



"Canal" by Joseph Corn of Grafton

Small Stones Festival of the Arts

BY PATTY ROY

As the old saying goes, "better late than never." And you can certainly follow that up with "it was worth the wait."

Both these well-used maxims can be applied to the 2023 Small Stones Festival of the Arts which will finally launch on Saturday, January 27 through February 4. The public is welcomed and admission is free.

The regional juried art show was postponed for months due to spaces becoming unavailable. The show is now slated to take place at the Brigham Hill Community Harvest Barn, 37 Wheeler Road, North Grafton.

Saturday exhibit hours are 12-5 p.m. The awards ceremony and reception will begin at 2 p.m. Artist talks will be held at 2:30

p.m. in the exhibition gallery.

With the pace of work life on the farm slowing for winter, the beautiful post and beam venue became available. The barn is home to the Community Harvest Project and the Grafton Land Trust.

"It worked out nicely for the Festival," said Carolyn Kinloch-Winkler, co-chair and art teacher. "It's an absolutely beautiful space."

The show originated with a trio of organizations: the Worcester Camera Club, Apple Tree Arts and the Blackstone Valley Arts Association, she said. Over the years, it has developed into one of the largest art exhibitions in the state with about 550 submissions from which 144 were selected for display at the Festival, she said.

The artwork is chosen by a six

person jury who have recognized careers in either photography or fine art painting. Awards are given for both fine art and photography categories. Cash prizes of \$500 for first; \$250 for second; and \$100 for third are awarded. Additionally, each of the six jurors select a Juror's Choice. The public votes for a Popular Choice winner in each category.

The fine arts jurors for 2023 are Glenn Murray, Kim Morin Weineck and Michael Rose. Photography jurors are Ron Rosenstock, Shane Gutierrez and Tom Nault. Jurors work independently of the organizing committee.

"It's a fairly selective show," Kinloch-Winkler explained, add-

SMALL STONES

continued on page 2

Fattman and Smola present field trip funding gift to Old Sturbridge Village

Almost everyone familiar with Old Sturbridge Village knows it because of a school field trip they or their children took at one point in the last 40 years. The Museum Education department at the Village has seen hundreds of thousands of students, teachers, and chaperones through its doors to date. Schools from surrounding areas and states plan visits to support their humanities curriculum and enjoy a day traveling back

Hampden). Fattman's goal is to understand the economic and educational assets in his district therefore creating this relationship with the Village. This is the first time Senator Fattman has acquired a budget earmark for Old Sturbridge Village.

"There are a number of gems within my district and there is no doubt that Old Sturbridge Village is one of those. Allowing students to visit and experience OSV is critical to their understanding of



Jim Donahue, Old Sturbridge Village president and CEO, said, "We are grateful to Representative Smola and Senator Fattman for their continued support for Old Sturbridge Village and more importantly, for the students of Worcester County. We are eager to welcome the students who will be funded by this generous support."

in time to learn about life in the 1830s.

On December 14, Senator Ryan C. Fattman (R) and Representative Todd M. Smola (R) presented a check for \$15K to aid experiential learning opportunities for local school students. The funds were acquired through the 2024 Fiscal Year state budget. As a result of the 2021 redistricting, the town of Sturbridge was added to Fattman's district (Worcester

the history of our area," Senator Fattman said. "This funding through the state budget will provide students in the greater area the ability to see history come alive.

The Museum Education department offers several different options for school visits from self-guided tours to custom, hands-on workshop experiences, to Town Hall meetings or debates.

con  **erge**
PHYSICAL THERAPY

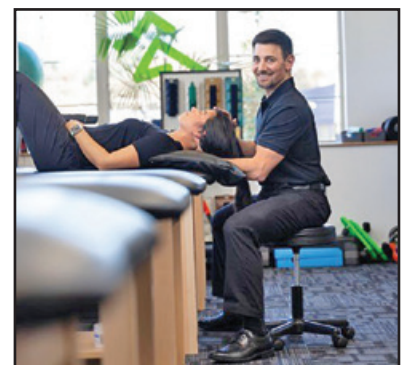
SUTTON * SHREWSBURY * HOPKINTON

Book Your Annual Movement and Wellness Evaluation TODAY!

- No Referral Required
- Accept Most Insurances
- * Same Day Appointments



SCAN ME



SMALL STONES

continued from page 1

ing that about half the exhibits are photography and half painting. "It's a nice combination of people who are well-established in their field and people who are looking to be well-established in their field."

Sometimes when you go to a museum you're overwhelmed by an artist who's off in the stratosphere, she said, naming Andrew Wyatt or Ansel Adams as likely suspects.

"There is lots of talent right

here. One of the things I love about the show is when you visit, it's a marvelous collection and you realize, oh! I know him; he lives down the street. It's local," Kinloch-Winkler said.

Not every artist is going to show in Boston or Providence or Worcester, she went on

"As a former art teacher, it's wonderful to have a show that's centered on us. I love the fact that we're providing this opportunity for local artists," Kinloch-Winkler said.

The Small Stones Festival offers a hardback catalogue that includes every submitted piece of

artwork. It can be purchased at the festival or online at smallstonesfestival.org/shop/.

The Festival operates under the shield of fiscal sponsor, Grafton Arts, Inc., a nonprofit 501 (c) 3 organization. Small Stones received a generous festival grant of \$2,500 from the Mass Cultural Council, a state agency, as well as additional grants provided by the Cultural Councils of Grafton and Millbury administered through the nonprofit organization.

This year, Small Stones has received donations from Homefield Credit Union, The Town House Tavern, One Grafton Common



"Committed," photograph by Al Weems of Sutton

and Yesod Foundation, Inc. Support also came from community businesses including Art and Frame Emporium, Gaudette Insurance Agency, JCSI, Pepperoni Express, Roney Funeral Home, Mathieu Newton Sotheby's International Realty - Sydney Padgett, Theroux Dental Associates, Touchstone Crystal - Kathleen Schaker and the Uncommon Cow.

FESTIVAL SCHEDULE

Saturday, January 27: Awards Ceremony 2 p.m., Artist Talks, 2:30 p.m.

Sunday, January 28 through Wednesday, January 31; The exhibition open 12-4 p.m. (closed Monday)

Thursday, February 1: Friday, February 2: Exhibition open hours, 12- 6 p.m.

Saturday, February 3: Exhibition open hours, 12- 6 p.m.

Sunday, February 4: Exhibition open hours, 12- 4p.m. with Juror talks at 2 p.m. This is the final day of the Exhibition for 2023.

LOCAL ARTISTS EXHIBITING THIS YEAR:

Grafton artists: Bonnie Fred-erico, Cherie Davis, Joan Gage, Carolyn Kinloch-Winkler, Lori Aberg, Joseph Corn, James Bravosi, Bethani Chadbourne, Neil Rosenberg.

Sutton artists: Al Weems, Louise Winant.

Northbridge artists: Carol Frieswick, Candace Imming, Maria Buckley.

Uxbridge artists: Michael Zeis, Joanne Zeis, Sue Dion, Heather Cassano, Karen Cloutier.

Douglas: Sarah Trudeau, Leslie Breault



WELCOME!

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

BIG KAHUNA

- BIG KAHUNA CARNUBA WAX
- UNDERCARRIAGE WASH W/ROCKER BLASTER
- X2 PASS FOAMING PRESOAK
- HIGH PRESSURE WASH
- FOAMING POLISH

SHIELD "HIGH GLOSS TOTAL PROTECTANT"

- SPOT FREE RINSE
- LASERDRI

\$18

DELUXE WASH

- UNDERCARRIAGE WASH W/ROCKER BLASTER
- X2 PASS FOAMING PRESOAK
- HIGH PRESSURE WASH
- FOAMING POLISH

SHIELD "HIGH GLOSS TOTAL PROTECTANT"

- SPOT FREE RINSE
- LASERDRI

\$15

SUPER WASH

- UNDERCARRIAGE WASH W/ROCKER BLASTER
- X2 PASS FOAMING PRESOAK
- HIGH PRESSURE WASH
- SHIELD "HIGH GLOSS"

TOTAL PROTECTANT"

- SPOT FREE RINSE
- LASERDRI

\$12

BASIC WASH

- X2 PASS FOAMING PRESOAK
- HIGH PRESSURE WASH
- SHIELD "HIGH GLOSS"

TOTAL PROTECTANT"

- SPOT FREE RINSE
- LASERDRI

\$9

Vacuums always 75¢

OPEN THE DOOR
To A New Look



CALL NOW TO BOOK YOUR APPOINTMENT



BUDGET BLINDS *Book Today*
508-865-9300

Style and service for every budget.™

BLINDS | SHADES | DRAPERY | AUTOMATION

*Sale does not include shutters or Lutron products

BLACKSTONE VALLEY Xpress

Published on the 2nd and 4th Fridays of the month. Direct mailed to nearly 65,000 homes and businesses each month and available on news stands in the region.

2nd Friday: The YankeeXpress South: Charlton, Dudley, Webster

2nd Friday: Blackstone Valley South: Douglas, Northbridge & Uxbridge

4th Friday: The YankeeXpress North: Auburn, Oxford

4th Friday: Blackstone Valley North: Grafton, Millbury & Sutton

Contact us:

Patty Roy, Editor: proy@theyankeeexpress.com

Submit business news and community events to news@theyankeeexpress.com

To request advertising info, please email ads@theyankeeexpress.com

Jen Schofield, Advertising Director: The Yankee Xpress, Blackstone Valley Xpress, Local Town Pages, Milford and Upton Mendon Free Press; jenschofield@yankeeshopper.net

Bill Cronan, Blackstone Xpress North and South (Douglas, Uxbridge, Northbridge; Millbury, Grafton, Sutton); bcronan@theyankeeexpress.com

Diane Galipeau, The Yankee Xpress North and South (Auburn, Charlton, Dudley, Oxford, and Webster); dgalipeau@theyankeeexpress.com

Susanne Odell Farber, Upton, Mendon, Hopedale: sue@sodellconsult.com

Laura Gleim, Billing & Sales: lgleim@theyankeeexpress.com

Kimberly Vasseur, Production Manager

Sally Patterson, Graphic Artist

Contributing Writers and Columnists: Tom D'Agostino, Christine Galeone,

Amy Palumbo-LeClaire, Mark Marzeotti, John Paul, Janet Stoica, Christopher Tremblay

Blackstone Valley Xpress/©2024

74 Main St., Medway, MA 02053 • 508-943-8784 • www.theyankeeexpress.com

Grafton Recreation Winter Programs

Mini Hoops Basketball with F.A.S.T. Athletics for age 4 or entering kindergarten. Session 2 begins Feb. 10 and goes until March 23. Hours are from 9-9:45 a. m. and 10 – 10:45 a.m.

Grafton Youth Basketball:

Grades 1- 3 Coed/ Session 2 starts on Feb. 2 and ends March 15. Skills, drills and games on Fridays. Grade 1 at 5:30 p.m.; Grade 2 at 6:30 p.m. and Grade 3 at 7:30 p.m.

Winter Wonderland Sports with F.A.S.T. Athletics, Feb. 10-23, 9

a.m. to 12 noon, ages 7-12.

Outdoor Adventure with Fin and Feather Sports: Four-day survival program at the Grafton Lions Club, Tuesday-Thursday, Feb. 20-22, 9 am. to 2 p.m., ages 6-14.

Sutton Garden Club Program

The Sutton Garden Club will offer a program on “Shade Gardening” with presenter Kathi Gariepy at its meeting on Tuesday, February 15 at 7 p.m. at the A.L. Dudley Gendron Post 414, 156 Boston Road, Sutton.

Gariepy comes to us from the

MA Master Gardener Speakers Bureau. Topics will include the variety of shade situations and their unique opportunities and problems, recommendations on shade plants and how to select them for blooms spring through fall; winter interest will also be discussed.

Individuals interested in this topic are welcome to attend the meeting. Sutton Garden Club also welcomes new members throughout the year. Membership forms are available on our website, <http://www.suttongardenclub.typepad.com> and at our meetings.

Kindergarten and Pre-school registration

The Millbury Public Schools will be starting Kindergarten registration for children who will be 5 years old on or before August 31, 2024. Registration can be done in person or on-line at millburyschools.org/enrollment. The dates for in-person registration are March 4 and 5, from 9:30 a.m. to 1:30 p.m. and 5 p.m. to 7 p.m. on both days.

Please bring current immunization records & physical, birth certificate, three proofs of residency (proofs would be one from each of the follow-

ing lists and a completed registration packet. Some forms may not apply, but please return the entire packet. Packets can be obtained at the school.

List A (Evidence of Residency) – record of a recent mortgage payment and/ current property tax bill. Copy of lease and record of recent rental payment. Landlord affidavit form (contained the registration packet) and a recent rental payment.

List B (Evidence of occupancy) Recent bill dated within the past 60 days showing name and Millbury

address. Utility bill such as gas, oil, electric, water, home phone (not cell phone) or cable.

List C – (Evidence of identification) Valid Massachusetts driver’s license. Valid Massachusetts photo ID card. Valid passport.

If your child is registering for pre-school, you may complete the application electronically at millburyschools.org/enrollment. A paper copy may be printed from the site. Pre-school applications will be accepted until February 16, 2024.

Checking with all the benefits.

High-yield. High-tech. High-satisfaction.

e by UniBank Checking

2.99%^{APY}¹

Balances less than \$15,000

2.99%^{APY}¹
-1.20%^{APY}¹

Balances \$15,000 and above

Basic Rate of Interest


0.01%^{APY}¹

On entire balance when minimum requirements are not met

Open an account online at unibank.com or visit any UniBank branch!

