

New Douglas Fire Chief Sworn In



At the Tuesday, October 17 Select Board meeting John J. Furno was sworn in and pinned by his wife, Town Clerk Christine Furno as Fire Chief for the Town of Douglas.

Holiday concerts

Christmas in New England will be performing three concerts this Holiday Season. Saturday, December 2 at the Rockdale Congregational Church, 42 Fowler Road Northbridge, Saturday, December 9 at the United Church of Christ Congregational, 723 Massachusetts Ave. Boxborough, and Saturday December 16 at the Rehoboth Congregational Church, 139 Bay State Rd Rehoboth. All concerts will take place in the sanctuaries and begin at 7:30 p.m.. Admission to shows is \$15 at the door only. Doors open at 6:45 p.m.

Our local concert in Northbridge will also feature our chili, soup, beverages and desserts ahead of show time and during intermission. Our annual "Cookie Walk" will take place during intermission.

CINE has been together for over 20 years combining original, contemporary, and classic Christmas music performed on acoustic instruments with vocals. The group consists of Amy Gallatin and Roger Williams from



Glastonbury, Connecticut, Karen Wilber from Stow, J.D. Williams from Manhattan New York, Dave Orlomoski from Barkhamstead, Connecticut, and Krissy and Bob Dick from Northbridge. Each

year these friends look forward to getting together and adding a few more new songs to the group's expansive repertoire.

More information can be found at christmasinnewengland.net.

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Toy Drive at Fire Station

Douglas Police and Fire Departments will be holding a Toy and Food Drive from 8 a.m. to 12 p.m. on Saturday, November 11 at the Douglas Fire Department at 64 Main Street. They will be working with local food banks and community organizations to help brighten the holidays for those in need. Recommended donation items are canned goods, non-perishables, pasta, new unwrapped toys, gift cards and gifts for all ages.



bankHometownSupports Local Food Pantries through 20th Annual Neighbors Helping Neighbors Fundraiser

Robert J. Morton, president and CEO of bankHometown, is kicking off the bank's annual Neighbors Helping Neighbors fundraising drive for 2023 to help support local food pantries. The annual appeal is part of the bank's charitable giving program, The Giving Tree, which reflects the bank's commitment to making a real difference in the neighborhoods it serves.

This marks the 20th year of the bank's annual appeal, which invites bank customers, employees, and community members to donate money between November 1 and November 30 to help fight food insecurity. All donations up to \$2,500 per customer will be matched dollar for dollar by bankHometown and the total raised will be divided among participating food pantries across Massachusetts and Connecticut in communities the bank serves. In 2022, through contributions and matching donations, the campaign raised over \$66,000, and since inception has donated more than \$331,000.

Donations of any amount are encouraged. As an added incentive to give, the bank offers those who donate the opportunity to enter a drawing to win a \$25 gift

card, which will be awarded at each of its 16 locations.

"Neighbors Helping Neighbors shows how communities can come together to help others in need," said Morton. "bankHometown is proud to lead this annual giving tradition. We thank everyone who selflessly gives each year."

Those who wish to participate have until November 30 to make their donations. Checks should be made payable to "bankHometown Neighbors" and can be dropped off at any bankHometown branch or mailed to:

A total of 16 food pantries will be supported this year and include: Athol Salvation Army Food Pantry, Auburn Youth and Family Services Food Pantry, CARE Food Pantry, Clinton, Food Share: Southbridge, Charlton and Sturbridge, Friendly House Pantry, Worcester, Ginny's Helping Hand, Inc., Leominster, Millbury Senior Center Food Pantry,

Oxford Ecumenical Food Shelf, Sutton Senior Center Michael A. Chizy Food Pantry, St. John's Food for the Poor, Worcester, and St. Vincent de Paul Food Pantry, Webster.

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Shop Small On November 25

There are plenty of treasures right in your own back yard if only you take the time to look for them.

To assist you on the hunt, the merchants of Whitinsville and Northbridge are hosting the 10th Annual one day "Shop Small 01588 Passport Event" to guide your local explorations. On Saturday, November 25, several businesses have

planned a holiday shopping treat for picking up gifts or spoiling yourself.

To participate, pick up a Shop Small 01588 Passport at any of the participating businesses located throughout Whitinsville and Northbridge. Plan your visits to these businesses to get your pass-

port stamped at each location. Enjoy in-house specials and sales prepared especially for the Passport Shoppers. When you have seven or more stamps on your passport, fill in the contact information found on the back of your passport and you'll be eligible to enter to win a grand gift basket filled with goods donated by the participating shops. Deliver your completed passport by December 2nd to our drop box location located inside

Schotanus Design Center, 83 Church Street Whitinsville.

So what will you discover this holiday season as you travel locally?

Perhaps a new membership for your fitness journey from Whitin Community Center, Driven Self

Defense, or Blue Zone Integrated Fitness. Or lessons from The Family Karate Center. Maybe it's time to spruce up your home with help from Schotanus Design Center or Koopman Lumber. Is it time to freshen up your wardrobe? Look no further than Katalina's Boutique. Get crafty with classes from Barbara Connors Art Glass Studio or The Crafty Nest DIY. Find the perfect gift for you or your family or pet at Little Man Handbags, Gifts + Accessories, LuLu's Jewelry + Gifts, Furiends Gourmet Pet Treats or The Flower Shop. Look for a new car with services from Harbro Sales & Service. And don't forget to prepare your table with wonderful food made fresh from The Green Plate.

Milford Regional to Host Free Webinar on the Early Signs of ADHD, Depression and Anxiety in Children

Milford Regional's Community Benefits programming is hosting a free webinar for parents. "Opening Doors to Youth Mental Health; Helping Parents Identify the Early Signs of ADHD, Depression and Anxiety," will be held on Thursday, Nov. 16 at 7 p.m.

This webinar is for parents and caregivers and will feature medical and mental health professionals who will focus on the early signs of ADHD, depression and anxiety while also recognizing what typical developing behaviors are in children. The webinar will mainly focus on the age range from pre-school to early school-age.

Presenting are Milford Regional

Physician Group pediatrician and Director of Pediatrics Mary Lyons, MD; Family Continuity Programs and VAULT Director Kate Rose, LMHC; and Wayside Youth & Family Support Network Peer Support Specialist/Peer Mentor Destiny O'Connell, CPS. Milford Regional Medical Center Chief Quality Officer and Vice President Bert Thurlo-Walsh, MM, RN, CPHQ, will moderate.

Pre-registration is required. Visit milfordregional.org and select "Classes and Events" on the homepage and view "Webinars." A link will be sent to registrants 24 hours prior to the webinar.

Community Benefits program-

ming is dedicated to the improvement of community health through its leadership and local partnerships.

