U.S. Centers for Disease Control and Prevention outlines a host of health effects associated with PFAS exposure, including cancer, liver damage, decreased fertility, and increased risk of asthma and thyroid disease.

PFAS are found all around us and chemical companies had been declaring them safe for decades but in response to health concerns and public pressure to discontinue their use, these companies have now stopped their former PFAS usage but have now replaced them with other forms of PFAS that they’ve declared safer. Whether the “new” PFAS are any safer remains to be seen.

In the product manufacturing process used by chemical companies, PFAS are disposed of in our waterways. Additionally, those PFA-filled products we use every day and then throw into our trash are dumped into landfills or incinerated

spreading their poisonous remains everywhere. Some of those products are Teflon pots and pans, fast food wrappers, microwave popcorn bags, pizza boxes, candy wrappers, cleaning products, shampoo, dental floss, nail polish, eye makeup, paints, varnishes, etc.

The EPA has PFAS regulations stating that no more than 20 ppt (parts per trillion) may be allowed in our drinking water. It does not appear that the FDA has adopted a definitive regulation on PFAS in bottled water. Consumers are encouraged to research PFAS on their brand’s websites.

In our area towns, action is being taken or has already been taken. Here’s what our local towns are doing or have done in response to PFAS:

Auburn’s Water Superintendent, Greg Woods, mentions that “the town has 12 wells and 11 of those 12 wells have measurable amounts of PFAS but they are all currently below the EPA’s maximum testing level of 20 ppt. Half our wells are below 10 ppt and the other half are below

10-15 ppt. We are keeping our eyes on our wells and closely monitoring them on a monthly basis.” Auburn is also at a Level 2 Drought Stage and its residents use the odd/even outdoor watering practice where those houses numbered with odd and even numbers may water their lawns on specific days. “Water conservation is always at the forefront of our goals,” said Mr. Woods.

George Patrinos, Dudley

Water and Sewer Superintendent, stated that Dudley was well ahead of the curve for sure. “We’re in pretty good shape right now,” Superintendent Patrinos said. “A few years ago when we had to take a closer look at our water pumping stations, we realized that rebuilding had to be done. We’ve done \$13-16 million worth of work here. We applied for and received grant money from the Mass. Revolving Fund. We cleaned and remodeled our water tank systems, upgraded one well, and installed a Granular Activated Carbon (“GAC”) unit which treats for PFAS and cleans the water which is then treated with corrosion control and sanitizing chemicals. Our previous system was so antiquated that we had to take action and then the PFAS treatment system opportunity opened up. We were lucky to have had the chance to control this at the beginning of the PFAS notification process. Once our new main in the Mason Road area is finished next spring that completes the connection of our blended water well system.”

Charlton’s Water and Sewer Superintendent, Peter Boria, referred to WhiteWater, Inc. which operates the town of Southbridge’s water system and also provides piped water to parts of Charlton. Steven Gregoire, Manager of the Southbridge Water Department at WhiteWater, stated “we’ve just completed four straight quarters of state PFAS testing here with zero PFAs detection. The testing equipment could not detect

any PFAS. We have 3,000 acres of protected reservoir drinking water. You could say that nature’s natural filtering system of trees and surrounding land is the reason for our well-purified water. Before the water source is sent out to our customers a series of three filtration systems clean the naturally-occurring organic materials.”

Oxford’s water system is monitored and serviced by Aquarion Water Company of Massachusetts with an office in Oxford. According to the company’s website, Oxford’s water supply, which consists of three wells, is monitored every quarter with the last sampling completed in April 2022. Their report states that Wells 1 and 2 had no PFAS detection for the last three quarters. Well 3 tested at 2 ppt in December 2021 and January 2022 with no PFAS detection in April 2022. All well tests are below the 20 ppt DEP guidelines.

Tom Cutler, Webster’s Water Superintendent, said that of the town’s seven wells, there are five currently in service. “We are ready to put our Bigelow Road well back on-line,” he said. “We had to order new parts and getting them took a while due to the long wait times. We have six wells at Memorial Beach and five are currently in service. We are doing a complete rehab on Well Number 6 at Memorial Beach including motor replacement. The rehab and cleaning of our five other wells should be done in 4-6 weeks.

In the last few years,



The town of Dudley’s Granular Activated Carbon (GAC) unit. Janet Stoica photo

Webster built a multi-million dollar water filtration and treatment facility at Memorial Beach to eliminate manganese and iron water fouling. “Our wells are testing below the 20 ppt maximum,” said Mr. Cutler, “but we are watching the Bigelow Road well as its readings have been close to the maximum allowed. We are blending water from our wells and look forward to obtaining funding from the state’s Revolving Fund to assist with PFAS filtration. Tighe & Bond, our engineering consultants, are working on filing our request for funding. We have also joined with other cities and towns in a class action lawsuit filed by the law firm

of Baron and Budd against the companies who made PFAS products. Additionally, we see the EPA lowering their allowed PFAS levels and we are looking to the future.”

Webster residents were strongly encouraged to attend a PFAS Public Hearing on Wednesday, August 10, at 7:00 p.m. in the Selectmens’ Meeting Room at Town Hall. The town’s engineering consultants, Tighe & Bond, were to present PFAS water treatment options including estimated treatment costs at that time.

Contact Janet: [jstoica@TheYankeeXpress.com](mailto:jstoica@TheYankeeXpress.com)

## McGOVERN

continued from page 1

Agency (“EPA”) guidelines.

Audience members further inquired about what the EPA’s plans were to help eliminate PFAs along with grant assistance to cities and towns like Webster. “We’ve had to shut one of our wells down because of high PFA levels and it’s hard enough for us to do without that well especially in the summer. We’re having a study done now and we don’t know what we’re going to do,” one attendee stated. “We want funded mandates. We have a plan to reach the current PFA levels but we need more advice.”

Mr. McGovern responded by saying that “the House and Senate has put



Congressman McGovern answers questions during an appearance at the Webster Senior Center.

money into bills to assist with this situation and that our Commonwealth was overflowing with funds from the infrastructure bill and that some of these monies should help fund the PFA challenge.” Rep. McGovern also suggested that a teleconference call be held with Webster officials, the EPA, and the state Department of Environmental Protection. His staff was directed to follow-up.

Another voter asked about the January 6th riots that occurred in Washington. Mr. McGovern said “I was in the House Chamber when the riots began with Speaker Nancy Pelosi chairing the session. She received a phone call and asked me to take over which I did. As there are no TVs in the chamber, members were unaware of the events

occurring at that time. I adjourned the House briefly and then brought us back into session and we were told by the Capitol Police to close down because of the riots happening outside. We learned that there was no safe route to get the representatives out of the building. We walked down three flights of stairs to the basement and saw that suddenly one of the rioters had broken a window. We then walked out to the speaker’s lobby and awaited further instruction. We all saw the mob banging on and smashing windows with their fists. We couldn’t leave and saw that the woman who had been shot was brought in and then we were all brought to a safe location. We learned that one hundred forty Capitol Police had been injured,

stabbed, and traumatized. We’re now learning that we came this close to a coup.

“You know Rep. Liz Cheney and I used to serve on the Rules Committee together. I admire her guts. She’s impeccably conservative but she took an oath for office to uphold the Constitution of the United States. This is not about whether you like President Biden or Donald Trump. This is about our country, our Constitution. We have to think about our future. This is an uneasy time and we have to get through it. The Republican Party is good to have and it’s good to have differing opinions and insights but I’d like to see them move away from groups like QAnon.”