UNIBANK

www.unibank.com
800.578.4270

 **MEMBER FDIC** ¹Annual Percentage Yields (APYs) effective as of 1/1/2024 and subject to change at any time after the account is open. The interest rate and annual percentage yield for these tiers may change. The APY range assumes a maximum deposit of \$50,000 for illustration purposes only. Fees may reduce earnings. The account does not have a maximum deposit limit. Refund of domestic ATM surcharge transaction fees are capped at \$25.00 per statement cycle. Non-UniBank ATM Surcharges are those fees charged by the bank that owns the non-UniBank ATM used. If the eligibility requirements are not met the account will earn a lower interest rate and corresponding APY and will not be eligible for refund of ATM surcharge transaction fees. Minimum balance of \$10 to open the account. Limit one account per customer holding position of primary account holder. Other restrictions may apply.

- In order to be eligible for the disclosed Tier I and Tier II interest rate, Annual Percentage Yield (APY), and refund of domestic ATM Surcharges the following conditions must be met in a given statement cycle.
- A minimum of 8 posted and settled debit card purchase transactions during the statement cycle. Not all purchase transactions post or settle on the day they occur.
- Active enrollment in e-statements – you must sign into your online banking account at least once every 12 months to keep enrollment active.




Back by Popular Demand and You Are Invited

Learn about Viking River & Ocean cruise ships and itineraries at our interactive event

Viking River Cruise Specialists will be on hand to answer any questions you might have

EXCLUSIVE SPECIAL OFFERS will be provided at event

Thursday, Feb. 8, 2024
6:00 PM Registration | 6:30 PM Presentation
Snow day Monday, Feb. 12

Hilton Garden Inn
35 Major Taylor Blvd., Worcester, MA 01608






CRUISE PLANNERS
COMPLETE PERSONALIZED VACATIONS OF WORCESTER

Due to demand, attendance limited and **R.S.V.P. REQUIRED**



Tom Hansen & Ted Goulet
www.tntguysttravel.com

774-261-8160
tgoulet@cruiseplanners.com

Winter / Spring election season 2024

GRAFTON ELECTIONS AND DEADLINES

Voting will be held at Grafton Middle School Gymnasium, 22 Providence Road, for Precincts 1, 2 and 3. Voting for Precincts 4 and 5 will take place at the Millbury Street Elementary School Gymnasium, 105 Millbury Street.

PRESIDENTIAL PRIMARY

The Presidential primary will be held Tuesday, March 5, with voting from 7 a.m. to 8 p.m. Early voting will be from February 24 to March 1.

The last day to register to vote in

the primary is Saturday, February 24.

ANNUAL GRAFTON ELECTION

The annual town election will be held Tuesday, May 21, with voting from 8 a.m. to 8 p.m. The last day to register to vote in the town election is Friday, May 3.

ANNUAL TOWN MEETING

The Grafton annual town meeting will be held Monday, May 13 at 7 p.m. at the Grafton High School Auditorium, 24 Providence Road.

The last day to register to vote at the town meeting is Friday, May 3.

MILLBURY PRESIDENTIAL PRIMARY

The Presidential Primary is Tuesday, March 5. To be eligible to vote in the March 5, 2024 Presidential Primary, you must register to vote or make any necessary changes to your voter registration by Saturday, February 24, 2024.

Online registration deadline is 11:59 p.m.

Mail-in registration must be postmarked by Saturday, February 24.

Early voting will begin on February 24 and continue through March 1, excluding Sunday, February 25.

Early voting dates and hours:
 Saturday, February 24: 11 a.m. – 5 p.m.
 Monday, February 26: 8 a.m. – 7 p.m.
 Tuesday, February 27: 8 a.m. – 7 p.m.
 Wednesday, February 28: 8 a.m. – 4 p.m.
 Thursday, February 29: 8 a.m. – 4 p.m.
 Friday, March 1: 8 a.m. – 12 p.m.
 At Millbury Town Hall
 127 Elm Street

Jayne Marie Davolio, Town Clerk
 508-865-9110
 www.millburyma.gov
 Town Hall hours: Monday, Wednesday, Thursday from 8 a.m. – 4 p.m.
 Tuesday: 8 a.m. – 7 p.m.
 Friday: 8 a.m. – 12 p.m.
 Annual town election: Tuesday, April 30
 Annual town meeting: May 7, 2024

SUTTON

Sutton has a special state primary for the open 6th Worcester Representative District to fill the vacancy left by the resignation of Peter Durant.

Voter Registration Deadline for this election is: January 27
 Vote by Mail Application Deadline: January 30, 2024
 Polling Hours: 7 a.m. – 8 p.m.

PRESIDENTIAL PRIMARY

The Presidential Primary is Tuesday, March 5. Voting for all precincts is 7 a.m. – 8 p.m.

Voter Registration Deadline: February 24
 Vote by Mail Application Deadline: February 27
 Polling Hours: 7 a.m. – 8 p.m.
 Special State Election District:
 6th Worcester Representative District
 Voter Registration Deadline: February 24
 Vote by Mail Application Deadline: February 27
 Polling Hours: 7 a.m. – 8 p.m.
 For more information, contact:

Laura Caruso, Town Clerk
 4 Uxbridge Road
 Sutton, MA 01590
 Email: l.caruso@town.sutton.ma.us
 Phone: (508) 865-8725
 The annual town election is May 28

Nomination papers can be made available by contacting the Town Clerk's office at 508-865-8725 or email Laura Caruso, Town Clerk.

Dean's List Honors from MassBay Community College

The following local students have been named to the MassBay Community College Dean's List. They achieved this outstanding academic honor for the fall 2023

semester.

- Staline Younkoua of Sutton who studies General Studies
- Mariestela Rosario of Uxbridge who studies Computer Aided Design

To be eligible for the MassBay Dean's List, students must complete at least six credits of college-level courses, be in good standing with the College, and earn a grade point average of 3.5 or higher.

To learn more about MassBay, visit massbay.edu.

MassBay Community College is the most affordable higher education option in MetroWest Boston, offering a robust portfolio of courses and more than 70 associate degree and certificate programs with flexible day, evening, and weekend classes in Ashland, Framingham, Wellesley Hills, and online. MassBay students receive an unmatched educational value by earning stackable credits

that transfer to bachelor's degree programs, and workforce-ready skills necessary to advance careers in high-demand fields such as health and life sciences, automotive technology, engineering, business, cybersecurity, and the humanities. MassBay's Associate Degree in Nursing (RN) and Practical Nursing (LPN) programs were both ranked as the #1 Nursing Program in Massachusetts in 2020-2021 by national nursing advocacy organizations RegisteredNursing.org, and PracticalNursing.org. Since its founding in 1961, MassBay has been accredited by several governing bodies and remains firmly committed to its mission of meeting the needs of the diverse local communities it serves. We value the intrinsic worth of all individuals, collectively in pursuit of inclusiveness and prioritize our work towards achieving equity within our community and beyond.

Start moving toward retirement security



Mark Freeman

FINANCIAL FOCUS® Provided By Edward Jones

It's not as well-known as Halloween, but National Retirement Security week happens every October – the third week, to be precise — and while it doesn't involve ghosts and goblins, it does deal with something even more frightening: the risk of not being able to enjoy a comfortable retirement. Through various events, this occasion highlights ideas about building retirement security. What steps can you take?

Here are some suggestions:

- **Don't underestimate your longevity.** Consider this: 65-year-old men can expect to live another 20 years, while 65-year-old women can anticipate almost 22 more years, according to the Society of Actuaries. And these figures are just averages, meaning you could well exceed these ages, perhaps by many years. So, in thinking about how much money you'll need as a retiree, be aware that you could spend two, or even three, decades in retirement.

- **Don't underestimate health care costs.** When you retire, some of your expenses — such as transportation, wardrobe and other costs associated with your career — will drop. Others will not and may even increase. Health care is a prime example: Many people assume that Medicare or their Medicare Advantage plan will take care of virtually all their health care costs in retirement, but that's not

the case. Generally speaking, you could plan on spending \$4,500 to \$6,500 per year on health care costs during retirement, excluding the large expenses connected with long-term care. Your actual costs could be higher or lower, depending on your health, prescription drugs and supplemental insurance coverage, but make sure you plan for sizable health care costs in your projected retirement budget.

- **Contribute as much as you can afford to your retirement plans.** Try to put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan and try to increase your contributions whenever your salary goes up. You may also be eligible to contribute to a traditional or Roth IRA, which offers tax benefits and a wide variety of investment options. (Contributions to a Roth IRA may be limited based on your income.) Once you reach retire-

ment, you can still make some moves that could help boost your financial security:

- **Maintain an appropriate investment mix.** When you retire, you might be tempted to shift most of your portfolio into highly conservative investments to “lock in” gains and avoid being over-exposed to market volatility that could cause short-term losses. Yet, even in retirement, you should still own some growth-oriented investments that can potentially help keep you ahead of inflation. In fact, it's important to periodically rebalance your investments back to your preferred mix to avoid taking too much or too little risk, so you may want to consult with a financial advisor.
- **Identify a suitable withdrawal rate.** You don't want to take out so much from your portfolio each year that you run the risk of outliving your money. So, you'll

want to determine an annual withdrawal rate that can reduce this danger. A common withdrawal rate to start retirement is 4%, but your own rate should be based on several factors: your age, size of portfolio, other sources of income and so on.

It can be challenging to make all the moves necessary to help achieve retirement security — but it's worth the effort.

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

Mark Freeman
Edward Jones Financial Advisor
77 West Main Street,
Hopkinton, MA
508-293-4017
Mark.Freeman@edwardjones.com

THIS ARTICLE WAS WRITTEN BY EDWARD JONES FOR USE BY YOUR LOCAL EDWARD JONES FINANCIAL ADVISOR.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

Presenting Sponsor

LOVE YOUR LEGISLATOR
A Legislative Breakfast

February 16, 2024 | 7:30am-9:30am
Galliford's Restaurant & Tavern, Southwick Zoo
2 Southwick Street, Mendon MA

Dive into discussions and inquire about new legislation, future plans for 2024, and the latest governmental developments. Your voice will be heard with our Q&A session! Your presence will add to the richness of the conversation—we're excited to welcome you! Come together with the Blackstone Valley Chamber of Commerce (BVCC) for a delightful morning meal at the charming Galliford's Restaurant & Tavern, nestled in the heart of Mendon. This gathering offers a unique chance for entrepreneurs and residents to connect and engage with our regional leaders who advocate for the Blackstone Valley.

Members: \$50
Future Members: \$60
RSVP By February 9, 2024

To register, please scan the QR Code or visit:
www.blackstonevalley.org/events

Partner Sponsors

For more information, please contact
Liz O'Neil, Director of Programs/Events and Membership
loneil@blackstonevalley.org or 508.234.9090 ext 102

www.BlackstoneValley.org

Presenting Sponsor

BLACKSTONE VALLEY CHAMBER OF COMMERCE SIGNATURE EVENT

HOME & COMMUNITY EXPO

BECOME AN EXHIBITOR!
Reach 1,000+ local residents

24th ANNUAL

SATURDAY MARCH 16th
10:00AM - 2:00PM

NORTHBRIDGE HIGH SCHOOL
427 Linwood Ave
Whitinsville, MA

REGISTER TODAY!

SINGLE BOOTH

MEMBER: \$575 **NON-MEMBER: \$725**

DOUBLE BOOTH

MEMBER: \$825 **NON-MEMBER: \$950**

NON-PROFIT BOOTH

\$200

POT OF GOLD EXHIBITOR ADD ON: \$200

EXHIBITOR BENEFITS

The BVCC Home & Community Expo is the #1 event to advertise your business to residents and potential customers in our community! Make 2024 your year and take your marketing to the next level. Use this unique opportunity to do face to face networking and marketing with a captive audience. Plus your business may be mentioned & tagged on the BVCC Social Media (Twitter, LinkedIn, Instagram, Facebook) prior to, during and after the event for hundreds more to see!

BOOTH SPECS

Single Booth

- 8ft deep x 10ft wide
- Pipe & Drape Backwall
- 3 Foot Sidewall
- 1 - 6ft Skirted & Topped Table
- 2 Chairs, Wastebasket & Exhibitor ID sign

Double Booth

- 8ft deep x 20ft wide
- Pipe and Drape Backwall
- 3 Foot Sidewall
- 2 - 6ft Skirted & Topped Table
- 4 Chairs, Wastebasket & Exhibitor ID sign

SET UP:
FRI: 4PM - 7PM
SAT: 7AM - 9AM
ALL EXHIBITORS MUST BE SET UP BY 9AM SAT.

BREAK DOWN:
SAT: 2PM
DO NOT BREAK DOWN BEFORE 2PM SAT

Exhibitor Registration Deadline - March 2, 2024

Purchasing a Pot of Gold Exhibitor Add On gives you prime location on the exhibit floor. Your name is listed as a Pot of Gold location on a scavenger hunt. EXPO goers wishing to participate in the scavenger hunt will answer a trivia question at your booth to get a stamp. Those who collect all stamps are then entered to win a prize and perhaps the "Pot of Gold". Stamps are provided.