Milford Regional Medical Center is a full-service, community and regional teaching hospital located in Milford, Mass. and serves patients from more than 20 towns in Central Massachusetts. The 148-bed medical center is a nonprofit, acute-care facility, where more than 300 primary care and specialty physicians are committed to providing exceptional healthcare services to our community with dignity, compassion and respect.

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Metro-West Building Officials Association Thanksgiving Dinner

The Metro-West Building Officials Association (MWBOA) will host a Thanksgiving Dinner for seniors on Thanksgiving, Thursday, November 23 from 11 to 1 p.m. at the Grafton Municipal

Center gym, 30 Providence Road, Grafton.

A three-piece jazz band will play at the traditional turkey dinner with all the trimmings.

Bob Berger, the MWBOA

founder and president said the association wanted to give back to the community and offer an enjoyable day to seniors who might not be able to be with their families on the holiday and to provide a joyous



meal with kindness and dignity. Reservations will be accepted from 25 seniors from each of the following towns: Grafton, Millbury, Sutton, Northbridge, Northborough and Upton.

Thus far, the event has attracted many generous donations: of the \$10,000 goal, the MWBOA had already raised \$7,000. Many volunteers have come forward as well to

serve that day. Caterer John Ayotte of Chef du Jour catering has volunteered his time and his employees' time as well to cook and serve the meal.

Reservations are required. The Senior Center has volunteered to help take reservations; contact director Shannon Smith at 508-839-0242 to reserve your place.



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Terri and Mike

Lung Cancer Screening Event

Milford Regional Medical Center will be hosting a lung cancer screening event on Saturday, Nov. 11 from 8:20 a.m. – 12 p.m. The screening is intended for high-risk individuals for lung cancer.

November 11 is National Lung Cancer Screening Day: a day intended to increase access to lung cancer screenings in communities and foster awareness about the effectiveness of those screenings.

“Early-detection through low-dose computer tomography scans have proven to be effective among

individuals who are considered to be at high risk for lung cancer,” said Milford Regional Director of Diagnostic Imaging Laura Chapman.

Milford Regional will offer participants free refreshments that morning. Space is limited and a physician order is required. Interested participants should call their physicians to see if they qualify and to have an order placed. Any questions can be directed to Milford Regional’s Lung Cancer Screening Coordinator by calling 508-422-2520.

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Mark Freeman

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If you've invested in an IRA for many decades, it may well turn into a key source of income for your retirement. Still, you might not deplete your IRA in your lifetime, especially if you also have a pension or a 401(k) and other investment income. So, if your IRA still has sizable assets after your passing, it would likely end up in your estate plan. If you leave your IRA to grown children or other family members, could they be

hit with a big tax bill?

Here's a little background: Up until the Secure Act of 2019, those who inherited traditional IRAs could extend their required withdrawals over their lifetimes, which stretched out the annual taxes due on these withdrawals. But the Secure Act changed the provisions for non-spouse beneficiaries who inherited an IRA after 2019, meaning that beneficiaries of inherited IRAs had only 10 years (beginning the year after death) to withdraw the entire balance. For some beneficiaries, this could potentially create a tax burden. (Inheritors of Roth IRAs are also required to follow the 10-year distribution rule but are not subject to income taxes on account earnings if the Roth IRA's five-year holding period has been met).

However, not all beneficiaries were affected by the new rules. Spouses can stretch their inherited IRA distributions over their lifetimes and exceptions exist for

certain non-spouse beneficiaries. Minor children of the IRA owner (until the age of majority), chronically ill or disabled individuals, and beneficiaries who are no more than 10 years younger than the IRA owner may opt to stretch their distributions.

The new 10-year requirement applies to IRAs inherited on or after

Jan. 1, 2020. But due to confusion over changes to required minimum distribution (RMD) rules for some beneficiaries of inherited IRAs, the IRS waived penalties for individuals who failed to take RMDs in 2021 and 2022 and extended the RMD penalty waiver for 2023.

Although these rulings give beneficiaries — those not eligible for the exemptions listed above — more time to plan, they will eventually need to start taking RMDs, which could affect their tax situations. To help protect your heirs, consider these suggestions:

- **Using permanent life insurance.** A properly structured permanent life insurance policy could help you replace the assets your family might lose to the taxes resulting from an inherited IRA. You might even consider naming a charity as the beneficiary of an IRA, rather than your family members. The charity would receive the IRA proceeds tax free, and the life insurance could then provide tax-free benefits to your heirs.

- **Leaving taxable investment accounts to your heirs.** Apart from your tax-deferred IRA, you may own other, fully taxable accounts containing investments such as stocks or bonds. Typically, these investments receive what's known as a "step-up" in their cost basis once they are inherited. This means your heirs will essentially inherit all the gains your invest-

ments earned by the time of your passing — but they won't be taxed on these gains if they sell the assets immediately. This type of sale could help offset the taxes your heirs will incur from the inherited IRA.

The tax and investment issues surrounding inherited IRAs can be complex, so consult with your tax and financial advisors before making any moves. And, as with many areas relating to inheritances, the sooner you start planning, the better.

If you would like to discuss your personal situation with a financial advisor contact:

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Pickleball Health 101: 8 Tips to Prevent Injury on the Court this Fall

SEAN LORDAN PT, DPT, OCS, CSCS

Pickleball, the sport that has been capturing the hearts of many in our community, is a fantastic way to stay active, burn calories, and have a great time this Fall. As a physical therapist, I understand the joy this game brings, but I also recognize the importance of preventing injuries. We have seen a large influx of pickleball

injuries of late in all of the clinics.

In this article, I'll share my insights on how to keep yourself safe on the pickleball court, and prevent common injuries that can occur as a side effect of too much activity.

1. Perform a Proper Warm-up: Before diving into your pickleball match, take a few minutes to prepare your body. Start with light aerobic exercises like brisk walking or gentle jumping jacks to increase blood flow and warm up your muscles. Follow this with dynamic stretching, focusing on the major muscle groups you'll be using, such as your legs, shoulders, and arms. This will help improve your flexibility and reduce the risk of strains and sprains. If you are unsure how to perform dynamic stretches, consult your local physical therapist for a specific program for you.

2. Wear Proper Footwear: The right pair of shoes is your first line of defense against pickleball injuries. Choose court shoes with non-marking soles to provide optimal grip and support for lateral movements. Avoid using running shoes, which lack the necessary lateral stability, and treaded soles, which can increase the risk of slips

and falls. My personal favorites are "tennis shoes."

3. Consider Protective Gear: While pickleball is generally non-contact, accidents can happen. Depending on your level of play, consider wearing protective gear such as knee and elbow pads, and wrist guards for extra safety during fast-paced rallies. Wrist guards will specifically keep repetitive strain away from the elbow complex—which is where the most pickleball injuries I see occur.