Contact Janet: [jstoica@TheYankeeXpress.com](mailto:jstoica@TheYankeeXpress.com)

# 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 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 suspend-

## political spotlight

ing 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 opportu-

nities 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 curriculum, 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*

# Charlton’s Old Home Day offers new twists yet again

While there are many fairs and festivals in South Country and Central Massachusetts in the fall, none are quite so unique in ushering in autumn than Old Home Day in the town of Charlton.

A tradition, Old Home Day in Charlton will take place on Labor Day weekend, boasting almost continuous entertainment from an opening concert

campus.

The children’s soap box derby at 7:00 a.m. on Monday is the starting line for the daylong celebration with dozens of happenings for all ages in and around the Town Common.

The morning will soar to new heights this year with the addition of a hot air balloon ride. There will be the annual art exhibition at Town Hall, in which the

variety of activities associated with the event. The 55th annual Charlton Old Home Day Road Race, starting and finishing in front of the Charlton Public Library on Main Street, is one of these.

Camosse Masonry was recently recognized for its continued support of the race, as were Roger Williams Park’s Jack O’Lantern Spectacular, MTD Mi-

social gathering, Old Home Day brings friends, neigh-

bors, visitors and family together, as it has for more

than one hundred twenty years.



Vendors set up on the Charlton Town Common turn part of Old Home Day into a veritable marketplace.

to closing fireworks. Old Home Day begins at 7:00 p.m. Saturday, September 3rd on Masonic Home Road with dancing in the street to live performance by Rick Swensen and Mondo Soul. The night sky will be lit with fireworks following the show.

Sunday events include a 4:00 p.m. concert featuring Ernest Tremblay and the New Bay Colony Band at the Overlook Tower on the Masonic Health Center’s

Charlton Cultural Council displays more than one hundred fine works in various formats by local arts. The Garden Club flower show in the shaded Federated Church basement showcases dozens of fresh flower arrangements. Live entertainment ramps up at 11:00 a.m. on the main stage located in front of the library with community karaoke.

What makes Old Home Day stand out is the rich

cro Molding, RaceWire, Charlton Optical, Ronnie’s Seafood, the Daniel Morrill Funeral Home and Diane Dabrowski of ERA Key Realty Services—for their sponsorship of this year’s race.

Back this year too is the OHD Kids Fun Run. This year the Charlton PTO is co-sponsoring that event with the town’s newest business venture, CrossFit Charlton.

Established in 1897 as a

**EXTRA!  
EXTRA!**

**Follow  
The Yankee Xpress  
on Facebook!**

**Like The Yankee Xpress on  
Facebook to keep up-to-date  
with articles, events,  
giveaways and  
contest announcements!**

**The Yankee Xpress**

# Booklovers' keeps the beat going with photography exhibit

Recent media reports about the resurgence of the independent bookstore are not exaggerated, witness the flurry of activity surrounding business at Booklovers' Gourmet, 72 E. Main St., Webster.

Fresh off a Scrabble tournament that had participants exchanging in the age-old banter as to whether a word in play is indeed a legitimate move comes news from Owner Deb Horan of a photography exhibit that will take place soon.

"Sisters Call & Respond—To Nature and To Each Other," featuring



Above, relationships, human and those involving the wildlife world, are the subject of a special photography exhibit in September at Booklovers' Gourmet in Webster.

Left, "Are you sure that's a word?" was heard more than once as players assembled at Booklovers' Gourmet for a Scrabble tournament.



the work of Christine M. Croteau and Elizabeth Croteau-Kallestad, will be on display and for sale throughout the month of September.

Viewing hours are Tuesday-Saturday, 10:00 a.m. to 5:00 p.m., and Wednesday, 10:00 a.m. to 6:00 p.m.

A public meet and greet with the artists is scheduled for Saturday, September 10th from 1:00 to 3:00 p.m. Attendees will be eligible to win a set of photos through a raffle.

This exhibit was created to show how art can be used as a means of getting close, in human relationships and in relationships in the natural world. In a largely fragmented world, art and nature can be connectors and community builders.

Sisters, Ms. Croteau and Ms. Croteau-Kallestad are both photographers and naturalists. They are coming together for this call-and-respond exhibit.

# Open Sky Community Services to Host Health Fair at Alternatives Within 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).

# Aviation Weekend at AHM will celebrate WWI planes, pilots

World 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.

## Senior Citizens Center 50th Anniversary Celebration

Join us on Thursday, September 22, 2022 • Open House: 3:00pm – 7:00pm • Speakers / Program: 5:00pm

Light Appetizers & Desserts, Drawings for gift baskets

The Lorraine Gleick Nordgren Senior Center, 4 Goddard Drive, Auburn MA 01501

Please RSVP for planning purposes, 508-832-779

**WORCESTER COUNTY LAWNMOWER**

**ALWAYS THE BEST SERVICE AT THE LOWEST PRICE**

Lawn Mowers, Tractor Service, Tune-Ups & Repairs Pickup & Delivery, Lawnmower Repair

**508-987-2775**  
492 Main St., Oxford, MA 01540

[WWW.WORCESTERCOUNTYLAWNMOWER.COM](http://WWW.WORCESTERCOUNTYLAWNMOWER.COM)



## Permanent Teeth on Implants

Swati Agnihotri, DMD - Marc Bou-Abboud, DMD - Sonya Shafique, DMD  
Jason R. Tubo, DMD, MAGD - Whitinsville, MA - Wellesley, MA

All in one office... The most advanced "teeth in a day" solution in the world is HERE



This is NOT a denture! This is permanent teeth on implants



Whitinsville family dentistry

(508) 234-8107

12 Prospect Street  
Whitinsville, MA

[www.DrTubo.com](http://www.DrTubo.com)

Real People. Real Results.

See more REAL Before and After cases actually done by our doctors at

[www.DrTubo.com](http://www.DrTubo.com)



@whitinsvillefamilydentistry  
@dr.jasontubo  
@dr\_swati\_agnihotri

## Call for Artists

Can you paint a life-sized sheep with a creative image? Interested in painting a Slater's Sheep for one of our corporate sponsors?



Local artists can apply to be on the list of artists by submitting a proposed image to Dave Laabs at [dave@theairbrushshack.com](mailto:dave@theairbrushshack.com). For more information and an application, email Barbara Van Reed at [bvanreed@samuelslaterexperience.org](mailto:bvanreed@samuelslaterexperience.org) or call 508-461-2955.

Artists will receive a stipend for their work.

**GET NOTICED!**  
 Contact Bill at 774-289-5564  
 or by email at  
[bcronan@theyankeeexpress.com](mailto:bcronan@theyankeeexpress.com)  
 to learn how you can reach 153,000  
 households and businesses  
 each month!

**NEW ENGLAND REGLAZE**  
 Don't replace your old tub, reglaze it! Tubs, tile sinks and much more  
 Reg. \$399  
 Color, travel, may apply.  
**NOW \$299.00**  
 We do any TUB!  
 CALL US NOW  
 617-895-7771  
[www.newenglandreglaze.com](http://www.newenglandreglaze.com)  
 SAVE \$100 WITH AD

## Upcomming Events at the Gladys E. Kelly Public Library

2 Lake St., Webster, MA 01570  
 508-949-3880  
 Library Hours: Mon, Tues, Thurs: 9-8, Wed: 9-1, Fri: 9-5, Sat: 9-2

### JOIN OUR MAILING LIST!

Want to receive updates about our upcoming events? Sign up for email alerts by visiting our website, or by reaching out to our Library Director, Sondra Murphy, at [smurphy@cwmar.org](mailto:smurphy@cwmar.org).

### ADULT PROGRAMMING

#### SEED LIBRARY – Spring/Summer 2022

Do you have a green thumb, or are you looking to develop one? We are offering a selection of seeds for anyone to take home and plant! This selection changes weekly! All of the seeds were generously donated by Baker Creek Heirloom Seeds.