ALL BOOTHS MUST BE PAID AT TIME OF REGISTRATION
VEHICLE FEE IS \$100 PER VEHICLE
ELECTRICITY IS FREE IF REQUESTED AT REGISTRATION

Grafton's Business Scene

BY CHRISTINE GALEONE
CMGALEONE15@GMAIL.COM

Did you make any New Year resolutions to become healthier? Or are you trying to develop any new healthy habits? If, like a lot of people, you've stopped trying or haven't made any yet, it's not too late to start or to try again.

While there are some excellent online resources that can help people achieve that goal, such as CDC.gov/quit and smokefree.gov, which help people to quit smoking – one of the best things people can do for their health and fitness – there are many Grafton organizations and businesses that can help people get on and stay on the right path.

The Grafton Senior Center is trying to help seniors to keep their hearts healthy. The center's exercise classes include Breathing and Healing Chair Yoga, Fall Prevention Exercise, Cardio Barre Exercise, Zumba and Senior Exercise Class.

Similarly, Grafton Community Television has also been helping seniors. GCT airs the center's previous Senior Strength and Balance class at 10:30 a.m. every day. The classes can be viewed on

Ch. 34 on Verizon and Ch. 191 on Charter.

In North Grafton, Anytime Fitness offers various coaching options to help people reach their fitness goals. New members who are 18 years old or older and live in Grafton can get a free trial by signing up on the business's website, anytimefitness.com/gyms/954/grafon-ma-01536/.

If you have an interest in martial arts and self-defense training, Premier Sport Taekwondo in North Grafton can help you through a variety of classes.

Premier Sport Taekwondo, www.premierkick.com, teaches martial arts, karate, taekwondo and self-defense classes for kids, teens and adults. Although they might be sold out by the time this column goes to press, special highly-discounted two-week passes to the studio's martial arts classes are being offered through mid-February or until they sell out. They include the Women Positive Mindset classes, Adult Taekwondo classes and Teen Taekwondo classes.

For adults, teens and children who want to get fit and express themselves through dance, there are a few Grafton businesses that can help. Dance classes for children, teens and adults of all ages



(including people with special needs) are available at Grafton Common-based Beatz Dance Studio, at beatzdance.com. In addition to its adult Zumba and Tap classes, the studio has adult Ballet Tone and Technique, Contemporary and Hip Hop classes. Several dance classes for kids and teens are also available at North Grafton's Dance It Up, danceitup.com. And all levels of Irish dance

classes for children and teens can be found at Murphy Academy of Irish Dance, murphyacademy.com.

If you prefer to get exercise outdoors, the Town of Grafton Recreation Department might have what you need to keep your healthier resolutions while enjoying your snowy surroundings. The Recreation Department has free snowshoe rentals available. More

information can be found on the department's Facebook page.

Initiating healthier habits this year may not be easy, but gaining strength, vitality and better health is certainly worth the effort. And Grafton organizations and businesses can make the process much more enjoyable.

Contact Christine with your Grafton Business news.



Scarlet Spa

SKIN • BODY • SALT

Customized and thoughtful services with an attention to detail, offered in a relaxing and inviting atmosphere on historic Grafton Common

Gift Certificates make the perfect gift!

FEBRUARY SPECIAL

SWEET CHERRY & CHOCOLATE FACIAL

Visit our website for a full list of all our services!

12 GRAFTON COMMON GRAFTON, MA

774.293.1002 WWW.SCARLETSPA.ORG

PRIVATE PARKING LOT IN BACK
OF BUILDING- FIND US NEXT TO
THE GRAFTON COUNTRY STORE

Millbury Public Library Funding

The Mary B. Grogan Fund, housed at the Greater Worcester Community Foundation, has committed multi-year grant funding totaling approximately \$7,500 over three years to the Millbury Public Library to support its programming.

The fund, established in 2001, was created in honor of Mary B. Grogan after the closure of the Worcester County 4-H chapter, which Grogan helped establish. The purpose of the fund is to support recreational and educational programs for youth in Millbury, focused on various aspects of environment, agriculture, horticulture and animal life.

The Millbury Public Library has offered many different science and environmental programs throughout the years, including animal petting zoos, reptile programs, owl programs, and sled dog programs. Now, with multi-year support from the Mary B. Grogan Fund, the library will be able to offer and sustain two science and environmental programs for youth in Millbury.

A three-person advisory committee currently made up of Elaine Loehman, Mary Lou Mulhane, and Peter Keenan makes the grant recommendations.

A Mission of Science: The Millbury Public Library hopes to

serve up to 60 youth for each of the five science programs offered through A Mission of Science, designed to educate youth on various environmental/science topics with a special focus on the April 8



eclipse. The programs include:

Astronomy for Everyone: Eclipses and Other Mysteries of the Universe will take place on Wednesday, March 20 at 6 p.m. Participants of this virtual program will go on a cosmic journey explaining the mysteries of solar and lunar eclipses. This 90-minute presentation will be led by Kevin Manning, former consultant for NASA and the Chandra X-Ray Observatory, a space telescope with the Harvard-Smithsonian Center for Astrophysics. All participants will receive their very own solar glasses sponsored by the SEAL (Solar Eclipse Activities for Libraries Community) program.

High Touch, High Tech of New England- Life on Mars on Tuesday,

April 2 at 6 p.m.

Science Heroes – Saving Earth Together on Saturday, April 13 at 11 a.m.

The Importance of Bees on Tuesday, May 14 at 6 p.m.

Animal Adventures on Tuesday, July 9 at 6 p.m.

Programming will be free and will run through July 2024.

Community Sensory Garden: To encourage its young patrons to explore and appreciate nature, the Millbury Public Library will be creating a sensory garden this summer that will include planting and maintenance by youth and community members. Each of the four garden beds will be dedicated to one of the senses: scent, taste, touch and sight.

“We are thrilled to be able to expand our free programming for youth in 2024,” says Ann Dallair, Library Director. “Many young patrons are drawn to attractive and innovative science education that allows them to explore and learn. We are deeply grateful to Mary B. Grogan Fund for the ongoing support of our work, and to the Friends of the Millbury Public Library for committing to provide any remaining funding needed to support our Sensory Garden project.”

Sen. Fattman and Rep. Soter Announce \$6 Million in Funding for The Blackstone River Greenway Project

On December 27th, Senator Ryan Fattman and Representative Michael Soter announced that the Blackstone River Greenway Project has received a \$6 million investment for a 0.5 mile section of the greenway in Blackstone. This funding was made available through a \$24 million investment in the state’s recreational trails by Governor Maura Healey and Lieutenant Governor Kim Driscoll, initially received through The American Rescue Plan (ARPA).

The Blackstone River Greenway is a section of a longer 48-mile bikeway that connects Worcester, MA to Providence, RI, along the National Heritage Corridor. The paved trail follows the Blackstone River and Canal wherever possible. Though intended as a bike path, it is also used for walking, jogging, and other recreational activities.

This funding will be used to invest in a 0.5 mile section of the trail from the Canal Street Bridge in Blackstone to the Rhode Island border, where

the greenway joins another existing shared-use path. It will make possible repairs and upgrades to the existing trail.

“I am incredibly excited about the upgrades this funding will allow us to make to our existing recreational infrastructure,” commented State Rep. Michael Soter in response to this funding. “Trails such as the Blackstone River Greenway provide the perfect opportunity for everyone to explore the wonderful natural beauty of our town and state.”

“The expansion of the Blackstone River Greenway trail highlights the importance of outdoor recreational space in my district,” Senator Fattman continues, “I look forward to seeing this project bring more people to the area to enjoy our natural resources.”

Rep. Soter and Sen. Fattman stated that they will continue to advocate for funding that will help towns expand and improve access to recreational activities.

THE HOME OF HEIRLOOM EVOLUTION



exclusively by independent artists
one-of-a-kind pieces
handmade from sustainable materials

Valentine’s Day Mother’s Day

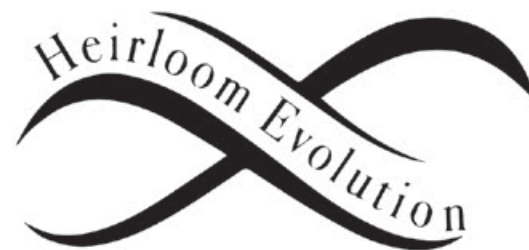
heirloom-emporium.com
508 - 476-5336
2nd floor manchaug mills sutton, ma

h
c
r
a
f
t
e
d
n
d



wood
you like
to know
what we can
make for you?

kevin & julia
woodworker woodturner



custom wedding pieces and anniversary gifts
heirloomevolution@gmail.com

HEALTHIER BAKING

Healthier Baking in the Blackstone Valley

BY CHRISTINE GALEONE
CMGALEONE15@GMAIL.COM

We all know how much kids love winter snow days that keep them home from school. And we know how much they love cookies. So, why not combine the two?

These cookies are quick and simple for kids to make – or to help parents or grandparents make – on a snowy morning. A healthier iteration of the classic peanut butter cocoa no-bake cookies that many people grew up with, they'll also give kids energy to go sledding and build snowmen once the storms have ended.

Although this healthier twist on the classic recipe is primarily healthier because it calls for about half the sugar, the cookies are healthier than most because of the heart-healthy ingredients. Peanuts, for instance, lower cholesterol levels, which helps prevent heart disease. They can also reduce the risk of having a stroke or heart attack, and they can prevent the formation of small blood clots. Since they're additionally a low-glycemic food, they're believed to be able to lower the risk, for women, of getting type 2 diabetes.

The oats are the whole grains that can provide energy. They also contain fiber, which is good

for digestive health, and they're a heart-healthy ingredient that can lower cholesterol.

NO-BAKE SNOW DAY COOKIES

INGREDIENTS:

3 Cups of Rolled Oats
1/3 Cup of Unsweetened Cocoa Powder
1/2 Cup of Brown Sugar
1/2 Cup of White Sugar
1/2 Cup of Peanut Butter
1/2 Cup of Butter
1/2 Cup of Milk
1/2 Cup of Peanuts
2 Tsp. Pure Almond Extract



No Bake Snow Day cookies are perfect for an afternoon treat.

DIRECTIONS:

Combine sugars, butter, milk and cocoa in a medium sauce pan. Cook over medium heat, stirring constantly until mixture comes to a rolling boil. Remove from heat for about a minute. Stir in the peanut butter. Then, add the oats, peanuts and almond extract. Mix everything well. Drop heaping tablespoons of the mixture onto foil or parchment paper.

Cool in the refrigerator for at least 30 minutes, so the cookies can become firm. Store in the refrigerator, and enjoy!

All kids need snow days once in a while. The same is true about cookies. And these will be more fun and nutritious than most store-bought cookies. Happy (healthier) cookie making!



The National Grill

227 Putnam Hill Rd., Sutton, MA 01590
(508) 865-2111

Hours
Sunday through Saturday
11:00am-9:00pm




Enjoy a **FREE**
appetizer or dessert
with purchase of
1 adult entrée

Limit 1 coupon per customer
Expires 3/31/24

Check out our menu



Wishing you a Happy and Healthy New Year!





Mary Ellen Curran Rancourt
Au.D., CCC
Owner and Audiologist

We can help you enjoy the sounds of 2024.



We are pleased to welcome Margaret "Maggie" E. Gehm
Au.D., Audiologist

Call or book online today! Visit our website at:
hearjoyaudiology.com or scan the QR code.



PRECIOUS SOUNDS. LIFE'S PLEASURES





151 Douglas Pike, Smithfield, RI 02917 • 401-349-0456
Linwood Mills, 670 Linwood Ave, Bldg. A Ste. #1, Whitinsville, MA 01588

College Scholarship Opportunities

Greater Worcester Community Foundation has opened applications for its 2024 scholarship program for college-bound students.

As the largest independent scholarship provider in Worcester County, the community foundation has awarded almost 10,000 scholarships to students since the program's inception in 1978, totaling \$14.8 million in awards.

As of today, students seeking financial assistance for higher education can conveniently complete one online application to be considered for more than 140 scholarship funds, each with specific criteria including financial need, academic merit, career objectives, and community involvement. The community foundation, with support from dedicated community volunteers, matches applicants with suitable scholarship opportunities.

In 2023, the Foundation awarded \$765,000 in scholarships to 421

students with an average award of \$1,691. This year, the Foundation expects to make at least \$800,000 in awards thanks to newly established scholarship funds, including a \$2 million fund created in honor of Mary T. Cocaine, matriarch of the Table Talk Pies company. This scholarship fund will support the children or grandchildren of an immigrant or refugee in Worcester and its contiguous towns and will be available in the 2024 cycle.

While most Foundation scholarships cater to high school seniors demonstrating financial need within Worcester County, exceptions do exist. Specific funds are earmarked for adult learners, college students, and individuals residing outside the county. Interested applicants are encouraged to visit to determine eligibility criteria and learn about the application process.

Scholarship applications must be submitted by 5:00 p.m. on Friday, March 1, 2024. Recipients will be announced by July 2024.

Film Director Adam McKay Talks Satire on the Creating Dangerously Podcast

Brought to You by The Shawna Foundation, New Podcast Covers Film, Cult Art & Everything In Between

A new podcast “Creating Dangerously,” recently launched by The Shawna E. Shea Memorial Foundation, riffs on a 1957 lecture by the philosopher Albert Camus four days after he gave his acceptance speech for the Nobel Prize in Literature.

What’s this all about? Camus said, “To create today means to create dangerously. Every publication is a deliberate act, and that act makes us vulnerable to the passions of a century that forgives nothing.” And the “Creating Dangerously” podcast gives those words new life with a modern twist.