4. Technique Matters: Proper pickleball technique is key to preventing injuries. Work on your posture, grip, and swing mechanics to ensure you're playing with the correct form. Seek guidance from experienced players or even schedule lessons to hone your skills and reduce the risk of overuse injuries.

5. Stay Hydrated: This is a common theme in many of my articles regarding injury prevention! Dehydration can lead to muscle cramps and decreased performance. Before, during, and after your game, hydrate well with water, and consider replenishing electrolytes with a sports drink, especially while inside of a humid arena this Fall and Winter.



6. Respect Your Skill Level: It's natural to want to challenge yourself, but playing above your skill level can lead to injuries. Play with opponents who match your abilities, and gradually increase the level of competition as your skills progress.

7. Court Safety: Always be mindful of the court's condition. Loose gravel, uneven surfaces, or cracks can pose tripping hazards. Inspect the court before play and report any issues to the relevant authorities for prompt repairs.

8. Consult a Physical Therapist: A good physical therapist will screen you to provide you with the right stretches and exercises to perform to prevent injuries before they happen. Pay attention to your body's signals. If you feel pain or discomfort during the game, don't

ignore it. This is your body's way of telling you that something is wrong.

In conclusion, pickleball is a fantastic sport that promotes health and social interaction in our community. By following these safety tips, you can reduce the risk of injuries and continue enjoying the game for years to come.

Stay safe, stay active, and have a great time on the pickleball court this Fall! If you ever have any questions or concerns about injury prevention, don't hesitate to reach out to a local physical therapist for guidance. Most often no referral is required and you can access physical therapy directly without having to stop by your PCP's office for a script.

*In good health,
Dr. Sean T. Lordan*

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Family-run Affordable Junk Removal takes the stress out of cleanups

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the



company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the backend while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the

Business spotlight

communities we serve."

As for Sutton, Millbury and Grafton in particular, Schadler says they are proud to have many repeat customers and friends in the area. The Schadlers' Resellables store also donates items to the Grafton Flea Market, where Jason has been a lifelong patron.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005. Contributed photo

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Christmas By Candlelight at Old Sturbridge Village is kicking off its season early this year with pre-sale tickets available to members starting at 10:00 a.m. on Friday, October 13. The popular holiday event will return with dates in November and December, inviting visitors to step into the past and celebrate New England holiday traditions of the 19th century and today.

Christmas by Candlelight makes a great family activity while guests are in town, a way to get in the spirit after a day of shopping, or a fun way to spend the afternoon with the kids when they are on school vacation.

This year's event will see the return of many favorite holiday activities, always with a new spin. Start planning your visit today and save big while creating memories that will last a lifetime.



ENCHANTMENT ABOUNDS

Old Sturbridge Village's 200-acre campus will be decorated for the holiday season. Guests can wander the Christmas Tree Trail and Christmas Wish Bridge or watch the evening come to life at a lighting ceremony every night at 4:30 p.m., ride in the horse-drawn carry-all around the Village Common, visit the 500+ piece nativity set in the Friends Meeting-house and view Christmas décor from the 19th century. Thanks to special contributions from Oakwood Farms Christmas Barn in Spencer, the Asa Knight Store will feature the history of glass ornaments. Our cabinetmaker

will be crafting wooden toys and gifts and the tanners will be punching tin lanterns. Take in the sights and smells of holiday baking at the Freeman Farmhouse, visit with the farm animals, and so much more!

GET HANDS-ON WITH CRAFTS

There will be holiday craft activities for young and old, or try candle dipping for an additional fee. The households throughout the Village will feature various traditional craft demonstrations including making woolen ornaments, making marzipan treats, knitting Christmas stockings,



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The Uxbridge Fire Department held an open house on Oct. 14. Kids got to try out an obstacle course, a maze and watch a technical rescue demonstration and dive team demonstration. Lucky Dalia Bishop won a ride to Taft Elementary School on a fire truck.

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baking cakes, punching tin lanterns, making pottery, and more.

HEAR STORIES OF THE SEASON

Listen to readings of The Nativity Gospel of Saint Luke and The Nativity Gospel of Saint Matthew in the Friends Meetinghouse or hear classic Christmas tales being told such as The Night Before Christmas, Rudolph the Red-Nosed Reindeer, and How the Grinch Stole Christmas, and English and Spanish readings of Un Cocqui de Boriquen, a Puerto Rican children's story.

ENJOY LIVE MUSIC AND MAGIC

See historical musical performances around the Village including our costumed historians playing various instruments, The OSV Singers (on Sundays), and different local performers each night. There is also a not-to-be-missed magic show with Bob Olsen in the Dennison Gallery!

FIND FESTIVE FOODS

Enjoy hot foods and beverages

at various locations throughout the museum, including treats that you'll see being made in the Village. Sample mulled cider, gingerbread, and other favorites of the season. Visit the Bullard Tavern Café and Patio for hearty soups, hot sandwiches, festive desserts, hot and cold beverages, and specialty cocktails. Or enjoy a treat from one of our concession stands in the Countryside or on the Common. There's also the Ox & Yoke Café with soups, sandwiches, pastries, and beverages on your way into or out of the Village.

GINGERBREAD HOUSE CONTEST

An annual favorite, enter our Gingerbread house baking contest and put your creation on display. Families, professionals, home bakers are all welcome and guests can vote for their favorites!

HOLIDAY EXPRESS MODEL TRAINS

Come see what the Worcester Model Rail Roaders have in store this year with their charming display of

miniature trains.

VISITS WITH SANTA

Santa Claus will make an appearance each night for little ones to tell him their special Christmas wish. Come make a craft and meet with the jolly man himself!

HOLIDAY SHOPPING

This year we are proud to have expanded our offering of unique hand-crafted holiday items available at the Miner Grant Store and the Ox & Yoke Mercantile each evening during the event. Find craft kits, books, clothing, bath and body, and Village-made ware for your gift-giving list.

NEW THIS YEAR!

Enjoy a members-only night on November 26! There will be a reduced capacity for the evening. Enjoy the Village with less crowds and more fun!

For more information and to order tickets, visit osv.org.



LIVING WITH LUKE

amyleclaire@hotmail.com

Luke and Bruno Reunite

BY AMY LECLAIRE

The first few minutes were less than graceful. Luke was so happy to see Bruno that he couldn't hold back a surge of testosterone. He smelled the signs. He saw the bags. He heard the news. "Sleep over!" Then he climbed on his friend's back and mounted him. "Luke! Please!" Of course, we redirected our one-year-old dog. Nevertheless, boundaries were in order and the two dogs, senior and young, would establish such. "I love you, Luke, but I'm not into physical play." A few hours later, Luke suffered a bout of diarrhea while Bruno hacked up his dry dog food. Luke attempted to eat the mound of vomit, but I caught him in time. "Leave it." I yanked at his collar.