#### FRIENDS FEATURED AUTHOR BOOK SALE – Ongoing

Do you love Clive Cussler? A grocery bag of his books, just \$3.00 during

the month of August!

#### TAI CHI WITH SIFU – Fridays between July 1st and August 26th 9:00-10:00AM

Friday mornings through July and August the Gladys E Kelly Public Library will be having a free Tai Chi class! Join Sifu Gary from the Kung Fu and Tai Chi Academy of New England for an hour of focused movement each week to hone your body, mind, and spirit for the day ahead. Classes will be held on the lawn, weather permitting, and students should wear comfortable clothing for movement and sneakers or walking shoes. Students should also bring water or another non-carbonated beverage. No registration required! Sponsored by the Friends of the Gladys E. Kelly Public Library.

#### YOGA WITH JULIE – Tuesdays at 6:30PM during the summer, Starting July 5th!

Join Julie at the Gladys E. Kelly Library for a vinyasa yoga class for all levels.

In Sanskrit, Vinyasa yoga translates to the “uniting of movement with breath”. A typical class involves a centering of the mind with the breath, aromatherapy, movement of the body to release energetic blockages and, finally, a rest and relaxation. Classes are free. Sponsored by the Friends of the Gladys E. Kelly Public Library.

#### BOOK DISCUSSION GROUP – September 19th at 6:30PM

The Gladys E. Kelly Public Library Adult Book Discussion Group will be meeting in person this month! The group meets at 6:30 pm and the meeting will take place in the Library's Community Room. New members are always welcome! Next month's book discussion will be on Monday, September 19th. The group will be discussing First Women by Kate Andersen Brower. Stop by the library, or reach out by phone to 508-949-3880, or by email to [ehale@cwmar.org](mailto:ehale@cwmar.org) for inquiries.

#### NEW ENGLAND LEGENDS WITH JEFF BELANGER – September 29th 6:30PM

Jeff Belanger explores the ghosts, monsters, folklore, history and legends of New England.

#### CHILDREN'S AND YOUNG ADULT PROGRAMMING

#### MAKER MONDAYS – Mondays from 3:30-4:30PM

Feeling artistic? We will have a variety of craft materials available to put your creativity to the test! Every month we will rotate our craft material, stop in to see what we're making this month!

#### BUILD NIGHT – Tuesdays from 3:30-4:30PM

Put your creative caps on and come build with LEGOs, magnetiles, or other neat building materials! Materials will change monthly, so don't miss it! For children of all ages and their caregivers.

#### MESSY SUMMER DAYS – Thursdays until August 25th from 3:30-4:30PM

Enjoy creating messy art and playing in bins of different messy materials with us outside on the common! Every Thursday in July and August!

#### UKULELE PRE-K SING ALONG – September 7th 10:00 AM

Join in for some Pre-K Song Time fun!

#### ENCANTO SING ALONG – September 9th 3:30-5:30PM

Come join Mirabel to sing and dance your hearts out to all of your favorite songs! Something the whole Familia can enjoy! This show is movement heavy and loud music is present to stay as authentic as possible to the Colombia culture and experience. This show IS bilingual.

#### YOGA PJ STORYTIME – Saturdays in September starting September 10th 9:30-10:30AM

We will read some stories, move our bodies, stretch, breath and reset. You will need a mat, towel or blanket. Stuffed animals and comfy clothes welcome.

#### ANIME NIGHT – September 13th 6:00PM

Come in and join us for another anime night, popcorn and all! This event is for ages 10-17!

#### TWEEN AND TEEN TIE DYE (REGISTRATION REQUIRED) – September 22nd 5:00-6:00PM

We are bringing back the tie-dye event!!! Come dye a shirt or bring your own!! For ages 10-17 this event will require registration. Email Randa at [rcox@cwmar.org](mailto:rcox@cwmar.org) to register!

#### ORIGAMI WITH MOTOKO – September 30th 3:30-4:30PM

Motoko enchants families (ages 5 and up) with fun folktales from Asia, combined with songs, mime, and origami. Every child receives Motoko's original paper sumo game! This program is funded by a grant from the Webster Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Lake Chargoggagoggmanchauggagoggchaubunagungamaugg  
 Souvenirs  
 Sweatshirts & Tees  
 Postcards • Hats  
 Jackets • Tervis Tumblers  
 Etched Glassware  
 “Images of America, Webster” book  
 508-943-4900  
 154 Thompson Rd., Webster, MA  
 In the Sterling Realty Building  
 shop online at [www.websterlakegifts.com](http://www.websterlakegifts.com)

Let the Sun **SHINE** In!

If you want to increase natural lighting and improve the energy efficiency and curb appeal of your home, skylights are a great tool. Skylights come in many shapes and sizes, and can be customized to fit the unique dimensions and slope of your roof. Shine Construction Inc. is an experienced skylight expert, so for help finding the perfect skylights for your home, don't hesitate to call our knowledgeable specialists.

Roofing • Siding • Skylights • Gutters • Chimneys • Windows  
[shineconstructioninc.com](http://shineconstructioninc.com)  
**508.278.3300**

**SHINE** CONSTRUCTION INC.  
 Fully Licensed and Insured

# 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

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

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

A graduate of the New

[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. 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

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 beverage scene in South County and Central Massachusetts.

Andy's draws on his more than twenty years'

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

## Vendors sought for Apple Festival

Dudley Grange #163 is seeking vendors for its annual Apple Festival, which is scheduled for Saturday, October 1 on the Dudley Grange grounds at 139 Center Road in Dudley. Artisans, antique vendors and local small businesses are welcome to participate. Dudley Grange also supports nonprofit organizations that service the Dudley-Webster area. Contact Karen-Beth at 508-341-6289 to reserve a space.



# WELCOME

# WEBSTER

## An Invitation

The Town of Webster exists because Samuel Slater settled here, brought technology, built factories, created villages of families who came for a better way of life and helped the community grow and prosper.

In honor of Slater's contribution to the creation and growth of Webster, the Samuel Slater Experience, 31 Ray St., invites residents by street address to experience the birth of Webster with free admission on scheduled Sundays from noon to 4 p.m.\*

### Sunday, August 28- Free admission for residents of:

Beacon Park	Cranberry Rd	Nipmuck Dr	Rodman Rd
Birch Dr	Juniper Ln	Nipmuck Ln	Seminole Ave
Birch Island Rd	Kiebart Ave	Pavilion Ave	Sumner St
Cedar Dr	Kosmas St	Point Pleasant Ave	Thompson Rd
Checkerberry Is	Lake Pkwy	Point Pleasant Rd	Treasure Island Rd
		Rodio Dr	Union Point Rd

### Sunday, September 11- Free admission for residents of:

Asselin Ave	Ernest St	Rattan Rd	Laura Ter
Bates Cove Rd	Goat Is	South Point Rd	Litchfield Ln
Bates Crossing	Indian Ln	Windy Ridge Rd	Marilyn Dr
Bates Grove Rd	Jackson Rd	Birchwood Dr	Nancy Dr
Bath House Rd	June Ave	Chestnut Dr	Oakwood Dr
Bay View Rd	Kenneth Ave	Concord Ct	Pinehurst Dr
Black Point Rd	Lillian Ave	Cudworth Rd	Pinewood Dr
Bonnette St	Little Island	Deerfield Dr	Stockbridge St
Brian Ave	Long Is	Edward St	Tanner Rd
Cedar Point Rd	Loveland Rd	Ellen St	Town Forest Rd
Cobble Is	McGovern Ln	Goya Dr	Victoria Dr
Colonial Rd	Pattison Rd	Hugo Ter	Viking Rd
Elaine St	Point Breeze Rd	Kingsbury Rd	