With hosts Skip Shea, Patrick Bracken and Andrea Wolanin, we explore artists past and present who are doing their part to create dangerously to try to make sense of a world that often doesn’t make sense at all and still forgives nothing.

“It’s not a bleak as it sounds,” said producer Skip Shea. “We have a lot of fun discussing topics like satire or cult art. I think the creative process itself brings

something positive to the world, even if the subject is as bleak as Picasso’s Guernica.”

“We recently interviewed film director and Oscar winning screenwriter Adam McKay (“Don’t Look Up,” “The Big Short,” “Vice”) about the importance of satire and it was a lot of fun. Plus we got to discuss Worcester a little too as Adam grew up there.”

Joined by hosts filmmaker Andrea Wolanin and actor/writer Patrick Bracken, topics and issues up for discussion include women who Create dangerously; cult and outsider art; subversive art forms and much more.

“We also give listeners some bonus episodes like the interview with Adam McKay; and poetry episodes where Tony Brown, the Poet Laureate of the Shawna Foundation, brings poems that reflect the themes of the recent episodes like the one directly related to Camus and his philosophy,” said Shea. “For that Tony chose Andrei Voznesensky’s Darkmotherscream.”

Fresh episodes of “Creating Dangerously” podcast are released at least three times a month and can be found on most of the major podcast platforms—Spotify, Apple Podcasts, iHeart Radio and Amazon Music.

Shea said, “In a recent interview on 60 Minutes, Little Steven Van Zandt said that ‘... we’re the only country in the world that thinks art is a luxury. Everybody else in the world understands that art is an essential part of the quality of life.’ I tend to agree. We hope ‘Creating Dangerously’ can help shift that.”

The mission of the Shawna E. Shea Memorial Foundation Inc. is to support young people, especially women, in filmmaking, performance arts and other artistic and cultural endeavors through financial assistance, collaborative fellowships, mentoring and educational opportunities. We established the Foundation in memory of Shawna, a creative and artistic young woman from Uxbridge who lost her life too soon and we strive to sustain

her legacy of encouraging young people who live in the margins of society and yet have dreams and aspirations in the fields of film and performance arts.

Links:

Spotify: <https://open.spotify.com/show/1Pg5Z9I2PevPEXG72QopI1>

Apple Podcast: <https://podcasts.apple.com/us/podcast/creating-dangerously/id1716077784>

apple.com/us/podcast/creating-dangerously/id1716077784

Amazon Music: <https://music.amazon.com/podcasts/c90536bc-e148-4a2d-8d2b-bcddb-3492ba3/creating-dangerously>

iHeart Radio: <https://www.iheart.com/podcast/269-creating-dangerously-126538860/>

RSS.com: <https://rss.com/podcasts/creating-dangerously/>

GET NOTICED!

Contact Bill at 774-289-5564

or by email at

bcronan@theyankeeexpress.com

to learn how you can reach 172,000 households and businesses each month!

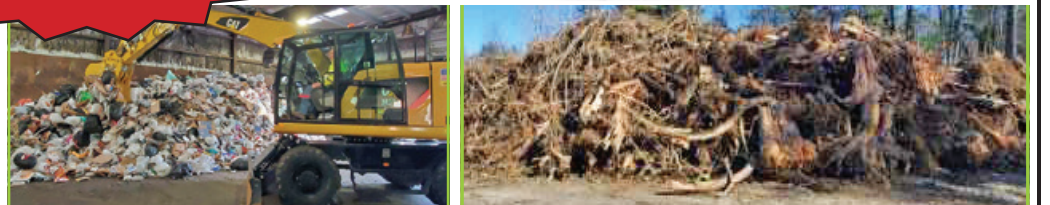


SNOW DUMP AVAILABLE



TOM BERKOWITZ
Est. 1980

TRUCKING, INC.



STUMP and CONCRETE REMOVAL ROLL OFFS or BRING TO US!!!
TRANSFER STATION AVAILABLE

- Residential Curbside Pick-Up • Commercial Pick-Up • Dumpsters
- House Clean-Outs • Bulk Pick-Ups • Demolition • Roll-offs

PUBLIC SCALE: You bring your items - Weigh in and pay as you go!
• Concrete • Bulk Items • Dirt • Asphalt • Leaves & Grass • Brush & Stumps

279 Douglas Road • Whitinsville, MA 01588

508-234-2920

www.tomberkowitztruckinginc.com • info@berkowitztrucking.com

Hours of Operation:

Monday-Friday 8am-4pm • Saturday: 8am-12pm



LIVING WITH LUKE

amyleclaire@hotmail.com

Luke's NEW YEAR Goals

BY AMY PALUMBO-LECLAIRE

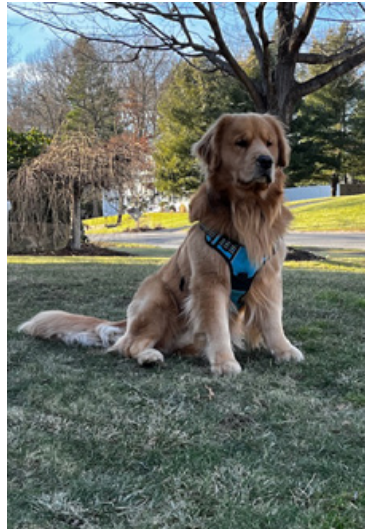
• THE MORNING WALK

December 2023 ended with peculiar high temps. A muddy ground complicated life with dog. I may have stood alone in my wish for a snowstorm, but I had good reason. Snow is pretty. Snow is quiet. Snow is clean.

“Luke! That hole is crazy big!”

Luke's digging habit continued. He dug deep and wide, as though excavating the area beside our front steps for the benefit of a miniature pool. I tore open the door in horror. A cool gust of wind blended with the sound of my husband's cry. “I've worked hard on that lawn! Luke is getting a zap next time!”

Indeed, Luke's Daddy has slaved over that lawn. However, no such zap will occur. “Let's not be dramatic,” I countered while my pup faced me, his face mottled like that of a child who's found the brownie bowl. “Dogs are natural diggers. Imagine zapping a child for build-



ing a sandcastle.” I held my ground with the recurrent analogy. “Luke is just bored.” The wheels of Luke's paws continued to spin in agreement. Once again, I couldn't help but feel impressed by the depth (no pun intended) of his work. “Besides, we don't need to keep up with the Joneses.” I brandished the maintenance broom and pushed the pile of fresh dirt back into the

manage to sell us.

“I was thinking that because I'm such a good boy, you'd be willing to share.” Mesmerized, he stares up at the cookie, a bear cub lifting a paw ever so gently, a dog willing to behave forever—if only his Dog Mom would share. I break the cookie in half. The creases of his head and expression deepen. He reminds me of a pumpkin with a personality. “My Momma is such a good person.”

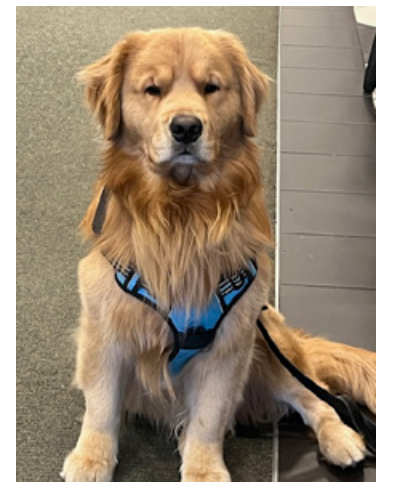
My goal for 2024 (along with being a good person) is to integrate more foods that a dog truly needs. I've since researched the practice of Dr. Marty Goldstein, a Cornell University graduate and veterinarian with over 35 years of experience in helping dogs thrive



hole. Meanwhile, my pup zoomed around the yard and tore through grass the Jones' would have approved of, if it weren't for fresh skid marks “Let's go for a walk, Luke.” I grabbed his leash and the resolution settled in my mind. Give Luke early morning walks in 2024.

• BETTER NUTRITION FOR LUKE

Weight problems are both common and problematic in Golden Retrievers. Extra weight is hard to bear on dogs' joints and can lead to muscular problems, diabetes, digestion, breathing and mobility issues. Luke is a young, active dog with normal weight. Stocky and strong at seventy-three pounds, he's built like a linebacker who, nevertheless, isn't above begging for gingerbread cookies. Consistency is crucial when it comes to dog training. Show your dog that your food is not part of his, and he'll learn quickly. However, turning down the quiet face of a begging Golden is easier said than done. We know gingerbread cookies are not good for them. Who are we kidding? Yet their pleading faces somehow



(he changed the life of one of Oprah Winfrey's dogs, who had been suffering, along with countless others who were nearly dying). His prescribed diet designed for dogs of all ages to thrive. Organ meats, omega 3, probiotics, flax, carrots, ginger, and blueberries are to name a few additions to Luke's upcoming Nutrition Plan! I also plan to remain educated on dog foods and treats which are harmful, despite trendy catch phrases such as “All Natural” or “Organic”. Certain fillers, preservatives and grains are detrimental to a dog's digestive system. Canine cancers have multiplied at an alarmingly

**154 Riverlin St.
Millbury, Ma. 01527
508-865-8155**

- Grooming
- Daycare
- Boarding

by Kelly Hauk

BEST OF CENTRAL MASS
Best Pet Groomer 2016 & 2017

www.barknbubblesmillbury.com

Gibson's Natural Pet Resort

Lodging ~ Daycare
Grooming ~ Pet Supplies

139 Upton St. (Rt. 140),
Grafton, Ma 01519
Phone: 508-839-1757
Fax: 508-839-1736

Hours:
Mon.-Thurs. 6:30am to 6pm
Fri. 9:30am-4pm Closed for lunch 12-1pm
Sat. 8am to noon Sun. 5pm to 6pm only

Grafton@GibsonsNaturalPetResort.com
www.GibsonsNaturalPetResort.com

WWW.TLCPETHAVEN.COM

Over 30 years in Business
Denise and Bill Jones

Dog and Cat Grooming & Boarding
Luxury Suites Available
Doggie Daycare
In-Home Services Available

PET HAVEN & Mobile Groom-In-Vans
68 US Route 146, Sutton MA • 508-865-3180

REAL ESTATE

Expert Quotes on the 2024 Housing Market Forecast

If you're thinking about buying or selling a home soon, you probably want to know what you can expect from the housing market in 2024. In 2023, higher mortgage rates, confusion over home prices, and a lack of homes for sale created some challenges for buyers and sellers looking to make a move. But what's on the horizon for the new year?

BY MARK MARZEOTTI

The good news is, many experts are optimistic we've

turned a corner and are headed in a positive direction. Recently, mortgage rates have started to come back down. This has offered hope to buyers dealing with affordability challenges. Mark Fleming, Chief Economist at First American, explains how they may continue to drop: "Mortgage rates have already retreated from recent peaks near 8 percent and may fall further . . ."

Jessica Lautz, Deputy Chief Economist at the National Association of Realtors (NAR), says: "For home buyers who are taking on a mortgage to purchase a home and have been wary of the autumn rise in mortgage rates, the market is turning more favorable, and there should be optimism entering 2024 for a better market."

As rates ease, activity in the

housing market should pick up because more buyers and sellers who had been holding off will jump back in. If more sellers list their homes, the supply of homes for sale will grow, a trend we've already started to see this year. It is expected that supply will loosen up in 2024. Even homeowners who currently have a low interest rate on an existing mortgage, will increasingly find that changing family and financial circumstances will lead to more moves and more new listings over the course of the year, particularly as rates move closer to 6.5%."

Mortgage rates pulling back isn't the only positive sign for affordability. Home price growth is expected to moderate too, as inventory improves but is still low overall. We expect that 2024 will be a better year for the housing

market. So, if you're thinking about making a move next year, know that early signs show we're turning a corner. We're going into 2024 with slight home-price gains, more inventory, slightly increasing transaction volume . . . All in all, things are looking up for the U.S. housing market in 2024."

Experts are optimistic about what 2024 holds for the housing market. If you're looking to buy or sell a home in the new year, the best way to ensure you're up to date on the latest forecasts is to partner with The Marzeotti Group or trusted Realtor.

LUKE

continued from page 10

fast rate, with some studies showing that one out of two Golden Retrievers will be struck by the disease. My eyes rest on Luke's kind, pumpkin face. He smiles up at me with love and innocence. I imagine shaking a message from a bottle that reads this: Luke Valentino is going to live an incredibly long life.

• MORE PLAYDATES PLEASE

A fellow Dog Person recently said it best. Our dogs used to run free, find other dogs in the woods, and play. They naturally socialized. Now, constrained to short leashes, we find them territorial and pugnacious, almost as though to say, "I'm stronger than you and stay away from my owner." Unleashed, both of those same (aggressive) dogs would likely rumble and become best pals. Admittedly I'm guilty of the short leash rule, especially given that we live in a neighborhood, but I also appreciate Luke's needs to play with other dogs. At almost two, he's matured. He's learned that not every dog likes to wrestle. Some like Chase. Some (as Lincoln had) just want to play fetch. He's learned to submit to signals of other dogs. That said, Luke is a social creature! Forbidding him to play with other dogs is like asking a rugby player to sit down for a thoughtful game of chess. Though I'm reluctant to visit Dog Parks now (after the fight that ensued when he was only six months old)

my 2024 goal is to set up more playdates for Luke Valentino.