It's the life of a dog owner, chaotic and joyful all at once.

"Let's both get a drink of water!" The two pals—bonded by breed, temperament, and dog-parent-friends—drank and drank. I cleaned and cleaned. Bruno studied my moves. "Are you a professional cleaner, by chance?"

The dogs tap danced about the kitchen, grabbed stuffed animals, and followed me around the house. They did what dogs do. They stood at the door to go outside. They came back in. They settled down. "I'm thriving at 'ten' aren't I?" Bruno smiled up at me. I had earned his trust. Meanwhile, Luke fought to claim his Golden bestie.

"Let him off the leash, Momma! He's my friend and you're being a control freak!" Luke hollered at me on that first day while we showed Bruno our unfenced backyard. "We just want to hang out, No Parents Allowed." Luke had a point. He was being reasonable. Dogs are supposed to run free in a big backyard. Still, there was no way I could risk losing sweet Bruno, who buried his whitened face in my lap. "Help."

Luke acquiesced; especially given multiple walks offered, a trade-off for the leash law. "This is my



neighborhood, Bruno." Luke pulled ahead while Bruno ponied forward like a dog half his age. He revealed

in new sights and fun neighbors to greet. I could tell he felt at home in the neighborhood. "This is Bruno." I boasted of my senior Golden while Luke did the same. "This is my friend, Bruno. Doesn't he look so good for his age? We're having a sleep-over tonight?"

Rosie, Luke's girlie BFF, stopped over one day and showed Bruno some sass. "That's my friend! You don't belong!" Luke mediated, baseball in mouth. "Let's just play chase and let it go, Rosie." Bruno sat at my husband's heel and waited to go back inside. "That Doodle's crazy."

Our love for the two Golden swelled with the passing of each day. Bruno adored family nights while we all hung out in the family room to watch football games and snuggle. He added a special charm

to our time together. World News was grim, but we had two Golden retrievers in the same room. We were living the dream. Luke shared his orthopedic bed but struggled to let go of his shin bones. "Luke, no hoarding." Bruno smiled and went with the flow. "No worries. I'll take the stuffed beaver."

The subtle fashion by which the dogs bonded, be it via walks, play time, or sleeping schedules, was something I'll always cherish as a Dog Person. They checked on each other and chose to stretch out and nap in the same spots. Luke stared at Bruno while he rested and licked his nose. He also became a role model, showing Bruno how he stays "at his spot" during mealtimes. "Bruno, if you sit and wait long enough, eventually my mom will give you a treat, but you must be consistent. I think it's the teacher in her."

Bruno stayed by my side and leaned into my lap. Kind and sensitive, he whimpered while I trotted up our (gated) staircase. "I'll be right down, Bruno!" Luke craned his neck up to the foyer. "They always come back. Let's go people-watch on the step outside."

Luke sustained his outdoor dog-watching routine while Bruno stayed inside with me, a loyal friend and gentle giant. He watched me practice dances and smiled up at me with adoration. He communicated his needs with patience and gratitude. "Thank you

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by Kelly Hauk

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LUKE
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REAL ESTATE

Pricing your house right still matters today

While this isn't the frenzied market we saw like the past few, homes that are priced right are still selling quickly and seeing multiple offers right now. That's because the number of

homes for sale is still so low. In June, 76% of homes sold, saw an average of 3.5 offers.

Source – National Association



BY MARK MARZEOTTI

tion of Realtors

To set yourself up to see advantages like these, you need to rely on a REALTOR or real estate agent. Only an agent has the expertise needed to find the right asking price for your house. Here's what's at stake if that price isn't accurate for today's market value.

The price you set for your house sends a message to potential buyers. Price it too low and you might raise questions about your home's condition or lead buyers to assume

something is wrong with it. Not to mention, if you undervalue your house, you could leave money on the table, which decreases your future buying power.

On the other hand, price it too high and you run the risk of deterring buyers from ever touring it in the first place. When that happens, you may have to do a price drop to try to re-ignite interest in your house when it sits on the market for a while. But be aware that a price drop can be seen as a red flag for some buyers who will wonder why the price was reduced and what that means about the home.

It can be thought of this way; your house's market debut is your first chance to attract a buyer and it's important to get the pricing right. If your home is overpriced, you run the risk of buyers not seeing the listing . . . But price your house too low and you could end up leaving some serious money on the table. A bargain-basement price could also turn some buyers away, as they may wonder if there are any underlying problems with the house.

Think of pricing your home as a target. Your goal is to aim directly for the center – not too high, not

too low, but right at market value. Pricing your house fairly based on market conditions increases the chance you'll have more buyers who are interested in purchasing it. That makes it more likely you'll see multiple offers too. Plus, when homes are priced right, they still tend to sell quickly.

Lean on a professional's expertise to price your house right. So why is an agent essential in finding the right price? Your local agent has the skill, tools and the insight necessary to find the market value of your home. They'll use their expertise to determine a realistic listing price by assessing:

The prices of recently sold homes

The current market conditions
The size and condition of your house

The location of your house
Pricing your house at market value is critical, so don't rely on guesswork. Work with a trusted REALTORs like The Marzeotti Group or another professional to make sure your house is priced right for today's market.

This article is reprinted from earlier this year.

a word preached but not always practiced. Dogs are naturally positive without the flood of pop psychology and cheesy inspirational quotes. Dogs don't post a wish that you "Have a Blessed Day" on social media. Dogs give you a blessed day by waking up genuinely happy to see and be with you, with and without messes. I've given every dog I've owned my best, but they give back so much more, especially when there are two.

Stay tuned for more on Living with Luke. Find him on IG @livingwithlukevalentino

Write to Amy
amyleclaire@hotmail.com

LUKE

continued from page 10

for taking care of me. I'm just so happy to be with you." A senior Golden is as warm and cozy as a cup of tea. Mornings were equally as gratifying with the two pups.

"Oh my gosh! Hello! It's a brand-new day! Can you believe it? Hey, how did you sleep? I'm loving the rug by the front steps, by the way. Let's go outside! I'm so excited for my breakfast! Hold on – I just need to pee. Don't forget, that's my dish. I'll take a water refill when you get a chance. Who's that at the bus stop??!"

Positivity has become cliché,

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SPORTS

The End of the Soccer Line for Rachel Sawyer

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Northbridge's Rachel Sawyer has been playing soccer since the age of five when her parents decided to sign her up to play youth soccer for the town. Now some 13 years later the Northbridge athlete has decided that this, her senior season, will most likely be her last on the soccer field.

"I have always been a competitive person and played other sports throughout my life, but it was soccer that just seemed to stick with me," the Ram's senior said. "During my junior year I realized that I was not planning on seeking out soccer on the collegiate level, as I plan on becoming a nurse and soccer wouldn't fit into my schedule."