### Sunday, September 18 - Free admission for residents of:

A.Remillard Jr Way	Gore Rd	Pleasant Terr	Blueberry Ln	Gore Gable Dr
Beacon Rd	Henry Joseph Dr	Rawson Rd	Blueberry Ter	Kapitulik Rd
Camile Rd	Indian Point Rd	Ronnie Dr	Blueberry Way	Lakeview Rd
Carousel Way	Kate Ln	Sandy Cove Rd	Browns Brook Rd	Lepine Dr
Chestnut Hill Dr	Killdeer Rd	Shawn Ln	Cardin Dr	Mikes Way
Cross Ct	Kingsbury Shore Rd	South Shore Rd	Community Rd	Old Douglas Rd
Evergreen Dr	Minebrook Rd	Sutton Rd	Douglas Rd	Reid Smith Cove Rd
Fairfield St	Montclair Ave	West Point Rd	Dream St	Skyview Ln
Fort Hill Rd	Nicholas Cir	Blueberry HI	Florence Dr	Sylvester Dr
				Upper Gore Rd

### Sunday, September 25 - Free admission for residents of:

Bates Point Rd	Laurelwood Dr	Scenic Ave	Brianna Dr	March Ave
Beech Ln	Lebouef Ln	Sunny Ave	Campbell St	Mohawk Ave
Cherry Ln	Lower Gore Rd	Wakefield Ave	Carla Cir	Oakmont St
Cooper Rd	Mark Ave	Wawela Park Rd	Dominique Dr	Panarelli Way
Hall Rd	Matte Ln	Westwind Dr	Freeman Ave	Pine Ridge Rd
Henry Rd	Oakmont Dr	Anthony St	Henry St	Pit Ct
Jeffrey St	Oakwood Ln	Beach St	Humes St	Ragina Ave
Lakeside Ave	Pebble Beach Rd	Bernard St	Konkel Ave	Ridgewood Rd
			Longview Ave	Wyman St

THIS IS THE FINAL LIST OF WEBSTER STREETS TO VISIT FREE OF CHARGE

\*Two free admissions per household. Cannot be combined with any other coupon or offer. Address ID required. Samuel Slater Experience closes at 4 p.m. Therefore latest admission time is 3 p.m.

*Samuel Slater* EXPERIENCE

31 Ray Street, Webster • Phone 508-461-2955  
www.samuel Slater Experience.org



# 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.**

**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 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, 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**

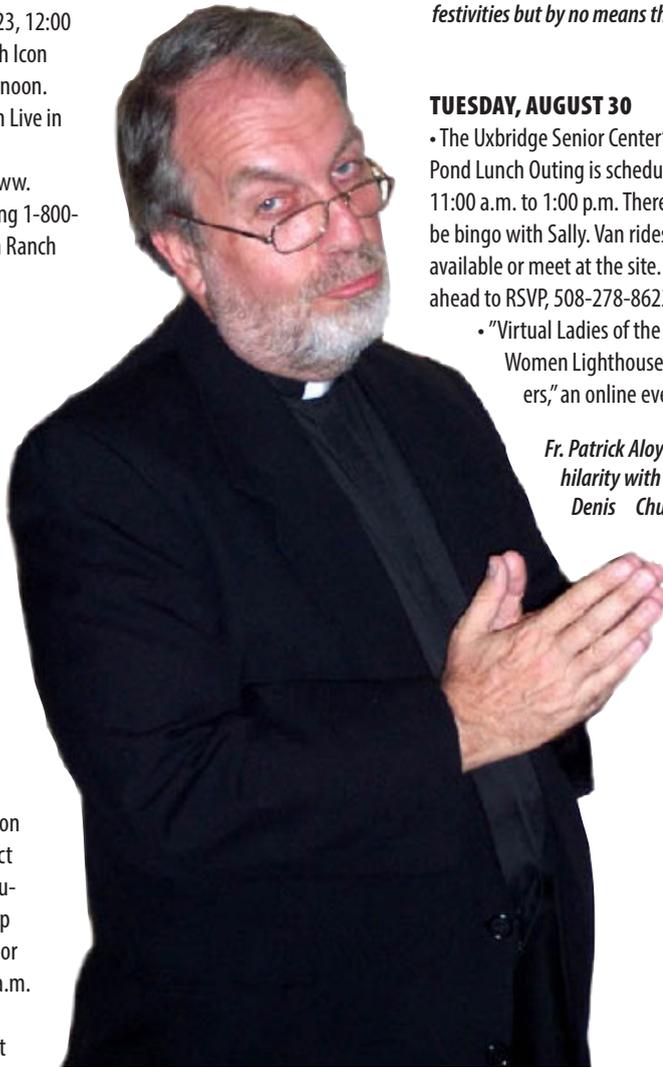
- The Auburn Historical Society & Museum presents the first annual Parking Lot Craft Fair, 41 South St., Auburn, 8:00 a.m. to 2:00 p.m., rain or shine. For more information or to reserve a spot contact Helen Poirier at auburnmuseum@verizon.net, or stop by the museum Tuesdays or Saturdays between 9:30 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.



A parade at 3:30 p.m. on Monday, September 5<sup>th</sup> (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.



**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

*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>.*

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 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.

**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



**REGENT THEATRE**  
 — EST. 1916 —  
 regenttheatre.com • 781.646.4849 • Arlington, MA  
 ARLINGTON'S SHOWPLACE of ENTERTAINMENT

**THE CLAMARI SISTERS' CLAM BAKE**  
 SEP 21<sup>st</sup> – SEP 25<sup>th</sup>  
 Code: EXPRESS  
 \$15-OFF OUR BEST SEATS

...FIND YOUR ENTERTAINMENT HERE THIS YEAR!

**HAPPENINGS!**  
 continued on page 11

**HAPPENINGS!**

*continued from page 10*

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; or visit psrc.org/adults.

- The Sutton Historical Society

**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

**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, in person 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 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

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.

**HAPPENINGS!**

*continued on page 12*



The amazing sunflower will be celebrated throughout the month of August at Booklovers' Gourmet, 72 E. Main St., Webster. Nearly all of seventy species of sunflowers are native to North America. They can grow to six feet tall and they tilt as the sun moves, so that they are always facing it.

welcomes Christine Higginbottom for a presentation entitled "An Infinite Variety of Fruit: Historic New England Apples," 7:00 p.m., 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.

**It's Happening in THE last green valley™**

**Now is the Time to Experience Nature**

Over 100 choices beckon you outside in the fresh air! Blossom with friends & family on guided walks, hikes, pedals paddles, runs, events, and more.

[www.thelastgreenvalley.org](http://www.thelastgreenvalley.org)

**—SUMMER CONCERT SERIES—**

**INDIAN RANCH**

**EXTREME**

SEPTEMBER 2 • 7PM

**100 FM THE PIKE**

**ROK FEST 2022**

**DRAW THE LINE AEROSMITH TRIBUTE BAND**

**BURNING SKY BAD COMPANY TRIBUTE BAND**

**BEST SHOT PAT BENATAR TRIBUTE BAND**

**VYNTYGE SKYNYRD LYNRYD SKYNYRD TRIBUTE BAND**

**COLD AS ICE FOREIGNER TRIBUTE BAND**

SEPTEMBER 10 • 12PM

**NASH 98.9**

**LOCAL COUNTRY FEST**

SEPTEMBER 11 • 12PM

**JAMEY JOHNSON**

**LIVE IN CONCERT**

OCTOBER 8 • 1PM

**SAMUEL SLATER'S RESTAURANT**

**UPCOMING EVENTS**

SEPTEMBER 9 • 8PM	WOODEN HORSE: TRIBUTE TO THE MUSIC OF CROSBY, STILLS, AND NASH/AMERICA
SEPTEMBER 10 • 8PM	DAVE O'GARA'S ROCK AND ROLL ROAD SHOW DANCE PARTY
SEPTEMBER 17 • 8PM	COMEDY NIGHT AT SLATER'S WITH TONY V & GUESTS
SEPTEMBER 23 • 8PM	MUSIC WITH AQUANETT
OCTOBER 14 • 8PM	DURANARAMA: NEW ENGLAND'S RADDEST 80s TRIBUTE