• LUKE NEEDS HIS OWN SHOWS

I've noticed that Luke is intelligent enough to understand certain television scenes, especially those involving animals. His process for watching the activities of other dogs is a show in and of itself. He'll smile as though to say, "I love to eat dog food, too." Or tilt his head curiously. "Are you going to swim in that lake?" He'll even approach the television screen to get a closer view. "That person is climbing on top of a roof!!" Just as he revels in lighthearted television moments, Luke shows dissatisfaction for darker scenes. Lord Voldemort, a Harry Potter character, for example, sends chills through Luke's



spine. "You do not look like a nice person. I don't trust you." He'll lower his head in suspicion to the actor. Ralph Fiennes. I do my best to placate him. "Don't worry. That's just a man in a costume, Luke." He looks up at me, then back at the screen. "I don't trust him."

Whether it's through morning walks, playdates, better nutrition, or television shows; Luke Valen-

tino needs the stimulation of new sights, suppers, and stories. 2024 is going to be my pup's year! Stay tuned for the next story, featuring Luke's two-year-old birthday on January 31st!

Follow Luke on IG @livingwithlukevalentino
Write to Amy - amyleclaire@hotmail.com

TALES FROM BEYOND

tomdagostino.com

Beware of Krampus

BY THOMAS D'AGOSTINO

This is the time of year everyone begins to think about spending the holidays with family

and friends. Shopping, decorating, holiday parties, gatherings and a visit from that magical icon, Santa Claus. Little do people think about the possible visit from Santa's exact

opposite, the creature that makes children shiver at the very thought of. Those who live in our western world may not be so familiar with him, but to the children of the Alpine region around Europe, he is a very real and evil spirit. His name; Krampus.

Krampus is a horned demon from Alpine folklore who, along with Santa visit the children in the night. The well behaved are rewarded with gifts from Old Saint Nick while the bad ones are punished by Krampus with a good swatting from the birch rods he carries with him. The origin of Krampus is not readily known, but there are recollections written of his being around since the 16th century, maybe hundreds of years before that.

Krampus appears in many variations, according to the artist's conception, but is generally accepted to be brown or black haired with cloven hooves, horns like a goat, and a long forked tongue. Basically a monster that is half man and half beast. He is sometimes depicted carrying a large sack which is used for putting the bad children in and taking them away.

Some claim he eats them, drowns them or transports them straight to hell. Krampus is also adorned with various sized odd looking bells and carries chains which he thrashes about. He also has on hand, a wealthy supply of birch branches which he uses to beat the badly behaved children before carting them away. Woe to the child who should talk back to their parents or disregard their rule, for like Santa, Krampus knows all.

During pre-Christain festivals, young men dressed as the horned demon and ran amok, scaring children in the villages and towns. The name is thought to have derived from the Bavarian word "krampn" which means dead or rotten, or from the German kramp/krampen which means claw. Either or both can be used to describe the hideous creature that stalks the children on a certain night in December, searching for those who misbehaved during the year. December 5 is known as Krampusnacht or Krampus Night where either St. Nick rewards the good little children or Krampus doles out his form of punishment to those who have been bad all year.

At one time, any celebrations regarding the existence of Krampus were banned in certain countries, like Austria in the 1930s, for fear it would mentally damage the children by threatening them with such a horrible fate. This idea was later rescinded and today, the legend of Krampus lives in parades and even greeting cards called Krampuskarten. Wooden masks are also made and adorned during the holiday season to pay tribute to the antithesis of St. Nick.

Krampus was very little known or recognized in the western world, but very well known in the Bavarian and Alpine regions of Europe until recently. Somehow, he made his way into our society and has been a growing force since. Krampus has been gaining so much popularity in recent years, one can find a vast number of Christmas ornaments, greeting cards and movies about him. So much so, that even Santa may have a bit of competition on his hands. That is, of course, unless the children are extra good this year.

DK FLOORS LLC
(Formerly Dan's Carpet Service)

- Carpet • Linoleum • Repairs
- L.V.P. Planks • Restretch • Installs
- Residential & Commercial

FREE ESTIMATES

Grafton resident
Fully Insured
30 years Experience

Call Dan
508-769-5767

CAPITOL SIDING & HOME IMPROVEMENT COMPANY, INC.

Custom Exteriors • Vinyl Siding • Roofing
Replacement Windows • 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



Coming March 2024

Senior Living

Capture the Attention of Thousands in Your Local Community
Interested in Senior Life and Care!

Diverse Content: Senior Living will feature a wide array of articles that revolve around senior life, covering essential topics that matter most to seniors and their loved ones.

Engaged Readership: Thousands of local readers who share a passion for senior life and care frequent our newspapers, making it an ideal space for your business to shine.

Key Demographic: Targeting this age group is crucial, as seniors and their families actively seek solutions and services tailored to their unique needs.

Reserve your space today by contacting Bill Cronan at 774-289-5564 or by email at bcronan@theyankeeexpress.com
Reservation deadline is February 10, 2024.

Reach more than 172,000 with both zones

The Yankee Xpress
BLACKSTONE VALLEY Xpress

localtownpages

FREE PRESS



Blue Cross Blue Shield Of Massachusetts Brings Free Ice Skating To The Oval Ice Skating Rink In Worcester

Central Massachusetts skaters will have the opportunity to skate for free at The Oval Ice Skating Rink in Downtown Worcester on five occasions in January and February, courtesy of Blue Cross Blue Shield of Massachusetts (Blue Cross).

Blue Cross, the presenting sponsor of the 12,000-square-foot rink located at 455 Main Street, announced that free-skating days will take place on:

- Friday, January 26
5:00 p.m. – 9:00 p.m.
- Saturday, January 27
1:00 p.m. – 6:00 p.m.
- Sunday, January 28
1:00 p.m. – 6:00 p.m.
- Friday, February 16
5:00 p.m. – 9:00 p.m.

Complimentary skate rentals will also be available for children 12 and under. As the second year of the sponsorship, the events underscore Blue Cross' commitment to the health and wellness of the greater Worcester community by encouraging outdoor activity

that supports physical and mental well-being.

The Oval Ice Skating Rink, which reopened in December, has welcomed more than 72,000 skaters since 2012. It offers skate rentals, concessions, and a limited number of free parking spaces (on a first-come, first-served basis) in the garage under City Hall.

"We're honored to offer these complimentary events at this exceptional community space, creating lasting memories for numerous families as part of our partnership with The Oval Ice Skating Rink," said Jeff Bellows, Blue Cross Vice President of Corporate Citizenship & Public Affairs. "These five days serve as an added motivation for everyone to embrace the outdoors, and enjoy healthy lifestyles."

Recognized as a highly effective form of exercise, ice skating engages nearly every muscle group in the body, promotes joint flexibility, and supports cardiovascular health. It also helps with improved balance, coordination, and weight management, while

contributing to improved mental health and overall well-being. According to a 2021 Harvard Medical School study, a mere 30 minutes of ice skating can burn between 210-294 calories, making it one of the most beneficial winter activities for fitness.

"We're thankful for the support provided by Blue Cross, including these free-skating events,

which significantly contribute to the sense of community that The Oval Ice Skating Rink promotes," said John LaHair, Director of Marketing, for the DCU Center which also manages The Oval Ice Skating Rink. "They have become a true highlight of the winter season in Worcester and we are looking forward to welcoming guests for a day of enjoyment in

the outdoors."

For more information, including weather-related closings, please visit the The Oval Ice Skating Rink's Facebook and Instagram pages or call the Cornerstone Bank Oval Hotline at (508) 929-0777.



In Person Use Only!!

\$5.00 OFF ANY PIZZA ORDER MADE IN PERSON exp. 3/31/24

Classic & Gourmet Pizzas Paninis

Piadinis Salads Gluten Free

27-C Galaxy Pass, Sutton • (508) 917-8182

Open: Tues.-Fri. 11:30-9:30; Sat. 4-9:30; Sun. 11:30-9

Be Sure to Ask About our New Customer Program

Happy New Year!



Fuels

- Heating Oil
- Propane
- Diesel
- Bagged Coal



MEDWAY
OIL & PROPANE
"Your Total Home Comfort Company"

Family owned and operated since 1954



Programs

- Flexible pricing and budget programs
- Ask about our Veteran, Military, Police and Fire discount

Give us a call today!
800-649-5949
jeffrichards@medwayoil.com



Installations

- Oil & propane heating systems and water heaters
- Oil to propane conversions

Introducing your neighborhood consultant, Jeff Richards -
14 year resident of Douglas as well as a combined
12 years in Uxbridge and Northbridge!

FREE: 100 gallons of home heating oil or propane*

FREE: \$100 Account credit towards your first tune-up or service plan*



Service

- Emergency service 24-7
- Oil & gas fired equipment

*APPLIES TO WHOLE HOUSE HEAT CUSTOMERS ONLY. ASK FOR DETAILS. *New automatic delivery customers only. Offer ends the last day of the month.

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 Bill Cronan at 774-289-5564 or by email at bcronan@theyankeeexpress.com

Grafton File of Life and Blood Pressure Clinic

Provided by Worcester Department of Health

The "File of Life" is a *medical information packet designed to provide emergency personnel with necessary medical data to begin immediate treatment.* Blood Pressure Clinic at Hous-

ing Authority, 9 Forest Lane, Grafton . Time: 12:30-2 p.m. Tuesday, February 20

Grafton File of Life at the Senior Center, 30 Providence Road. Time: 10-11 a.m.

Thursday, February 22
Grafton Senior Center Blood Pressure Clinic, Thursday February 22 Time: 11 a.m. – 12:30 p.m.

Bible Study for Women

Coffee Break, a non-denominational community Bible study for women will open their winter season with a study of Galatians beginning on Thursday morning, February 1st.

The author writes "Galatians calls us back to a new dependence on God's grace – His undeserved, but freely given, forgiveness and love through faith in Jesus Christ."

The study will be in small groups at Fairlawn Church—and we offer groups for those who feel more

comfortable wearing masks, as well as groups for those who prefer not to wear masks. Refreshments are provided, and child care is available for infants through pre-school age.

Coffee Break is free and 9:30- 11 a.m. at Fairlawn Church. Coffee Break offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. Each lesson is independent, so if you can't attend every week, you won't feel "lost."

There's no "homework" required, and no previous Bible knowledge is necessary. Study guides and bibles are provided free of charge.

Fairlawn Church is located at 305 Goldthwaite Road (off Hill Street) in

Whitinsville. For directions, questions, or to get more information, call Ginette at 508-234- 4806 or visit fairlawncrc.org/outreach/coffeebreak.cfm.

Contact Bill at 774-289-5564 or by email at bcronan@theyankeeexpress.com to learn how you can reach 153,000 households and businesses each month!

Al's

RUBBISH & CONTAINER

556 Central Turnpike, Sutton, MA 01590
Phone: (508) 865-4193
Website: www.alsrubbish.com
E-Mail: alsrubbish@gmail.com



Al's Rubbish Provides

- Dumpster Rental Services 10 Days
- All Rentals Include Drop Off and Pick Up
- No Hidden Fees
- Estate Clean Outs
- Furniture/Appliance
- We Recycle

DUMPSTER RENTAL SPECIAL!

SUTTON, MILLBURY, AUBURN, OXFORD, WEBSTER, WHITINSVILLE, NORTHBRIDGE and GRAFTON

10 yard \$350
15 yard \$450
20 yard \$600

10 Day rental

Serving the Blackstone Valley and the Surrounding Towns in Worcester County

FREE DROP OFF AND PICK UP!



508-865-4193 • WWW.ALSRUBBISH.COM

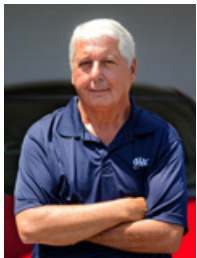
Support Local Small Business

THE CAR DOCTOR

jpaul@aanortheast.com

When trailer lights are out, check wiring in tow vehicle as well as trailer

Q. I was working on my boat trailer, which I use only a couple of times per year and noticed the lights are not working. Some work and some don't, where can I start and what



BY JOHN PAUL

else should I do to this trailer over the winter?

A. The first place to start is to see if the trailer or the tow vehicle wiring is an issue.

A simple 12-volt test light or an inexpensive trailer light testing tool is about all you need. Depending on the plug (flat four or round seven) the troubleshooting is about the same. Use your test light and see if the wiring will light the test light, if it does move onto the trailer wiring. The most common issues are related to corrosion of the lamp sockets. As for other repairs, check for rust, inspect the rollers or bunks, springs, shackles and remove, clean and repack the wheel bearings.

Q. I have a Honda Accord and it was in for an oil change and they said the brake pads on the front were down to 3mm. They were really busy and said they couldn't relace the brakes for a couple of weeks. I like this shop and would like to have them do the work, replacing both the brake pads and brake rotors. Should I wait or find another shop?

A. New brakes pads are generally about 10-12 millimeters thick. At 3 millimeters the brakes are just about worn out and should be replaced. Considering you are replacing the rotors, a couple more weeks of normal driving shouldn't make a difference. If you hear scraping, bring the car in as soon as possible.

Q. Recent articles seem to point out that the public has not fallen in love with electric cars. If fact I have seen discounts and electric cars sitting on dealer lots. What is your take on this?

A. Electric cars are not for everyone. Buying an electric car depends on charging availability, budget and how far you drive. For my per-

sonal use a plug-in hybrid, that can charge on 120-volts, drive in electric or EV mode would suit my needs better than a pure electric car. But as the charging infrastructure changes and recharging becomes quicker, that could change.