Sawyer did leave the door slightly open, saying that if things did work out at college and she had

the time she may at some point try walking onto the team, but doesn't really see that happening. She felt that her college education was far more important than playing another four years of soccer.

In addition to calling this year her last, the Northbridge native also decided to stop playing club soccer for NEFC Girls Academy, which she has done for quite some time.

"Prior to this season I dropped club soccer so that I could focus on my academics while still being able to enjoy my senior year," Sawyer said. "I plan on playing basketball this winter as it was a sport that I enjoyed playing as a kid and missed it. I want to give it one more shot during my last year at Northbridge and have fun doing so."

It was sometime during the seventh or eighth grade while play-



Rachel Sawyer (#18) of the Northbridge Rams is a force to be reckoned with on the soccer field.

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ing for NEFC that she developed a knack for the sport and found herself playing at a high level. Although her freshman year was not your typical season due to the Covid pandemic, Sawyer was somewhat nervous trying out for the squad. Finding herself much younger than most of the girls on the field, she knew that she had to work twice as hard to prove herself.

As a freshman she played mid-field for the varsity team, despite playing center-back while growing up.

"I definitely enjoy playing defense; that's where my biggest strengths are. However, I do like to play forward and attack occasionally," she said. "Freshman year was different, there was no tournament that year, due to Covid. Overall, it

was not an amazing year, but it was not a horrible year either."

While one of the younger athletes to take the field for the varsity team, Sawyer found herself getting used to the game at this level and trying to find her place on the team. Playing in her sophomore campaign she felt that she made a huge jump as she was more committed to the other girls and felt very comfortable around them, which translated to success. She was also back to 'her' position at center-back.

"My skills improved, I got stronger, faster and found myself more passionate and dedicated to the game," Sawyer recalled.

During her junior season Northbridge posted a 13-3-2 regular season record and made an impres-

sive run through the Division 4 State Tournament. As the number two seed, the Rams dominated Nantucket, Leicester and Manchester Essex and were able to edge out Littleton to earn their spot in the State Championship match. However, Cohasset (the number one seed) shut the Rams out to deny Northbridge a state title.

"Rachel is a quick, aggressive player that will slide tackle you cleanly in the 18-yard box and not think twice about it," Northbridge Coach Kristin Strazzulla said. "She is a tough gritty individual that played every minute of all of our playoff games. She's clutch!"

With all her hard work the then junior was named a Central Mass All Star as well as an All State All Star, something that came as a total surprise to the junior center-back.

"When the coach told me (about the All-Star status) I was excited, but I was also very much in shock. I knew that there were a bunch of girls in the state who deserved this honor," she said. "It was truly a confidence booster for me as it validated everything that I had been working for all season long."

As she entered her final season playing soccer for Northbridge Sawyer found that she would be doing so as a tri-captain. Here the senior is hoping that she can keep her teammates motivated to improve upon last year's success. Having a younger team, Sawyer

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SPORTS

SOCCER

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wants to get the squad to not only work together but build a team atmosphere where they feel good about what they are doing on the field.

After thinking back about what goals the team had set for themselves last year, the senior pretty much focused on the team and not herself.

“At the beginning of each year the coach has us write down our goals and although a lot of us put down make it to the states, we all laughed about it and never thought of it as possible,” she said. “After making it to the State Finals last year and losing we found ourselves crushed, but it motivated us to try even harder this year.”

Individual goals were not put into play; all Sawyer was hoping to do this year was play her best while helping the team get back to the post-season while taking that extra step to accomplish what they were denied just a year earlier. And although Northbridge is a young team, the senior tri-captain is optimistic that the Ram’s have the chemistry and if they continue to work hard they



could potentially do it.

With the younger girls, Sawyer will find herself playing multiple positions this fall and while she does not care where she is playing she feels that defense is her favorite position; it is also where she earned the All-State status. No matter where she finds herself playing preparation is all the same to her.

“She is usually playing center-back for us but with the loss of 8 seniors, including our leading scorer I am going to have to move her off the back line and into the middle of the field to help us generate some offense,” Strazzulla said. “She will be using her voice as a leader as she joins a lot of underclassmen in the mid field. She will become the assist to the assist.”

The Northbridge Coach con-

cluded that in order to once again become successful Sawyer will have to be one of the main cogs for the team game in and game out if this is to become a reality.

“Rachel is someone who her teammates depend on for consistency and intensity. She is always game time focused and ready to give 100% to the team each time she walks onto the field,” the Coach said. “I have enjoyed watching her grow as a player over the last four years while involved with the varsity program here in Northbridge.”

So as the season rolls along, Sawyer will not be thinking about it being her last, but one in which she helped the Rams do good things.

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TALES FROM BEYOND

tomdagostino.com

The Spectre Leaguers: Part I

BY THOMAS D'AGOSTINO

Everyone is aware of the Salem, Massachusetts witch trials that took place in 1692 but few have knowledge of an event that took place just north of the Witch City. This ghostly occurrence took place at the same time and it was believed by many to be closely related. Author Samuel Adams Drake wrote of the physical phenomenon that plagued the town of Gloucester, located on Cape Ann.

"It is gravely told in the "Magnalia Christi" of Cotton Mather, and on the authority of the Rever-

end John Emerson of Gloucester, how a number of rollicking apparitions dressed like gentlemen, in white waistcoats and breeches, kept Gloucester and the neighboring towns in a state of feverish excitement and alarm for a whole fortnight together.

In the midsummer time, in the year 1692, Ebenezer Babson, a sturdy yeoman of Cape Ann, with the rest of his family, almost every night heard noises as if some persons were walking or running hither and thither about the house. He being out late one night, when returning home saw two men come out of his own

door, and then at sight of him run swiftly from the end of the house into the adjoining cornfield. Going in, he immediately questioned his family concerning these strange visitors. They promptly replied that no one at all had been there during his absence."

Babson and the rest of Cape Ann would be besieged for a "fortnight" by what they deduced were ghosts or specters, perhaps even demons in human form sent by the devil to torment them. Drake, along with Mather and others also vouch for the authenticity of the event. Drake, in his writing states,

"But the fact that they were spirits, and no ordinary spirits at that, being so confidently vouched for, and by such high authority on such matters as Dr. Cotton Mather, would seem to dispose of all doubt upon the subject."

Mather's account was written shortly after the event and in his own words in the telling, yet the conviction of his narrative has warranted the tale to become an integral part of New England folklore. He relied upon the

sworn testimonies of those who actually fought with the unknown assailants who, in their conclusion, were not of this world. The men involved were of solid character and highly respected. For them to fabricate such a story would be detrimental to their caliber in society.