TICKETS AND INFORMATION AT [WWW.SAMUELSLATERS.COM](http://WWW.SAMUELSLATERS.COM)  
OVERLOOKING WEBSTER LAKE • 200 GORE ROAD, WEBSTER, MA

**Lake Tours and Specialty Cruises**

**INDIAN PRINCESS**

PRESENTED BY **websterfive**

FOR FULL CRUISE SCHEDULE AND TICKETS VISIT [WWW.INDIANRANCH.COM/CRUISES](http://WWW.INDIANRANCH.COM/CRUISES)

Available for private functions and special events

**Margaritaville Cruise**  
September 1 • 6:30pm

**Lake Tour**  
September 3 • 10am

**THE PIKE Chillin' in the 90's**  
September 10 • 6:30pm

**Lake Tour**  
October 8 • 10am

**THE PIKE Halloween Boos Cruise with Chuck Perks**  
October 22 • 6pm

**FOR MORE INFORMATION, VISIT [WWW.INDIANRANCH.COM](http://WWW.INDIANRANCH.COM)**

The Indian Ranch Box Office is open Thursday through Monday, 10AM - 4PM. Tickets are also available by phone: 1-800-514-ETIX (3849). All events are rain or shine. No refunds. For ticketing and group sales, contact tickets@indianranch.com or call 508.943.3871. For event booking, contact banquets@samuelslaters.com. Indian Ranch is less than an hour's drive from Boston, Providence, Hartford and Springfield. Indian Ranch is located at 200 Gore Road in Webster, MA.

**Fred D. Giovaninni**  
**HANDYMAN SERVICE**

ALL TYPES OF REPAIRS  
 IN & OUT  
**NO JOB IS TOO SMALL**

- FREE ESTIMATES
- GENERAL CARPENTRY
- DRY WALL REPAIR
- RENOVATIONS
- ITEMS ASSEMBLED
- INTERIOR PAINTING
- ETCETERA....

MA# 155844 INSURED  
**CALL (508) 904-9728 DUDLEY, MA**



**D's**

**LANDSCAPING & GUTTERS**  
**774.601.3565**  
 CALL OR TEXT

Aluminum Gutter Guards • Mulch  
 Lawn Maintenance • Gutter Cleaning  
 Spring/Fall Cleanups • Fully Insured



**GENERATIONS**

A place to nourish your body, mind & spirit  
 Herbal Apothecary & Gift Shop

Native American Goods ♦ Pottery ♦ Jewelry  
 Essential Oils ♦ Crystals ♦ Workshops  
 Organic Herbs & Teas ♦ Honey ♦ Natural Remedies  
 Therapeutic Massage ♦ Reiki ♦ Meditation

escape from today's stress to an oasis of serenity  
 East Main Plaza - 129 East Main Street - Webster MA 01570  
 508-987-3310 www.generationshealingcenter.com



**REUPHOLSTER IT!**

Don't throw that comfortable chair away!

**DUMAS**  
 Decorating Center  
 CARPET • WOOD • VINYL • WALLPAPER • PAINT  
 www.DumasDecoratingCenter.com

Call Dave Today!

470 Riverside Dr. (Rte 12)  
 N. Grosvenordale, CT  
**860-923-9619**  
 Mon-Fri 9am-5pm • Sat 9am-Noon  
 Evenings by Appointment



**Express Shipping**  
 & Office Supplies

**Shipping made easy!**

- Packing
- Shipping
- Packaging Materials
- Fax, Copies & Printing
- Document Scanning
- Mailbox Rental
- Office Supplies

Monday-Friday 10am-5pm  
 Saturday 9am-1pm • Closed Sunday

626 School St., (Rte. 44), Putnam, CT 06260  
**860-963-7815**  
 ExpressShippingPutnamCt.com



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 acknowledgment 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 Date is Sunday, September 25th 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



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.

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 [officesupport@mystpatrick.com](mailto:officesupport@mystpatrick.com). Cash preferred. Thank you for your support!

**THURSDAY, OCTOBER 28**

• The Millbury Senior Center's Halloween Party will be held from 11:00 a.m. to 1:00 p.m., at the Center, 1 River St. Call 508-865-9154 to RSVP.

**FOUR!**

The Charlton Lions Club is hosting a Nite Golf Tournament on Friday, September 9th with registration starting at 7 pm and a shotgun start at 8 pm. The tournament is being held at the Heritage Golf Course on 85 Sampson Road in Charlton. The cost is \$50 pp with teams of 4. The format is Best Ball for 9 holes. Please bring your own pull cart as no motorized carts are allowed. Flashlights are optional. All proceeds will go to the Charlton Lions Charitable Account to help those in need in our community. Please register with Lion Peter at 508-248-188 or email Lion Carole at [kikibo-bo0808@gmail.com](mailto:kikibo-bo0808@gmail.com).



**We're Cheap**

**LEBLANC**  
 OIL LLC  
 508-248-1444  
 24 HOUR SERVICE

**We do NOT add biofuel to our product**

**DELIVERY AREAS**  
 MASSACHUSETTS: Auburn, Brimfield, Brookfield, Charlton, Cherry Valley, Dudley, East Brookfield, Fiskdale, Holland, Leicester, North Brookfield, North Oxford, Millbury, Oxford, Rochdale, Spencer, Southbridge, Sturbridge, Sutton & Webster.  
 CONNECTICUT: N. Grosvenordale, Quinebaug, Thompson & Woodstock.

Monday-Friday 7:30am-5pm  
 Saturday 9:30am-2pm

- 24 Hour Emergency Service
- Automatic Delivery
- Fuel Assistance Accepted
- Licensed in House Technicians (NO subcontracting)
- Burner Service
- Oil Tank Installations (Free Estimates)

**5¢ OFF**  
 PER GALLON  
 OF OIL  
 OF 175 GALLONS OR MORE

Must present coupon.  
 Offer cannot be combined.

**OFFICE LOCATION: 34 NEWMAN AVE., SOUTHBRIDGE**

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.

**4TH OF JULY SALES CONTINUE!**

**LAST WEEK**

**A/Cs - HUNDREDS IN STOCK!**

**LG SAMSUNG GE Whirlpool FRIGIDAIRE**  
WASHERS, DRYERS, STOVES, REFRIGERATORS & MICROWAVES

**WEBER GRILL SALE!**



**OVER 3,000 APPLIANCES IN STOCK FOR PICKUP OR FAST DELIVERY**

FRIGIDAIRE DISHWASHER  
**\$699<sup>99</sup>**  
WAS \$799.99  
#7150

LG WASHER  
#WT7100CW  
**\$699<sup>99</sup>**  
WAS \$899.99

MAYTAG DISHWASHER  
#MDB4949SKZ  
**\$749<sup>99</sup>**  
WAS \$849.99

**We Repair Bikes!**



**SUMMER**

**BIKE SALE!**  
e-bikes  
In Stock

**MATTRESS SALE**  
TWIN: REG. \$299 - NOW \$199  
FULL: REG. \$499 - NOW \$269  
QUEEN: REG. \$599 - NOW \$199

LG FRONT LOAD WASHER  
#WM3400CW  
**\$699<sup>99</sup>**  
WAS \$899.99

AMANA WASHER OR DRYER  
#NED4655EW  
**\$479<sup>99</sup>**  
WAS \$599.99

MAYTAG WASHER OR DRYER  
#VEDC46HW  
**\$599<sup>99</sup>**  
WAS \$749.99

WHIRLPOOL FRENCH DOOR REFRIGERATOR  
**\$2199<sup>99</sup>**  
WAS \$2499.99

**BIG REBATES**

**ON FULL KITCHEN PACKAGES**

**INSTANT FINANCING UP TO \$ 10,000!**

GE BOTTOM FREEZER  
#2299  
**\$1599<sup>99</sup>**  
WAS \$1699.99

AMANA GAS RANGE  
#AGR1533CBAS STAINLESS STEEL  
**\$599<sup>99</sup>**  
WAS \$699.99

GE FRONT LOAD WASHER  
#GFWSS0SSNWW  
**\$749<sup>99</sup>**  
WAS \$999.99

WHIRLPOOL REFRIGERATOR  
#WRQA59CNKZ Counter Depth  
**\$1999<sup>99</sup>**  
WAS \$2399.99