Q. I have a 2008 Toyota Avalon and it is the best car I have ever owned and want to keep it forever. The problem is the high beam bulbs have shattered or blown twice. My mechanic said Toyota had sent a bulletin to the dealers about the problem. It is my understanding that some 2008-2010 models have a problem with the bulb housing, not the bulbs and the fix is to replace the housing. To me it is a manufacturing or design defective, and the car should be recalled. I haven't gotten anywhere with Toyota or the local dealer. Any suggestions?

A. As you stated, there is a technical service bulletin that describes the problem. The repair does in fact require replacing the housing and bulb. My only "guess" is this isn't a recall since the low beam light will still function when the high beam light fails. If you decide to replace the housing, perhaps use an aftermarket part. If you go this route, look for a CAPA approved part. This certification tells you it is as good as the original or hopefully in the case of your Avalon better.

Q. I own a 2001 Lexus RX300 that was recently given to me. Over the six months I have owned it, the engine has gotten noisy. My mechanic says the oil is like sludge. I looked on-

line and found this was a defect. So, do I have any recourse?

A. Oil gelling/sludge happens generally from the heating and oxidation of oil due to infrequent oil changes. Since you don't have much invested in the vehicle you could try an oil flush. Over the years mechanics have used transmission fluid rather than oil, kerosene mixed with oil and dedicated oil flush products, such as Seafoam to remove sludge. Sometimes this works and removes accumulated sludge, other times the sludge just moves around and causes other issues. Regarding Toyota standing by their product, I don't see them offering any relief on an 23 year old car.

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. Fol-

low John on Twitter @johnfpaul and friend him on Facebook at mrjohnfpaul.

KEARNS

COLLISION Repair

FREE ESTIMATES • QUALITY SERVICE

1734 Providence Rd., Northbridge, MA • 508-234-5211

Thomas F. Colonair Jr.

www.kearnscollision.com

"Where all of the Lords and Ladies of the Valley Are Served!"

U-KNIGHTED

AUTO & TRUCK REPAIR

We are the "Give me a BRAKE... I'm EXHAUSTed Repair Shop"

45 East Hartford Ave., Uxbridge
508-526-3169

FREE Brake Inspection with every Oil Change

Custom Exhaust & Brake Experts

• Engines • Transmissions • Tires • Oil Changes
• Brakes • Converters • Welding & Fabrication Services

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

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. 7:30am-3pm • Sat. 7:30am-noon

VISIT US FOR YOUR NEXT PROJECT!
HOMEOWNERS WELCOME!

Winter Safety: 4 Essential Tips from a Physical Therapist on how to Brave a Snowstorm

BY SEAN LORDEN
Concierge Physical Therapy
Conciergephysicaltherapy.com

As the winter season blankets the landscape in snow, it brings with it a whimsical charm but also potential hazards. Snowstorms create picturesque scenes but can also pose risks to our physical well-being. As a physical therapist, I've witnessed firsthand the injuries and challenges that arise from navigating through these wintry conditions. Here are four critical tips to stay safe during a snowstorm:

1. Be Mindful of your Move-

ment and Posture

Snowstorms often mean shoveling snow to clear pathways, driveways, and sidewalks. Improper shoveling techniques can lead to strained muscles, back injuries, or even falls. It's crucial to maintain proper posture and body mechanics while shoveling.

- Bend with your knees, not your back: Use your legs to lift the snow rather than straining your back. Bend at the knees, keeping your back straight, and lift small amounts of snow at a time. Do NOT twist with snow on the shovel.

- Use ergonomic tools: Invest in an ergonomic shovel with a

curved handle or adjustable length to reduce strain on your back and wrists. Use a snowblower if you are able for larger spaces.

- Take breaks and pace yourself: Shoveling can be physically demanding. Take regular breaks to rest and avoid overexertion, preventing muscle fatigue and potential injuries. If you have a history of stroke or cardiovascular disease spend no more than 15 minutes at once shoveling snow, with the same amount of break in between bouts.

2. Proper Footwear and Traction

Navigating through snow and ice requires appropriate footwear to prevent slips and falls. Wearing the right shoes or boots can significantly reduce the risk of injury.

- Choose slip-resistant footwear: Opt for shoes or boots with good traction and slip-resistant soles. Adding ice grips or traction aids can further enhance stability on icy surfaces. Assess your boots every 2-3 years to make sure they still have adequate slip-resistance and traction.

- Take cautious steps: Walk

consciously and take shorter steps to maintain balance. Avoid sudden movements and be aware of black ice, which can be particularly hazardous. Many broken bones are caused each year from an errant slip on the ice.

3. Layered Clothing and Stay Hydrated

Staying warm and hydrated is crucial during cold weather. Layering clothing helps regulate body temperature and prevents hypothermia.

- Dress in layers: Wear moisture-wicking fabrics as a base layer, insulating materials in the middle, and a waterproof outer layer to protect against snow and wind. (Pro Tip: More layers also insulate a fall, but you don't have to go as far as Ralphie in A Christmas Story.)

- Stay hydrated: Cold weather may make you less aware of your thirst, but hydration is essential. Drink water regularly, even if you don't feel thirsty, to prevent dehydration.

4. Be Prepared

Adequately preparing for a

snowstorm can significantly reduce risks.

- Stay informed and plan ahead: Monitor weather forecasts to anticipate storms and plan activities accordingly. Stock up on supplies like food, water, and medications to avoid unnecessary outings during harsh conditions.

- Practice caution indoors too: Be mindful of slippery floors indoors due to tracked-in snow. Use rugs or mats near entryways to prevent slipping and ensure adequate lighting to spot potential hazards. Put boots and snow clothing to dry in an area that is not highly trafficked in your household.

Remember, your safety during a snowstorm is paramount. By implementing these tips and exercising caution, you can minimize the risks associated with wintry conditions and enjoy the season to its fullest without compromising your well-being.

Stay safe and embrace the beauty of winter here in New England! If you have any comments or questions on this article I can be reached at Drlordan@conciergephysicaltherapy.com



DK FLOORS LLC
(Formerly Dan's Carpet Service)

- Carpet • Linoleum • Repairs
- L.V.P. Planks • Restretch • Installs
- Residential & Commercial

FREE ESTIMATES

Grafton resident
Fully Insured
30 years Experience

Call Dan
508-769-5767



Ever wonder what a new kitchen would look like? Email me your measurements and "Want List." I will do one colored rendering and email back to you.

Offer good til Jan. 31 2024

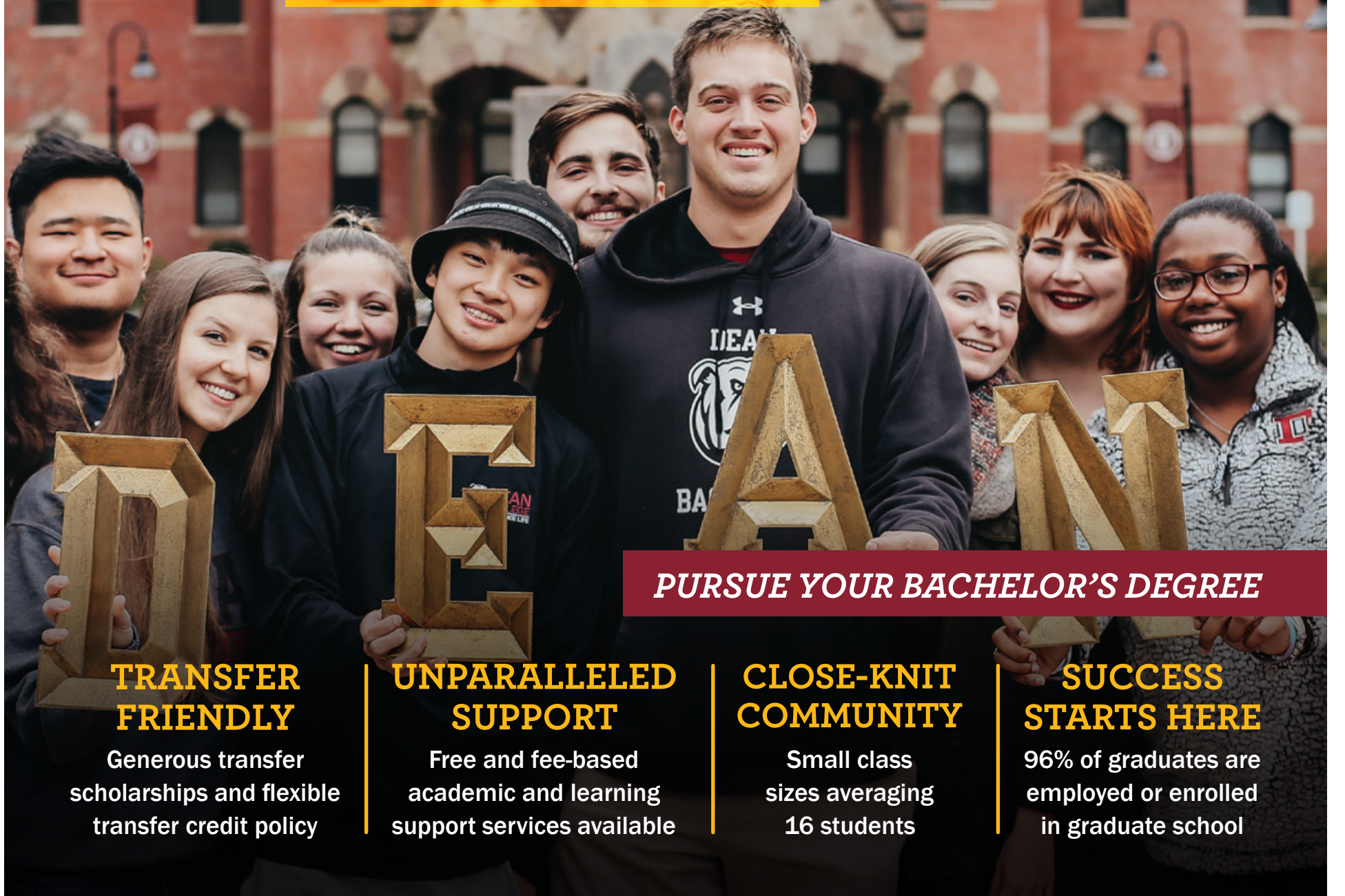
CABINET DEPOT
marscott.cabinetdepot@gmail.com

TRANSFER TO DEAN,

FIND

YOUR

HOME



PURSUE YOUR BACHELOR'S DEGREE

TRANSFER FRIENDLY

Generous transfer scholarships and flexible transfer credit policy

UNPARALLELED SUPPORT

Free and fee-based academic and learning support services available

CLOSE-KNIT COMMUNITY

Small class sizes averaging 16 students

SUCCESS STARTS HERE

96% of graduates are employed or enrolled in graduate school



NOW ACCEPTING APPLICATIONS FOR JANUARY 2024!

Visit dean.edu/beabulldog or call (508) 541-1508.

DEAN COLLEGE

Franklin, MA

SPORTS

Not Necessarily the Best, but He Gives it His All

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Tighe Rogan has been dribbling a basketball since the fourth grade, but he has been playing soccer even longer and considers himself more skilled on the field rather than on the court. While soccer is his preferred sport, he has enjoyed his time on the basketball court for the Sutton Sammies.

Rogan, like so many others, followed his older brother onto the court playing in the Sutton Youth Basketball Program growing up and when it came time to enter high school he decided that he wanted to continue playing basketball. Unfortunately, the year he entered high school he found himself entangled with the Covid-19 Pandemic.

"I was just going into the tryouts my freshman year trying to make the team and learn how to play high school basketball," Rogan said. "I did make the team, but with covid freshman and sophomores were assigned to the JV team and the juniors and seniors to varsity."

With Covid running rampant through the area athletes also had to continue to wear masks while playing their particular sport in addition to having no one in the

crowds to cheer them on.