To continue the above narrative by Drake, Babson seized his gun and went in pursuit of the strangers. As he came upon a log, the two men jumped up and ran into the nearby swamp. As they ran, he heard one of them say, "The man of the house is now come, else we might have taken the house." In an instant, they were gone.

Stricken with fear of an attack by hostile enemies, Babson and his family took shelter in the nearest garrison. Upon entering, the sound of heavy footfalls resembling an army marching around the house was heard. Babson, along with a few other brave souls armed themselves and sallied forth to confront the enemy. Instead, they saw the same two men fleeing the scene. It was then that they deduced it may

have been French scouts and an attack was imminent.

The next night, Babson, being out of the garrison, saw two men once again who he thought to be Frenchmen as one of them had a bright gun, such as the ones used by the French Canadian, slung over his back. Both started towards him but Babson was able to make haste to the garrison where he got safely inside. Once again the heavy footfalls commenced as if a league of men were circling the safe house. Babson and a man named John Brown spied three men outside and took a shot at them. To their surprise, the men dodged their bullets like snowballs lobbed at them from a lame arm. For the next three nights, the three men, or what the towns people now thought were demons or devils, continued to mystically appear here and there in attempts to lure the inhabitants from their safe haven in the garrison.

Watch for Part 2 coming in the December issues.

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Road Test The Technology As Much As The Car

Q. You answered a question about my new 2022 Corolla LE over a year ago, and now I have another question about the car. The MPG rating for this car is 32 city and 41 highway. Under good highway conditions,



BY JOHN PAUL

I usually beat the number, getting 45 MPG or more. City driving, on the other hand, is a different story. Compared to what I see on the road, I drive better than a lot of people, meaning I drive around the speed limit, and I do smooth braking and accelerating. Yet, I consistently get around 20 mpg in city driving, and maybe around 25 mpg under very good conditions (not many red lights or stop signs). Do you know what could be going on here?

A. The EPA rates the urban/city cycle test using a dynamometer (treadmill for a car) and test for about 24 minutes of stop and go style driving. The average speeds are about 25-30 miles per hour with several stops and well as a slight burst to higher speeds. Since your highway driving meets or exceeds the EPA highway number this verifies the car is okay. It could just be that your style of city driving is not similar to the EPA loop. Also, if you average your very good highway MPG with your car's lower city 20 MPG the average

is still about 32 MPG on average, close to the 35 MPG EPA average.



EPA uses a 55/45 city highway split to determine the average miles per gallon. Based on this I would say your car and your driving habits and car are fine. Still, I would check the tire pressure each month with a gauge and continue your habits of easy on the gas and brake.

Q. I am buying what likely could be my last car and I'm not sure what I want or for that matter need. Also, over the years physically I have changed and I want a car that is easy to get in and out of. With so many makes and models as well as the technology, I feel somewhat overwhelmed. Any suggestions?

A. If you have a large used car lot, Carmax, Carvana or something similar that sells just about every make and model, although you may not be looking at used cars it is a good way to find a good fit without going to multiple dealerships. Spend some time

getting in and out of the vehicles, look for blind spots and easy of using the controls. As a friend of mine says, it is as important to road test the technology as much as the car. And you never know, in the process you may find a slightly used car that fits your needs and budget.

Q. When we pull face first into the

driveway the next day the battery is dead, when we back up into the driveway the battery is fine the next day. Could there be something outside and draining the battery when the hood is facing in the driveway?

A. There wouldn't be any electronics outside that can drain the car's battery. Now some things such as LED light bulbs can interfere with radio signals but won't drain the battery. One possibility is if your car uses a

proximity key-fob, and driving into your driveway puts the antenna closer to where you store your fob, might keep the car's electronics from fully shutting down.

Q. I am leaving a 2018 Maserati in my garage for two months, should I have the car started during my absence?

A. Ideally it would be best to have the battery on a maintainer, such as a Battery Tender or CTEK Smart Charger. These charger/maintainers will keep the battery fully charged, without overcharging. The other

option is to have someone drive the car every few weeks to keep the battery charged. Just starting the car and letting it idle just contaminates the oil and may actually take more electricity out of the battery than you are putting back in.

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 questions to jpaul@aanortheast.com. Follow John on Twitter @johnfpaul and friend him on Facebook at mrjohnfpaul.



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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 news@theyankeeexpress.com.

SATURDAY, NOVEMBER 4

• Boy Scout Troop 107 will hold its bottle drive from 9 a.m. – 12 p.m. Bring your deposit bottles and cans to the back of the Grafton Municipal Center, 30 Providence Road. Please rinse out bottles and cans.

Sort containers i.e. soda cans, beer cans, glass, one liter plastic, two liter plastic and small single serving containers. Adults will be available to help you transfer your cans and bottles.

SATURDAY, NOVEMBER 11

• Holy Trinity Church Craft Fair 9 a.m. – 3 p.m. Handmade holiday gifts and decorations, basket raffles, a bake sale and more. Grab a bite to eat in the corner kitchen. Free admission.
• Veterans Day Parade to Honor and Remember and Ceremony 11 a.m. Grand Marshal Sgt. Richard Norton Ceremony and step off at the Dudley Municipal Complex, 71 West Main Street The parade will conclude at the Webster Veterans Court of Honor, followed by a Veterans Day Ceremony.

SATURDAY, NOVEMBER 11 - SUNDAY, NOVEMBER 12

• The 16th Annual Natural Living Expo,

New England's largest holistic health and wellness event will return on Nov. 11 – 12 to the Best Western Royal Plaza Hotel and Trade Center, 181 Boston Post Road (Route 20), Marlborough. Get the best of holistic and alternative health care information. Sponsored by Uxbridge-based SpiritofChange.org. Admission is \$25 with a \$4 discount for ordering online in advance.

FRIDAY, NOVEMBER 17

• Millbury First Congregational Church will be holding their Annual Turkey Raffle on Friday, Nov. 17 at 6:30 p.m. at the Charles F. Minney VFW Post, 16 South Main St. Millbury. The top four prizes are: First Prize: \$500 in cash; Second Prize: \$250 Amazon Gift Card; Third Prize: Case of Assorted Wines; Fourth Prize: Thanksgiving Dinner Basket with Turkey. Raffle Tickets on sale outside Goretto's Supermarket, 1 Providence Street on Oct. 14; 17; 24; and Nov. 4. Refreshments will be sold during the drawing, including hot dogs and other delicious

surprises.

WEDNESDAY, NOVEMBER 15

• The Blackstone Valley Chamber of Commerce's 45th Annual Meeting & Awards Ceremony will be held at Pleasant Valley Country Club on Armsby Road in Sutton from 7:30 to 9:00 a.m. Do you know a business or individual deserving of recognition, or a business that is celebrating a milestone anniversary? Submit your nomination to Liz O'Neil.