WHIRLPOOL ELECTRIC STOVE  
#WFE355OLS with air fryer  
**\$899<sup>99</sup>**  
WAS \$999.99

AMANA MICROWAVE  
#JYM3160RFSS  
**\$229<sup>99</sup>**  
WAS \$329.99

**NO CREDIT? BAD CREDIT? NEW EASY FINANCING TERMS ON EVERYTHING IN THE STORE!**

**WHITCO**

140 MAIN STREET  
SPENCER, MA  
**508.885.9343**

Store Hours: Mon.-Fri: 10am-9pm  
Sat: 9am-8pm • Sun: 12:00pm-7:00pm

**SEE WHITCO SALES.COM FOR OUR INVENTORY!**





## LIVING WITH LUKE

amyleclaire@hotmail.com

## 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 flow-ers. "The water is shooting from the snake's mouth!"

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

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.



*The education of Luke Valentino starts with his expression "I'm ready to learn" and continues with "I'll give that sock right back, Mom," encounters with a hose and spray, and mastery of the stroke needed to stay afloat in the water.*



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

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 started it!" His bear cub face is dark and dirty.

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

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 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 [amyleclaire@hotmail.com](mailto:amyleclaire@hotmail.com)

Find Luke on Instagram: [instagram.com/livingwithlukevalentino](https://www.instagram.com/livingwithlukevalentino)

THE CAR DOCTOR

jpaul@aaanortheast.com

# Hybrids make this the golden age of the automobile



BY JOHN PAUL

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'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

**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@aaanortheast.com](mailto:jpaul@aaanortheast.com). Follow John on Twitter @johnfpaul and friend him on Facebook, [mrjohnfpaul](https://www.facebook.com/mrjohnfpaul).

**Ron Moscoffian**  
Appr. #9537

**M&M Auto Body**  
7 Industrial Park West, Bldg. 2  
Oxford, MA 01540  
**508-987-7070**

**Scott Milner** R.S. #3926

**"Guaranteed Fast Service, No Matter How Long It Takes"**

**COMPLETE AUTO GLASS SPECIALISTS**

- Chip & Crack Repair
- Windshield Replacement
- FREE Mobile Service

**MOBILE AUTO GLASS SPECIALIST**

Insurance Company Preferred Shop.

- Certified technicians to your location
- In-shop service • Free mobile service
- Foreign & domestic auto, truck, bus, motor home, windows & sunroofs
- Saturday service
- Construction equipment, heavy duty vehicles
- Free pick-up and delivery within a 10 mile radius
- Fabrication of flat glass
- Quality workmanship guaranteed
- Customer safety and satisfaction is our first priority
- Vehicles equipped with convertible or vinyl roof
- Servicing customers for over 25 years

**201 W. Main Street, Dudley, MA 01571**  
**800-479-7697 • 508-949-1327**

Monday-Friday 8am to 5pm • Saturday 8am to 12pm

Visit Us at [roysautoglass.net](http://roysautoglass.net)

BUY HERE PAY HERE

Payments as low as \$50 per week

Come Pick Out Your Car!

**Bad Credit  
No Credit  
No Problem  
WE FINANCE  
EVERYONE!**

Come Check Out Our Prices!

FARRAR AUTO BODY, INC.

204 Main Street • Oxford, MA  
508-987-0022

Print & Deliver

We Print and Deliver your inserts.  
Perfect for Big Events, Coupons, Menus and More!

For more information, or to schedule your insert, please contact  
**Laura Gleim at 508-943-8784**  
or by email at [lgleim@theyankeeexpress.com](mailto:lgleim@theyankeeexpress.com)

**REAL ESTATE**

# Should you buy a home with inflation this high?



BY MARK MARZEOTTI

**W**hile 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 ben-

efit of the added security of owning your home in a time when experts are forecasting prices to continue to rise.

Call Marzeotti Group today at 617-519-1871 or another trusted Realtor.

**Lake Realty**  
**Maureen Cimoch**  
 Real Estate Consultant  
 Cell 508.769.9211  
 111 East Main Street, Webster  
 www.LakeRealty.net  
 www.WebsterLake.com or .net  
 SMART




43 East Main Street  
 Webster, MA 01570  
 Office: 508.943.4333  
 Fax: 860.935.5624  
 Cell: 508.525.0611  
 Web: hope2own.com  
 Email: lsullivan@hope2own.com  
**Laurie Sullivan**  
 REALTOR®  
 Licensed in MA & CT  
 REAL ESTATE ON THE RISE!




Maribeth Marzeotti  
 Broker Associate/GRI/SRES  
**RE/MAX**  
 ADVANTAGE 1  
 25 Union Street, 4th floor  
 Worcester, MA 01604  
 508-864-8163  
 MBMarzeotti@gmail.com  
 www.MarzeottiGroup.com  
 Maribeth Marzeotti  
 Realtor



**Webster. 2-bedroom apt.**  
 \$1,000/month + Security Deposit  
 Very spacious, clean, and bright.  
 Kitchen, living room, large laundry room,  
 nice pantry, storage room, cute sunporch.  
 Off-street parking. Nice neighbors.  
 Quiet neighborhood. Renter provides  
 Background Screening check.  
 Proof of Income and References required.  
 (508) 735-8095.

**Countryside**  
 Garage Doors  
 430 Main St., Oxford, MA  
 We repair all makes and models of Garage Doors and Electric Openers  
 - Commercial and Residential -  
 Visit our display by appointment  
 Sales • Service • Installation  
**800-605-9030 508-987-8600**  
 www.countrysidedoors.com email: countrysidedoors@aol.com



*Renew your home's appeal with a new garage door.*  
 Many new styles and colors to choose from.

**SMALL LOAD CONCRETE, LLC**  
**Custom Concrete – Metered Pours**  
 CONCRETE APPLICATIONS  
 • Patios  
 • Pads for AC units, Sheds, Hot Tubs etc.  
 • Footings  
 • Retaining Walls  
 • Walkways/Sidewalks  
 • Curbing  
 • Steps  
 WHY SMALL LOAD CONCRETE?  
 • Buy ONLY what you need  
 • Less Expensive than mixing it by hand  
 • Custom Mix / Poured on the job site  
 • Cost Effective – no waste  
 • 1 Yard minimum  
 Call to schedule your pour today  
**508-770-1200**  
 Saturday pours available  
 34 PROVIDENCE RD, SUTTON, MA  
 www.smallloadconcrete.com



## SPORTS

# Dudley's John Glowacki a PMC veteran with no plans to stop riding

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

The Pan Mass Challenge (PMC) is a Massachusetts-based bike-a-thon that raises more money than any other single athletic fundraiser in the country. Held the first weekend of August every year, 100% of the funds go to the Dana Farber Cancer Institute, the world leader in adult and pediatric cancer treatment and research.