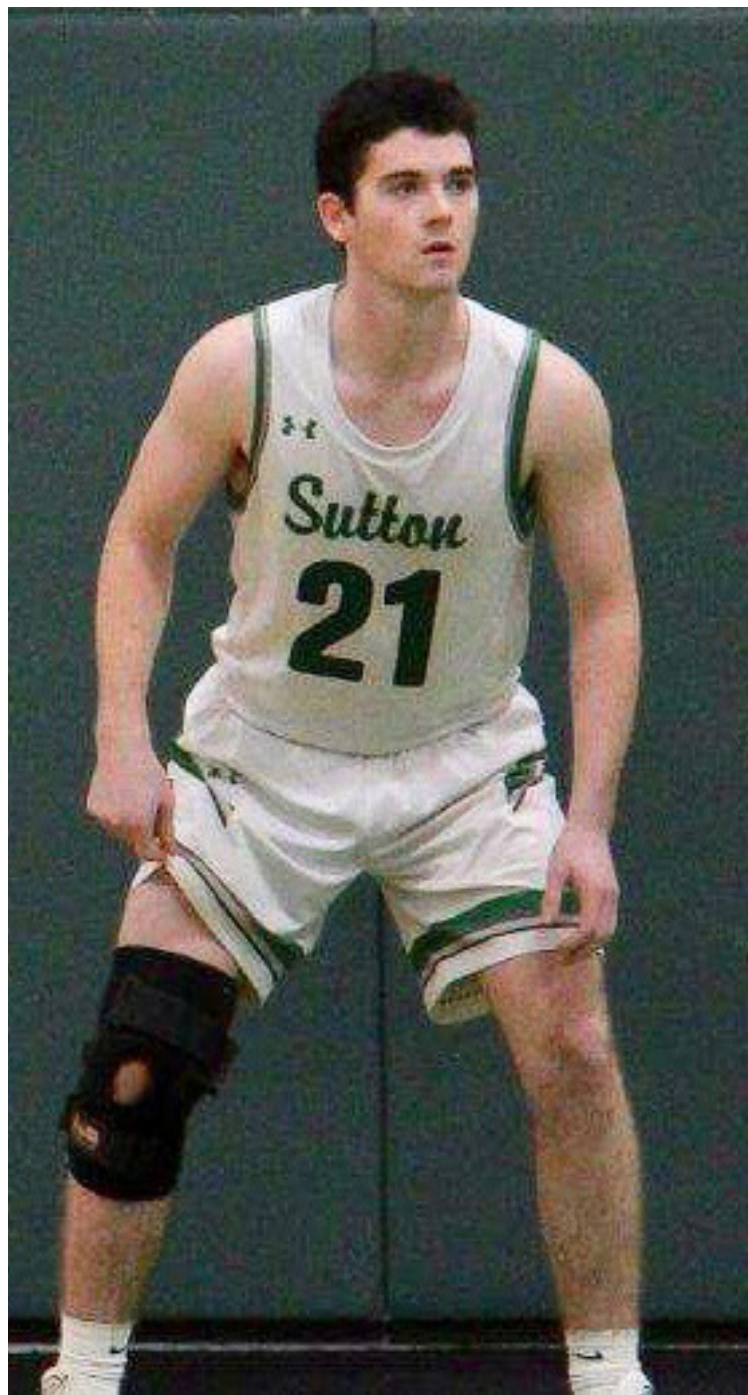
"It was definitely not a great situations, but we had to make it work," he said. "It was not the ideal situation, but what happened, happened and we just had to do the best we could."

Rogan really wasn't surprised when the ruling came down just before the basketball season was to get underway; he already had to deal with covid during the soccer season.

As all athletic teams trudged through their seasons amid Covid, Rogan took it as a signal to work on his game and by the time his sophomore campaign was completed he felt that he had a really good grasp on the high school game.

"Entering my sophomore season, I was ready, and I think that year was my biggest development year. Coach taught me a lot about my footwork and blocking out properly," he said. "I know that I am not the most skilled basketball player, but I go out and do my job to the best of my ability."

By the end of his sophomore season rogan found himself swinging between the junior varsity and varsity teams. The ability to play with the varsity squad allowed the sophomore to get use to the faster and more physical



game of basketball on the high school level. By playing with the varsity athletes, he not only

the court earning themselves a number eight seed in the Division 5 State Tournament. The Sammies would destroy Mystic Valley Regional (62-36) and Hoo-sac Valley (59-27) before falling to the number one seed Taconic in the Round of Eight.

As Rogan enters his senior season with his teammates, he knows this year is not going to be like last winter. Sutton has graduated the majority of their big men and will look to the upper classmen to fill the vacant roles.

"We lost six seniors who saw a lot of time on the floor last year, but we do have some underclassmen who have the skills to play the game," Rogan said. "They just need to learn the little things that make our program what it is; we have the potential to do well if we keep on working."

According to the senior he doesn't believe that his outside shot is that great, but he does know that he can be a scrappy player that can go to the hoop and post-up when needed to help the team.

"Although it is not me, we do have a lot of players who can shoot the three, while I'm in the trenches doing my job battling for the rebound," he said.

Being his lasty season with Sutton, Rogan is hoping to be able to help his team get back into the State Tournament and hopefully advance further than last year.

"I'm looking to go out and do my job while on the court while helping the team have success," the senior said. "We have some really good shooters and I'm just looking forward to picking up the missed opportunities and finishing. I'm hoping that I can set the tone and keep this team moving in the right direction. If I can do that, we should be able to get back to the tournament once again."

learned to play with intensity, but it would also prepare him for his junior season.

Rogan decided to play summer ball prior to his junior season hoping that he'd be at the top of his game when the season began in December. Sutton put together a decent campaign last year on

MA & ISA Certified

Full Circle
T-R-E-E C-A-R-E

Insect and disease diagnosis and treatment #16339

Specimen and ornamental tree and shrub care Since 1989

Dwight A. Bristowe
Office: 508-476-3258
Cell: 508-523-9631
www.FullCircleTreeCare.com

SMALL LOAD OPEN YEAR ROUND CONCRETE, LLC

Custom Concrete - Metered Pours

CONCRETE APPLICATIONS

- Patios
- Pads for AC units, Sheds, Hot Tubs, Etc.
- Footings
- Retaining Walls
- Walkways/Sidewalks
- Curbing
- Steps

Saturday pours available

WHY SMALL LOAD CONCRETE?

- Buy ONLY what you need/metered pours
- Less Expensive than mixing it by hand
- Custom Mix / Pour on the job site
- Cost Effective • No Waste
- 1 Yard Minimum
- Winter rates in effect

Call to schedule your pour today
508-770-1200

34 Providence Road, Sutton, MA
www.smallloadconcrete.com

Facebook icon, @smallloadconcrete.sutton, and logos for American Express, Visa, and MasterCard.

Economy Canvas & Awning Co.

Retractable & Stationary Awnings Boat & Truck Covers and Related Products

- Full Awning Service - Installation, Removal & Cleaning
- Manufacture & Repair All Canvas Products

115 Hamilton St., Southbridge, MA
508-765-5921

www.EconomyCanvasAndAwning.com

Pool Cover Repairs
Over 34 years of service in the community

BHC Honors Volunteers

The Blackstone River Valley National Heritage Corridor (BHC) held a "Champions of the Blackstone" Awards Reception on December 4th to celebrate its Volunteers-In-Parks (VIP) volunteers and recognize its John H. Chafee Heritage Award recipients. The reception was held at the Singh Performance Center at Alternatives' Whitin Mill and was sponsored by Navigant Credit Union.

"This past year, our over 250 volunteers worked as diligently as ever to keep our bike paths safe, our walking trails clear, and the river clean and accessible," noted BHC's Board Chair Dennis Rice. "On behalf of the Board, we can't thank our volunteers enough. The sense of community amongst the volunteer corps and the importance of the institution's mission keeps me invested."

"On behalf of the Healey-Driscoll Administration, I want to thank everyone for sharing their time and talents in volunteer service to the Blackstone Heritage Corridor," noted Priscilla Geigis, Deputy Commissioner for Conservation and Resource Stewardship, with the Massachusetts Department of Conservation and Recreation (DCR). "Time is a precious resource because you cannot get it back, so you need to spend it doing what you love and with the people you love." Geigis thanked everyone for sharing their heart. "Your service is a testament to your passion for the Blackstone and each other, and your commitment to fostering shared stewardship of our special places."

Allison Horrocks, Park Ranger with Blackstone River Valley National Historical Park, shared some inspiring quotes and reminded everyone that "the power of the Blackstone is with the people." Molly Cardoza, BHC's Director of Volunteer and Community Engagement, congratulated its National Park Service Volunteers-In-Parks (VIP) volunteers on their nearly \$1 million in volunteer service in fiscal year 2023. The VIPs logged 31,058 volunteer hours at an in-kind value of \$987,644.

Cardoza presented the 2nd annual Suzanne Buchanan Volunteer of the Year award to William McGinnis of Cumberland, RI. "Suzanne inspired all of us to imagine the

possibilities," Cardoza shared. She created the Bikeway Ambassador program. "Bill McGinnis embodies this vision as a Bikeway Ambassador and as a volunteer for Accessible Cycling Programs. Bill can frequently be found riding or walking the Blackstone River Bikeway helping cyclists with deflated tires and reporting in obstructions, down trees, or other hazards. Staff members of All Out Adventures, our partner in accessible cycling programs, praise Bill's demeanor, professionalism, and can-do attitude."

Cardoza presented the Volunteer Partner of the Year Award to Blackstone River Watershed Council/Friends of the Blackstone for their outreach programs in the past year. "The Blackstone River Watershed Council/Friends of the Blackstone is one of our longest-standing partnerships, working to improve the health and accessibility of the Blackstone River for over 30 years," Cardoza noted. "This year we recognize their commitment to working with individuals with disabilities through their Connecting through Canoes program, their partnership with the Indigenous Peoples of our region in their work towards the building of a fish passage at Pawtucket, their outreach to diverse communities throughout the Valley through new fishing programs, and their continued work to clean up the Blackstone River and its watershed. They have led litter cleanups, water chestnut pulls, and are working to create a new town park. Last fiscal year, they logged 1,845 hours of volunteering."

Cardoza also recognized volunteers with the Blackstone Valley Paddle Club who assisted the Harrisville Fire Department with a rescue of a missing resident they discovered while paddling on the Nipmuc River in Harrisville, RI: Steve Riendeau, Julie Riendeau, Dave Biernacki, Steve Norris, Manny Terezakis, Cheryl Thompson, Tom Farley, Cathy Cochran, Phil Johansen, Rick Everett, Orla Christiansen, Patrick Reddy, Joan Reddy, and Christine Satterwhite.

Volunteers who serve 250 hours earn a complimentary America the Beautiful Pass, providing them free access to more than 2,000 federal recreation sites.

Seventeen of BHC's volunteers

earned an America the Beautiful Pass in the Fiscal Year 2023 including Justine Brewer, Norma Bedrosian, Sue Ciaramicoli, Bill Ela, Kenneth Ethier, Pam Gurney Farnham, Keith Hainley, Rich Keene, Stephanie Maoz, John Marsland, Albert Menard, Betty Mencucci, Lynne Pelletier, Alan Salemi, Paul Schaefer, Kim Walker, and Ross Weaver.

Devon Kurtz, BHC's Executive Director, announced the recipients of BHC's John H. Chafee Heritage Awards: Chuck Arning, Stefanie Covino, Christian de Rezendes, and Mary Lee Partington.

Created by the Blackstone River Valley National Heritage Corridor, the John H. Chafee Heritage Award honors the late Senator's legacy and recognizes individuals, groups, or students who have worked on projects that promote cultural heritage, environmental conservation, and the quality of life in the Blackstone River Valley.

Chuck Arning, a retired National Park Service ranger from Black-

stone River Valley National Historical Park and a resident of Lunenburg, MA, was nominated for the John H. Chafee Heritage Award by BHC's Executive Director, Devon Kurtz. "Chuck Arning retired from the National Park Service (NPS) after 24-1/2 years of service as an Interpretive Ranger in the Blackstone River Valley," Kurtz noted.

"He currently works as a consultant for the Worcester Historical Museum and assists other museums and historic sites in accomplishing their missions. As the A/V Specialist for the Blackstone Valley, he produced over 85 videos and TV episodes on outdoor recreation, history, preservation efforts, and the people of the Blackstone River Valley. Arning produced, wrote, hosted, and was a contributing editor of the award-winning series "Along the Blackstone" for the NPS, along with numerous other awards for interpretation, history and project management.


Stefanie Covino, Program Manager at the Blackstone Water-

shed Collaborative, and a resident of Sutton, MA, was nominated for the John H. Chafee Heritage Award by Donna Williams, a BHC Board Director and President of the Blackstone River Coalition. "Through Stefanie's efforts, the Blackstone Collaborative has become the de facto environmental arm of the Blackstone Heritage Corridor," Williams explained.

According to Williams, Stefanie hit the ground running at the Blackstone Watershed Collaborative, and more than a year into the program, she has pulled together over 100 partners through the monthly Collaborative network meetings, rigorous research in grant opportunities, and cheerleading partner projects. Several such projects are: the Blackstone River Watershed Council/Friends of the Blackstone's "Be the Voice of Kittacuck: Enhancing Fish Passage" film and advocacy;

VOLUNTEERS

continued on page 20



430 Main St., Oxford, MA


We repair all makes and models of Garage Doors and Electric Openers

- Commercial and Residential -

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.

Visit our display by appointment



BRING YOUR REMODELING DREAM TO LIFE!

If you can envision it, then we can build it.

**HOME IMPROVEMENT
NEW CONSTRUCTION
KITCHEN & BATH REMODELING
PAINTING & CARPENTRY**

IN BUSINESS FOR OVER 20 YEARS

Commercial / Residential

Remodels • Home Improvement • Additions • Painting

FULLY INSURED • FREE ESTIMATES

www.alltimesconstruction.com

508-969-6349



SCHULTZY'S PLACE



**Now featuring
Homemade
Portuguese
Chourico Hash
and Corned Beef Hash**

~Winter Special~

\$3⁰⁰ OFF

a \$20 purchase
Mon.-Fri. ONLY

One per table, not to be combined. Exp. 3/31/24

3 Boston Road (Heritage Plaza) Sutton, MA • (508) 865-6777
Hrs.: Mon.-Sat. 5:30am-2pm; Sundays 6:30am to 2pm

Nursing Student Earns “Be There Certificate”

Ashley Breault of Brookfield, a practical nursing student at Bay Path Practical Nursing Academy recently completed training and obtained her Be There Certificate.

The Be There Certificate is a self-paced learning experience designed to increase mental health literacy. The training provides knowledge, skills, and confidence needed to safely support anyone who may be struggling with their mental health. According to betherecertificate.org/ “It provides a deep understanding of Be There’s Five Golden Rules — a simple but actionable framework on how to recognize when someone might be struggling with their mental health, your role in supporting that person, and how to connect them



to the help they deserve.”