SATURDAY, NOVEMBER 18

• Our Lady of the Valley Regional School hosts its 39th Annual Holiday Fair from 9 a.m. – 3 p.m. at 75 Mendon Street, Uxbridge behind St. Mary's Parish. The Holiday Fair has something for those of all ages. Shop for holiday gifts from a wide range of local vendors. Try your luck at one of the fair's many raffles, including basket raffles, the super raffle, and the grand raffle. And enjoy fresh baked goods, popcorn, soft pretzels, and the ever-popular cookie walk.

Children will love the kid's activities, including crafts, games, inflatables, a scavenger hunt, a kid's raffle, balloon animals, a hot cocoa bar, and pictures with Santa.

Come for lunch and choose from several delicious options, including chicken parmesan subs, meatball subs, hot dogs, pizza, and fries. You can also purchase homemade meat pies to heat up at home.

The Our Lady of the Valley Holiday Fair is so big, that it takes place in three buildings—the main school building, the G.R.A.C.E. Center, and the St. Mary's Parish Hall (Good Shepherd Center). This year's fair includes 3,000 more feet. For more details, visit their website at www.ourladyofthevalleyregional.com. Vendors looking for table space can email olvguild@gmail.com

FRIDAY, NOVEMBER 24 – SUNDAY, NOVEMBER 26

• The Douglas Scouting Association will host a Hometown Holiday Hall at the Scott Hall Building, 22 Church Street, Douglas on Friday, Saturday and Sunday, Nov. 24-26. The hours are 10 a.m.- 6 p.m. on Friday and Saturday and 10 a.m. – 4 p.m. on Sunday. Free admission and free refreshments. All items are homemade. Holiday store atmo-

sphere – one stop check-out. Cash, check major credit cards accepted. All proceeds to benefit the Douglas Scouting Association.

SATURDAY, NOVEMBER 25

• 10th Annual Shop Small holiday shopping event with local merchants in Whitinsville and Northbridge

SATURDAY, DECEMBER 2

• Uxbridge First Holiday Night and Santa Parade 4:30 p.m. To register as a parade participant, complete the form found at facebook.com/uxbridgefirstholidaynight and return it by Nov. 26. Donation of \$100 per vehicle, float or marching group. Parade staging will begin at 3 p.m. Contact us at Mendon Street Kitchen, 508-278-5750.

• Chain of Lights, Sutton's annual town-wide Christmas event. Free trolley rides from 10 a.m. – 4 p.m. to participating locations. Food, children's activities, shopping and lots of holiday cheer. Tree lighting with Santa and the Sutton High School Band at 5 p.m. on the Town Common.

TUESDAY, DECEMBER 5

• Christmas Potluck at 6:30 p.m. First Congregational Church, 307 Boston Road, Sutton.

SATURDAY, DECEMBER 9

• Auburn Recreation and Culture is hosting its 10th Annual Holiday Craft Fair from 9 a.m. – 4 p.m. Saturday, Dec. 9 (snow date Dec. 10) at Auburn High School, 99 Auburn Street, Auburn.

150+ Craft Vendors will help you get into the spirit of the holiday season. Santa will be making an appearance from 10 a.m. – 2 p.m., so bring the kids. There will be activities, food, drawing, face painting and much more. For more information please Contact the Recreation & Culture Division or call 508-832-7736.

• Annual Holiday Bazaar 10 a.m. – 2 p.m. Webster Town Hall Auditorium, 350 Main Street

SUNDAY, DECEMBER 31

• Midnight, Last Night Cannon firing, M.M. Sherman Blacksmith Shop, 6 Singletary Ave., Sutton.

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or visit openskycs.org/openmic

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At: 70 Cape Road, Mendon, Massachusetts

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Monday through Friday - 7:00 P.M.
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Evangelist – Kenton Kreider, Lancaster, PA

For further information, call Glenn Auker (508) 473-0905

*“Seek ye the LORD while he may be found,
call ye upon him while he is near.” Isaiah 55:6*

The 20th Annual Sutton Athletic Booster Club Early Bird Youth Basketball Tournament Set to Return

One of the longest running youth basketball tournaments in Central MA and the largest annual fundraiser for SABC, with proceeds benefiting Sutton High School student-athletes and programs on Friday, November 17 – Sunday, November 19 at Sutton High School, 383 Boston Road, Sutton.

This is a season kick off for area town teams, to take place prior to regular season games.

Open to all boys' and girls' town travel teams. Massachusetts and Southern New England all welcome. Grades 3- 8. No AAU teams please.

Cost per team is \$275. Three games total for each team, two officials per game. Guest admission \$5 one day, \$10 three day. Seniors (65 and over), military and kids under 16 are free. Free parking. Full concessions and tournament merchandise will be sold on site. No outside food allowed. Online registration until November 7 or until full. Visit: suttonbooster.com/early-bird-basketball-tournament. For additional information or questions contact: suttonearly-bird@gmail.com

SABC Board President, Peter Scott says, "The Sutton Early Bird

Tournament is an annual highlight of the youth travel season. We are excited to welcome teams from all over southern New England to come and sharpen their skills and team play as a warm-up before their regular game schedule begins. We aim to make this a competitive, well run, safe and fun event, in a pristine athletic facility. We are confident due to past demand that slots will fill quickly, and encourage town travel coaches to register as soon as possible to guarantee a placement in their division.

We recognize that in a time of rising costs when athletic directors and programs are constantly challenged to do more with less, this fundraiser is a critical initiative for the Sutton Boosters to raise funds and help support our year-round program needs. From long term capital projects like helping to buy new scoreboards, or smaller requests, like covering co-op costs and purchasing new pitching machines, we are dedicated to doing whatever we can to make the competitive playing experience at Sutton High School for all athletes the best it can be, and to demonstrate our pride for all of their hard work and effort to represent our town."



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Fall Fantasia Art & Music Exhibition

The Shawna Foundation and Estate of Mind will present the inaugural Fall Fantasia Art & Music Exhibition Nov. 4 – 5 at Estate of Mind, Whitinsville. The Exhibition will feature

the work of local artists, as well as resident & visiting artists at Estate of Mind. The theme is Fantasia, defined as a reality augmented by the imagination, tapping into the flow of

the unfolding moment, through improvisation.

The work presented includes multi-disciplinary art forms and improvisational performance. These will comprise guided tours, fire spinning, live music, belly dancing, artist meet and greets, and more. Non-alcoholic refreshments will be served. Visual artists include: experiential designer and filmmaker Jiana Cipriano; self-described intuitive artist Cristina Dudziak; Oscar-winning producer and multimedia performance artist Jeremy Edwardes; artist, writer, and filmmaker John J Lynch; multidisciplinary, film and graphic design artist Alexandra McDonald; Emmy-nominated producer and award-winning filmmaker, writer and artist and Skip Shea and self-taught mixed media artist Heather “Zelda” Angelone.