Billy Starr created the organization in 1980 after losing his mother at the age of 49 to melanoma. Thirty-six riders and 10 volunteers took part that first year and although many riders got lost during that inaugural ride, they accomplished what they set out to do – raise funds (\$10,200) for cancer research. Today the PMC has 6,800 riders, 3,000 volunteers and has raised \$831 million for Dana Farber's Jimmy Fund.

In 2014 Dudley's John Glowacki finally became one of those PMC riders after years of thinking about jumping on his bike and making the trek to Provincetown. He and his wife

had always seen the ads on TV while on vacation and Glowacki told her he was one day going to do the ride. It became a joke between the two until it came to fruition.

"I always filled out the application, I just never hit the submit button," he said. "Things seemed to come up and I was worried about the fundraising minimum. Once you hit that submit button, things become real and if you don't reach that monetary goal, it comes out of your pocket, you signed up to raise that money and it is your responsibility."

Although it was a daunting task to raise the required amount of money, Glowacki noted that he has been lucky and never in the situation to take money out of his pocket.

"I've had a lot of sponsors and supporters through the years," the Dudley resident said. "Even during the pandemic year, it didn't happen; cancer affects so many, people were still willing to give. The work and research Dana Farber does, people don't hesitate to donate."

In 1991 Glowacki lost his father at the age of 50 to

cancer. Then again in 2013 his nephew Rob, who was in his early 20's, was diagnosed, this gave him the opportunity to do something to help the cause. Since 2014 Glowacki has ridden the two-day event from Sturbridge to Provincetown, pedaling his bike 186 miles.

Glowacki is part of Team Cyclosauruss, a team that was formed before he first decided to take part in the PMC. His sister-in-law (Rob's mother) worked at a company with the riders of Cyclosauruss and when they heard he was going to ride they invited him to join them.

Although the Dudley resident was well prepared for the ride, he was not ready for what Mother Nature was going to end up dishing out that August weekend.

"It was one of the worst days they've had, it was cold and raining," Glowacki said. "Although the weather was not cooperating the ride was good for me. I got to see so many people along the routes with signs and cheering the riders on, they didn't think twice about the rain. There was not a mile that you didn't see people even

in this type of weather"

Luckily for Glowacki, he had packed a raincoat for his ride, just in case. And although he still got soaked from the rain, he was able to contain body heat with it.

"Nothing was dry, but the worst part of the ride was not being able to see in front of you at times because of the rain in your eyes. As you rode you just hoped that no one in front of you stopped short or had an accident in front of you," he said. "Even when we got to Bourne (the end of the first day's ride) the field to get to the food tent was flooded with four inches of water. I think it took until Wednesday before my shoes finally dried, but even through all that I'd do it again."

2014 was supposed to be Glowacki's one and done with the ride, but like so many he just couldn't say goodbye to the event after taking part in it.

"I just wanted to say that I did it once. I never imagined that I'd still be doing it eight years later," Glowacki said. "The whole experience during the entire weekend was unbelievable and it just sucks you in. The PMC



John Glowacki of Dudley: "I ride year-round anyway, why not the Pan Mass Challenge?"

changes your life forever once you get involved and see the impact that it has on the people, you can't not go back."

As an avid bike rider Glowacki knows that he'll be on his bike anyways, so why not just ride for the PMC and do something meaningful. While he had said it was only going to be a one-year thing, then bumped it up to five years, Glowacki's new milestone is ten years, but once that goal is reached, he seems to start contemplating the next goal.

"Every time I start to think about it coming to an end I start to reconsider," Glowacki said. "During the pandemic I really thought

that it would lose its luster but that didn't happen instead more and more people were signing up and they were opening more routes to ride."

Glowacki, who rides year-round (on a stationary bike inside during the winter and on the roads once the weather allows him too) knows that his 10th year will be coming up soon and he will once again have to make a decision as to continue riding for the PMC or hang it up. However, it seems that as long as he is in good health and can climb aboard his bike the PMC will have a partner for some time.

## TIPS ON FINANCIAL PLANNING

dennis.antonopoulos@edwardjones.com

## What should you know about IRA rollovers?



BY DENNIS ANTONOPOULOS

If you've been contributing to an IRA, you've chosen a great way to save and invest for retirement. All IRAs have potential tax benefits and a range of investment possibilities, but not all IRA providers offer the same features. So, if you decide that your current IRA provider is charging higher fees than you'd like, or perhaps doesn't offer as many investment choices as you want, then you might choose to move your IRA assets to another provider. How should you go about making this switch?

Here are some options to

consider:

- Trustee-to-trustee transfer or direct rollover – You can ask the financial institution holding your IRA to move the money directly to another IRA. No taxes will be withheld from the amount transferred at the time of the transfer. This method is generally hassle-free, but some IRA sponsors will still only mail the check to your address of record, so you'd have to forward it to your new IRA.

- Indirect rollover – If you take an indirect rollover, also known as a 60-day rollover, the assets from your existing IRA will be liquidated and the custodian or plan sponsor will send you a check or deposit the funds directly into your bank or brokerage account. This payment may be subject to withholding for federal taxes, and possibly state taxes, unless you opt out of withholding. You have 60 calendar days from the time the funds were withdrawn

to deposit the money, including any amount withheld, into a new IRA. If you miss this 60-day deadline, the withdrawal may be taxable at your personal income tax rate, and it could also be subject to an early withdrawal penalty if you're younger than 59 ½.

Given the immediate withholding and the possibility of further taxes if you don't move the money into a new IRA before the 60 days are up, you've got much to consider before initiating an indirect rollover. Consequently, you should consult with a financial advisor and tax professional before you make this type of move.

In addition to a rollover from an existing IRA, you may someday want to move the money from your 401(k) or similar employer-sponsored retirement plan to an IRA. This can occur when you retire or change jobs, although if you do take on another job, you

might have the options of leaving your 401(k) with your former employer or rolling it over into your new employer's plan. However, if you do want to move your 401(k) funds into an IRA, you can make what's known as a direct rollover, in which the administrator of your old retirement plan will send you a check made payable to the custodian of your IRA. No taxes will be withheld, but you need to get the funds transferred within 60 days to avoid any potential tax issues.

You spend years contributing to your IRA and 401(k) — and for good reason. So, when it's time to move that money, be careful and consider getting help from your financial and tax professionals. These funds can play a big role in your retirement income, so manage them wisely.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Den-

nis Antonopoulos, your local Edward Jones Advisor at 5 Albert Street, Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@

edwardjones.com. Edward Jones Member SIPCA

Edward Jones

> edwardjones.com | Member SIPCA

### Compare our CD Rates

Bank-issued, FDIC-insured

6-month	<b>2.65</b> % APY*	Minimum deposit \$1,000
1-year	<b>2.90</b> % APY*	Minimum deposit \$1,000
2-year	<b>3.25</b> % APY*	Minimum deposit \$1,000

Call or visit your local financial advisor today.



**Dennis Antonopoulos**  
Financial Advisor  
5 Albert St  
Auburn, MA 01501-1303  
508-832-5385

\* Annual Percentage Yield (APY) effective 08/18/2022. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

FDI-1867K-A © 2022 EDWARD J. JONES & CO., L.P. ALL RIGHTS RESERVED.

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

DR. SEAN T. LORDAN DPT

**B**ack 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

**BACK PAIN**  
*continued on page 19*

## RESOURCE DIRECTORY

ads@TheYankeeXpress.com

### home

### automotive

**CAPITOL SIDING & HOME IMPROVEMENT COMPANY, INC.**  
Custom Exteriors • Vinyl Siding Replacement Windows Roofing • Seamless Gutters  
MARK SARKISIAN, JR. markjr@capitolsiding.com www.capitolsiding.com  
30 Auburn Street Auburn, MA 01501 Tel 508-832-5981 Fax (508) 832-0464

Septic Tank Pumping • Septic Systems Maintenance and Repairs Sewer & Water Service • Grease Trap Pumping • Excavation Service  
**BLACKSTONE** Septic Service  
MILLBURY  
774.276.6970  
BLACKSTONESEPTICSERVICE.COM

**RIVERS EDGE**  
HEAVY TOWING & Truck Trailer Repair  
508-278-9924

*A.P. Mandella Landscaping*  
**STUMP GRINDING**  
Chip Removal  
LOAM & SEED  
Small Backhoe services  
Call Anthony @ 508-340-1640 Auburn, MA Fully Insured Free Estimates

**Economy Canvas & Awning Co.**  
Retractable & Stationary Awnings Boat & Truck Covers and Related Products  
Pool Cover Repairs  
115 Hamilton St., Southbridge, MA 508-765-5921  
www.EconomyCanvasAndAwning.com

**U-KNIGHTED**  
AUTO & TRUCK REPAIR  
"We perform all your car care needs"  
45 East Hartford Ave., Uxbridge  
508-526-3169  
Custom Exhaust Experts  
Engines • Transmissions • Tires  
Oil Changes • Brakes • Converters  
Welding & Fabrication Services

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

**SOCHIA'S OIL & GAS INC.**  
13 Cook Street E. Douglas, MA 508-476-2278 www.SochiasOil.com  
**FUEL OIL - PROPANE - KEROSENE**  
SALES • SERVICE • INSTALLATION  
Serving: WHITINSVILLE, UXBRIDGE, DOUGLAS, SUTTON, MILLVILLE, MENDON, UPTON, MILLBURY, WEBSTER, GRAFTON, OXFORD, DUDLEY, HOPEDALE  
Heating - Air Conditioning 24 Hour Burner Service

**FOLLOW US ON FACEBOOK AT FACEBOOK.COM/THEYANKEEXPRESS**

CHIEF'S CORNER

swojnar@dudleypolice.com

# Back to School

BY CHIEF STEVEN J. WOJNAR  
DUDLEY POLICE DEPARTMENT

It is hard to believe that back to school time is nearly upon us. This is always a good opportunity to emphasize the benefits of good driving behaviors, especially for new drivers. One item I wanted to address was the restrictions on junior operators.

A junior operator in Massachusetts is anyone licensed who is under age 18. There are a few major restrictions on these individuals. One

is they are not allowed to drive between the hours of 12:30 am and 5 am. Another critical restriction for these operators limits the presence of passengers in their vehicle. Massachusetts General Laws Chapter 90 Section 8 states in part, "No person holding a junior operator's license shall operate a motor vehicle during the first six months of licensure while a person under 18 years of age, other than the operator or an immediate family member of the operator, is present in such vehicle unless

also accompanied by an operator, duly licensed by his state of residence, who is 21 years of age or over, who has had at least one year of driving experience and who is occupying a seat beside the driver..." Immediate family members can be considered as mother, father, brother, or sister. The intent of this law is to limit distractions to inexperienced drivers and prevent accidents. Violations of these restrictions are civil or criminal in nature and can result in fines and suspension of your license.

Unfortunately, there have been too many tragic accidents and injuries involving young, inexperienced drivers. We hope to prevent these incidents from occurring in the future and educating young drivers is a move in a positive direction. Our officers will be out in areas focusing on traffic violators to prevent accidents and encourage voluntary compliance with the traffic laws.

In addition to exercising safe driving practices, we want to remind everyone that back to school means

an increased presence of children and busses on the roadways. As operators, pay particular attention to these situations and always watch your speed and drive defensively. The Dudley Police Department wishes all the students, faculty, and staff a happy and healthy upcoming school year.

For those still seeking vaccination or COVID related information, it can be found at www.dudleypolice.com 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. 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.

## Milford Federal Bank appoints Daniel McElhinney, Vice President Retail Market Manager



MILFORD, MA (August 3, 2022) – Milford Federal Bank announced today that Daniel McElhinney has joined the Bank as VP, Retail Market Manager. Mr. McElhinney will lead a growing team

of Milford 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 Massachusetts and Woonsocket, RI and can also be found on the Internet at MilfordFederal.com, Facebook and LinkedIn.

locations in Sutton and Shrewsbury.

### BACK PAIN

*continued from page 18*

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.

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

## THOMPSON

### Landscaping & Construction

- DRAINAGE • POOL FILL-INS
- LAND CLEARING • FULL LAWN INSTALLS
- EXCAVATION • STONE & GRAVEL DRIVEWAYS
- PATIOS • RETAINING WALLS • WALKWAYS
- LAWN CARE • MULCH

**Eben Thompson**

**Millbury, MA • 508-523-7790**  
**Ebthompson36@gmail.com**  
**Free Estimates • Fully Insured**

## QUALITY BUILDING MATERIALS

### FOR ALL YOUR NEW CONSTRUCTION AND REMODELING NEEDS!

PROFESSIONAL SERVICE • FREE DELIVERY • ESTIMATING

Lumber & Plywood • Windows • Doors • Millwork • Roofing • Insulation • Decking  
 Rail Systems • Siding • Hardwood • Fasteners • and Much More!

Family Owned And Operated Since 1952.  
 124 Main St., Millbury  
**cslumberco.com • 508-865-4822**

Mon. - Fri. 7:30 a.m. - 5 p.m. • Sat. 7:30 a.m. - Noon

# FOR ALL YOUR FUEL NEEDS

## NEW BOILER INSTALLS

- Crown Boilers
- Williamson Furnaces
- Oil Tank Installs



ALL NEW INSTALLS COME WITH A 3 YEAR PARTS AND LABOR WARRANTY, AS WELL AS THE MANUFACTURERS WARRANTY.



**We do NOT Sell Biofuel!**

Which will help prevent system breakdowns.

**Central air conditioning and ductless mini splits**

### HELP WANTED -

**Class B CDL driver with air brake, tanker and hazmat endorsements. Must have DOT Medical Card.**



A Full Service Oil Company  
24-Hour Emergency Service

**WWW.LMTOIL.COM • WE DO ONLINE ORDERING**

Don't spend another summer sweating!



In the ceiling, on the wall, ductwork or no ductwork. We provide energy-efficient heating & air conditioning.

Choose Morrissette & Son as your installer, and receive:

- Upgraded Diamond Dealer Parts & Compressor Warranty for 12-years (from standard 5 years parts/7 years compressor)
- Financing through the MassSave HeatLoan
- Rebates through MassSave, with processing on your behalf
- Extended Labor Warranty Available
- Highly trained technicians with Installation & Service
- Maintenance Contracts Available



© 2021 Mitsubishi Electric Trane HVAC US LLC. All rights reserved.

**Morrissette & Son**  
Electrical Contractors, INC.  
ELECTRICAL • HVAC • GENERATORS  
508-476-9879  
MorrissetteElectrical.com



# WE'RE HIRING

Industrial Transfer & Storage specializes in the handling and hauling of heavy machinery, plant relocations and strategic projects. We are currently interviewing for:

**Riggers ▪ Fabricators ▪ Welders  
Mechanics ▪ CDL Class A Drivers**



**INDUSTRIAL TRANSFER & STORAGE INC.**

TO APPLY

[www.industrialtransfer.com/employment](http://www.industrialtransfer.com/employment)

Or in person at 529 Ashland Ave, Southbridge

We consider applications for all positions without regard to race, color, religion, creed, gender, national origin, age, disability, sexual orientation, citizen status, genetic information or any other protected status