Performance artists include: body-positive belly dancing ensemble The PSYbel Troupe; local singer-songwriter Victoria Dobbs; fire puppeteer and fire spinner “Wizard” Sam Perry.

Full schedule and artist biographies available here: est8ofmind.com/events/fall-fantasia.



estate of Mind is a volunteer-run, donation-based collaborative creator co-living community, and

pay-what-you-can arts and lifestyle event venue with a world-class visiting volunteer program, based in the historic Oakhurst Manor complex in Whitinsville. For more information, visit est8ofmind.com The Shawna E. Shea Memorial Foundation, Inc is a 501(c)(3) charitable nonprofit who believes the arts and education are essential to creating a vibrant, healthy community and world. The mission of the Shawna Foundation is to equitably promote and support students through scholarship and showcase artists in filmmaking, performance arts, poetry and other creative endeavors with a focus on underrepresented communities. For more information visit [the shawnafoundation.org](http://theshawnafoundation.org).

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Slatersville: American's First Mill Village

Meet the Filmmaker and Screening at Samuel Slater Experience on November 12

Samuel Slater's place in US history is as the "Father of the American Industrial Revolution," though in his native England he is known as "Slater the Traitor" for bringing proprietary technology to the colonies.

The Slater family built and operated dozens of textile mills in Rhode Island, central Massachusetts, and Connecticut, dominating the industry for more than a century.

It is the story that filmmaker Christian de Rezendes tells in his documentary series "Slatersville: America's First Mill Village", which

aired on Rhode Island PBS last year and now streams internationally. The five episode first season was honored with two Regional Boston/New England Emmy Nominations for Outstanding Documentary and Outstanding Musical Composition, which it received, a Gold Telly Award for Documentary Series and three film festival awards.

The Samuel Slater Experience museum will host a "Meet the Filmmaker" and screening event on Sunday, November 12 from 2:30 p.m. to 4:00 p.m.

Mr. de Rezendes will introduce

the series, which was 12 years in the making, and conduct a Q & A following the screening of Episode 1: The Mental Smugglers." He will also review progress on the second half of the series, now in post-production.

To register for this free event, go to the museum website, samuelslaterexperience.org. For more information email: admin@samuelslaterexperience.org or call 508-461-2955.

Samuel Slater Experience is at 31 Ray Street in Webster.

Uxbridge Senior Center

36 South Main Street
508-278-8622

The Senior Center will hold its annual Thanksgiving meal distribution on Monday, Nov. 20. You may request that the lunch be delivered to your home from 11:30 a.m. – 1:30 p.m. or you may pick it up at the Senior Center. The menu includes a hot turkey dinner with mashed potatoes, stuffing, vegetable, roll and sides of gravy and cranberry sauce along with a personal sized Table Talk pie for dessert. Donations of small cans of cranberry sauce, gravy and monetary donations are welcome at the Center. The lunch is free and available to all seniors and the disabled.

Call the Center if you would like a lunch or to volunteer. The lunch is partially made possible through a Fallon Health Mini Grant.

The Fuel Assistance Applications with the South Middlesex Opportunity Council (SMOC) are available beginning Nov. 1. Call the Senior Center for information.

Special Events:

Friday, Nov. 3 at 12 p.m. Lunch N' Learn with Chief Montminy,

The speaker is Benn Sherman of the Uxbridge DPW. RSVP if you plan to attend.

Tuesday, Nov. 7 at 1 p.m. Make Wine Bottles with Sally, \$7 each.

Wednesday, Nov. 8 11:30 a.m. BVT Three Seasons Restaurant Trip. Rescheduled from Oct. Space is limited.

Closed Friday, Nov. 12 in observance of Veterans Day. Re-opens Monday, Nov. 13.

Monday, Nov. 13, at 1:30 p.m. Afternoon movie, "Top Gun Maverick." Transportation available.

Tuesday, Nov. 14 at 1 p.m. Tri-Valley Benefits enrollment specialist. Call to book your appointment.

Wednesday, Nov 15 at 1:30 p.m. Bingo at the Senior Center. Join us for a full afternoon of Bingo games and fun. \$10 per packet. Please pay at the time of sign-up.

Thursday, Nov. 16 at 12 p.m. Blackstone Valley Cannabis director Andrew Gold will be on hand to present "Cannabis and Seniors: Today's Alternative Medicine."

Friday, Nov. 17 at 12 p.m. Thanksgiving Celebration, turkey luncheon with entertainment from Tim Brooks – The Crooner at

Large. Please RSVP.

Tuesday, Nov. 28 from 11:30 a.m. – 12 p.m. Ask the Nurse Free Blood Pressure Clinic.

Wednesday, Nov. 29 Movie trip to Blackstone Valley Cinema De Lux, with lunch at Wendy's. Movie to be announced.

Medicare Open Enrollment ends Dec. 7. Changes will take effect Jan. 1. Call the Senior Center if you would like to schedule an appointment with a SHINE counselor. Beginning 9 a.m. Tuesdays, Nov. 7, 14, 21 and 28.

Thursday, Nov. 30 8:30 a.m. – 9:45 a.m. Podiatrist Dr. Biancamano. Call ahead to book your appointment.

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Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil (intention), Amen.

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

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BLACK FRIDAY

November 24th

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CYBER WEEK!

Nov 27th - Dec 1st

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IN PERSON ONLY
30% OFF!
All RENEWAL Memberships will receive 30% OFF the 2023 rates & NO Joining Fee!

NOTE: Black Friday membership promotion listed above is for NEW or existing paid in full memberships only. Offer valid IN PERSON ONLY on Black Friday, November 24, 2023. One Scratch Card per person. Scratch tickets available from 8:00am-10:00am at the Whitin Community Center, while supplies last. Scratch card must be redeemed upon receipt, or forfeited. Scratch cards can be used towards one membership only, and membership start dates cannot be deferred. Must pay in full at time of purchase. Cannot be used in combination with any other discounts, promotions, gift certificates/cards or insurance discounts. No refunds or cancellations. Non-transferable. Other exclusions & rules may apply.

NOTE: Cyber Week membership promotion listed above is for NEW & renewal paid in full or automatic withdrawal memberships. Offer valid ONLINE ONLY during Cyber Week, for NEW memberships from November 27, 2023 to December 1, 2023. IN PERSON receive 30% off for NEW and RENEWAL memberships. Monthly promotional membership price is valid for 12 draft payments (1 year) from initial payment. After the initial 12 month promotional period, membership rates will go back to regular, non-discounted draft payments. Cannot be used in combination with any other discounts, promotions, gift certificates/cards or insurance discounts. No refunds or cancellations. Non-transferable. Other exclusions & rules may apply.

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