Breault has been a Certified Nursing Assistant (CNA) at Quaboag Rehabilitation and

Skilled Care Center since 2021. She was previously honored as Employee of the month at Quaboag and is active with mentorship since 2022. She completed her CNA and Home Health Aide Certification at the Fieldstone School in 2021. Breault is an alumna of Quaboag Regional Middle High School (2019). She is certified in Mental Health First Aid, Dementia Care, Stop the Bleed, HCP/BLS Provider CPR and first aid. She recently participated in her clinical team’s Luminary lighting project for the Alzheimer’s Association’s the Longest Night to shine a light to diminish the darkness and illuminate a path towards a world where Alzheimer’s and dementia are nothing but a memory.

Breault joins 31 other members of the 2024 cohort progressing to

term 2 of the rigorous 10-month practical nursing program at Bay Path. She previously took the leadership in handling Bay Path Practical Nursing Academy merchandise (sweatshirts & hoodies) distribution for the PN Class of 2024 and assisted with stocking the Practical Nursing student food pantry. Photo shows Breault with her Be There Certificate.

According to Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director, “At Bay Path Practical Nursing Academy we believe that student engagement and patient advocacy are contributory to a well-rounded, prudent nurse. Success is intentional. We ensure that our PN students are relevant and actively engaged in empowering themselves, especially when it

comes to mental health.”

The Bay Path Practical Nursing Academy program is a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing mass.gov/dph/boards/rn and is accredited by the Commission on Occupational Education, council.org. For more information visit baypath.net.

Webster Five Recognized by MA Small Business Association

Receives ‘SBA MA Lender of the Year to Veteran Owned Businesses’ Award

Webster Five is honored to announce that they have been named 2023’s #1 SBA Lender to Veteran Owned Businesses by the SBA Massachusetts District Office.

The Webster Five Business Banking team was recently recognized at the 2023 SBA Massachusetts Lender Awards. This recognition highlights Webster Five’s commitment to supporting Veterans, as

evidenced by the bank’s distribution of 16 SBA 7(a) loans totaling over \$3.6 million.

“Receiving this award is a tremendous honor for Webster Five,” said Christopher

Watson, SVP Senior Business Lending Officer, Webster Five. “Our team appreciates what U.S. Veterans have done to support our country and the unique challenges that they face. We strive

to provide support with tailored financial solutions to help them grow and succeed.”

THOMPSON

Landscaping & Construction

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

Millbury, MA • 508-523-7790

Ebthompson36@gmail.com • Free Estimates • Fully Insured



Town Line Dairy Farm
Epton, MA
508-529-6039

Home Grown Beef & Chicken
Honey
Maple Syrup
Local Milk
EGGS

Fresh Home Grown Pork, Lamb and Beef Available

- Seasonal Produce
- Local Products
- Fresh Eggs

64 Williams Street, Upton, MA

VOLUNTEERS

continued from page 19

Southern New England Network’s “Creating Resilient Communities: Bylaws & Regulations” program; Mass Audubon’s Broad Meadow Brook Restoration project in Worcester; RISD’s Blackstone River Commons 4-day paddle of the River with Stefanie as co-organizer and participant; and the Blackstone River Coalition’s Water Quality Monitoring program.

Christian de Rezendes, producer of the documentary series “Slatersville: America’s First Mill Village” and a resident of North Smithfield, RI, was nominated for the John H. Chafee Heritage Award by BHC’s staff. Through his company, Breaking Branches Pictures (est. 1996), de Rezendes has produced critically acclaimed feature films. To date, his work has received more than 40 filmmaking awards. Many of his twenty-plus directing credits have been broadcast on PBS and screened internationally at film festivals.

“In the fall of 2022, after 11 years of production, the first half of his documentary series ‘Slatersville: America’s First Mill Village’ premiered on Rhode Island PBS and now streams internationally on the PBS app,” Kurtz added. ‘Slatersville’ won two Regional Boston/New England Emmy Nominations for Outstanding Documentary

and Outstanding Musical Composition. The series also received a Gold Telly Award for Documentary Series and three film festival awards from the Mass Indie Film Fest, Block Island Film Festival, and the LifeArt Festival.

Mary Lee Partington of Gloucester, RI, was nominated by U.S. Senator Jack Reed. “A researcher at heart, Mary Lee’s vocation is to learn, teach, and inspire others to impart knowledge about the place, the people, the culture, the heritage, and the rich traditions of the land that she calls home – The Blackstone Valley,” Reed shared.

Nearly 40 years ago, Mary Lee, lead vocalist for Pendragon, was one of the founders of the group Pendragon which has celebrated the rich traditions in Celtic music and brought to life the legacy of generations of immigrants..

Nominations for the 2023 John H. Chafee Heritage Award are now open. Find the form at blackstoneheritagecorridor.org/about-bhc/john-h-chafee-heritage-awards/. Nominations should be submitted by January 30, 2024, and can be mailed to John H. Chafee Heritage Award, Blackstone River Valley National Heritage Corridor, 670 Linwood Avenue, Whitinsville, MA, 01588, or emailed to Devon Kurtz at dkurtz@blackstoneheritagecorridor.org. To learn more about the Blackstone River Valley National Heritage Corridor, visit BlackstoneHeritageCorridor.org.

McGovern Introduces Legislation Easing Access to Medically Necessary Formulas

Representatives James P. McGovern (D-MA), Ranking Member of the House Rules Committee and Co-chair of the Cystic Fibrosis Caucus, and John Rutherford (R-FL), Co-chair of the Crohn's and Colitis caucus, led their colleagues in introducing legislation to remove barriers to access for all Americans who require medically necessary foods to lead healthy lives.

The Medical Nutrition Equity Act would require coverage of specialized formulas, vitamins, individual amino acids, or other medically necessary foods under Medicaid, the Children's Health Insurance Program, Medicare, the Federal Employee Health Benefit Program, and private insurance for patients with specific gastrointestinal and inherited metabolic diseases and disorders. It is narrowly drafted to focus on individuals for whom medically necessary nutrition is the treatment for their diseases.

"I've heard devastating stories from constituents struggling to

access medically necessary foods to keep themselves or their child healthy," said Congressman McGovern. "As a dad and husband, I can't imagine not being able to access the food your child or your partner depends on to live. To me this is simple: no one should struggle getting medically necessary food, and insurance companies shouldn't be creating more barriers to receiving proper care. Our bill cuts through the red tape and ensures those with inherited metabolic diseases or gastrointestinal conditions can access the nutrition they need."

"Our health systems must be structured to support innovative treatments," said Congressman Rutherford. "As co-chair of the Crohn's and Colitis Caucus, where I advocate for those living with digestive diseases, I am excited to join Rep. McGovern to introduce this important legislation that would make medically necessary nutrition more easily accessible to patients across our nation."

Approximately 2,000 infants every year are diagnosed with an inherited metabolic disorder. When left untreated, inherited metabolic diseases or gastrointestinal conditions can cause the body to fail to absorb necessary nutrients and food can even become toxic. An inability to access specialty formulas forces patients to go without adequate nutrition or seek hospitalization to maintain nutrition levels. Already, 40 states require coverage of medically necessary nutrition, but coverage is highly variable from state-to-state and does not apply to patients covered by private sector health plans governed by the Employee Retirement Income Security Act.

This bill builds on the precedent of the 2016 National Defense Authorization Act which improved coverage for medical nutrition for military families enrolled in TRICARE, so more Americans can access medically necessary nutrition.

Pasta for Paws

Dog Orphans Inc will host its 10th Annual Pasta for Paws on Saturday, February 3 from 5-9 p.m. at the Pleasant Valley Country Club, 95 Armsby Road, Sutton. The Pasta Buffet will include salad, pasta with marinara, pasta primavera with vegetables, meatballs and rolls.

Desserts provided by friends and Giovanni's Italian Bakery.

Come support our shelter while having a great time with delicious food and music.

Tickets are adults \$28; children \$20 and kids age 4 and under are free.

Cash bar, raffle baskets, 50/50 and DJ. Tickets are available at Dog Orphans or on our website dogorphans.com.

Dog Orphans Inc
Pasta For Paws
10th Year Celebration
SATURDAY, FEBRUARY 3RD
5:00 PM - 9:00 PM
Adults \$28 Children \$20 4 & under free

Cash Bar, Raffle Baskets, 50/50, Door Prize & DJ
Pleasant Valley Country Club
95 Armsby Road, Sutton, MA

Pasta Buffet
Salad, Pasta w/marinara, Pasta Primavera w/vegetables, meatballs, rolls. Desserts provided by friends & Giovanni's Italian Bakery.

Come support our shelter while having a great time & enjoying delicious food & music!
Tickets available at Dog Orphans or on our website dogorphans.com

We are also looking for donations for gift baskets.

Winter SALE!

TOY CLEARANCE!

INSTANT FINANCING - INSTANT FINANCING - INSTANT FINANCING - INSTANT FINANCING

See our store on amazon.com

MATTRESS SALE!

TWIN: \$199
(REGULARLY \$299)
FULL: \$269
(REGULARLY \$499)
FULL: \$299
(REGULARLY \$599)

OLED TV's NOW ON SALE!

50" Vizio \$259.99
(Regularly \$549.99)

55" Samsung \$379.99
(Regularly \$449.99)

75" Samsung \$699.99
(Regularly \$799.99)

85" Samsung \$999.99
(Regularly \$1599.99)

INSTANT FINANCING UP TO \$10,000

Bill's Daily Deals!

5 CU. FT. CHEST FREEZER \$269⁹⁹ <small>WAS \$299.99</small>	FRIGIDAIRE DISHWASHER #7150 \$329⁹⁹ <small>WAS \$599.99</small>	SAMSUNG WASHER \$699⁹⁹ <small>WAS \$899.99</small>	MAYTAG DISHWASHER #MDB4949SKZ \$599⁹⁹ <small>WAS \$849.99</small>
FRIGIDAIRE SIDE-BY-SIDE REFRIGERATOR \$1099⁹⁹ <small>WAS \$1,599.99</small>	AMANA WASHER OR DRYER #NED4655EW \$469⁹⁹ <small>WAS \$599.99</small>	MAYTAG DRYER OR WASHER \$569⁹⁹ <small>WAS \$699.99</small>	WHIRLPOOL FRENCH DOOR BOTTOM FREEZER \$1599⁹⁹ <small>WAS \$2,699</small>
LG TOP FREEZER 18 CU. FT. \$699⁹⁹ <small>WAS \$899.99</small>	AMANA GAS RANGE #AGR1533CBAS • Stainless Steel \$599⁹⁹ <small>WAS \$699.99</small>	GE FRONT LOAD WASHER #GFWSOSSNWW \$799⁹⁹ <small>WAS \$999.99</small>	20 CU. FT. CHEST FREEZER \$899⁹⁹ <small>WAS \$1099.99</small>
10 CU. FT. CHEST FREEZER \$439⁹⁹ <small>WAS \$599.99</small>		LG SMOOTH TOP ELECTRIC STOVE \$729⁹⁹ <small>WAS \$999.99</small>	
G.E. OVER-THE-RANGE MICROWAVE \$229⁹⁹ <small>WAS \$279.99</small>			

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

WHITCO

140 MAIN STREET
SPENCER, MA
508.885.9343

SEE WHITCOSALES.COM FOR 100'S OF DEALS!

Store Hours: Mon. through Fri: 10am-8:30pm • Sat: 10am-8pm • Sun: 12pm-7pm



Yoga Membership
\$100 autopay a month
Membership Includes

- 1 Class a Day
- \$10 Birthday Gift
- 15% off products, skin services, and reiki treatments
- Discounts on workshops
- 1 free water a week
- Free mat rental

104 East Hartford Ave, Uxbridge, Ma * (508) 234-7113
www.studioeastma.com

Skin Services
Gina -
Specializes in facials and dermaplaning
Available Wednesday 4:30-8pm

Fabiana -
master waxologist
Specializing in brow designing, Brazilians and Manzilians.
Available Thursdays 9am-7pm



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, JANUARY 27

• Third Annual Oxford Winter Fest 10:30 a.m. – 4 p.m. To benefit Special Olympics 4 Maple Road, Oxford. Public event.
10:30am: POLAR PLUNGE at Carbundle Pond to benefit Special Olympics. 11am: Pancake Breakfast at First Congregational Church with Elsa & Anna! Beginning at NOON: Activities on the Common: Food Trucks, 104.5 XLO, Children's Games, Ice Sculpture Demo, Fire Pits, S'mores, Wishing Trees, Hot Chocolate, Coffee, P&D Pizza, *Horse-drawn Wagon Rides. Community Center Vendor Fair & Ice-Skating Rink plus family games, crafts & cookie decorating workshop, Senior Center Art Exhibition, Library Book Bingo & StoryTime

SUNDAYS, FEBRUARY 4, FEBRUARY 18

• The New England Country Music Club will hold the following dances with live Classic Country Bands at the Progressive Club, 18

Whitin St., N. Uxbridge. Sunday, Feb. 4, "Rustic Country" Sunday, Feb 18, "Jessie Caruso and Ambush" Doors open at 12:15 p.m., music 1-5 p.m., \$11 for non-members, Snacks may be brought in, cash bar. For more information, visit [http:// www.facebook.com/ NECountryMusicClub](http://www.facebook.com/NECountryMusicClub)

STARTING TUESDAY, FEBRUARY 13

• St. Peter's Parish in Northbridge will offer the ALPHA program on Tuesday evenings starting February 13, 2024 to May 7, 2024 from 6:30PM to 8:00PM. Sessions will be held in the parish hall, 39 Church Avenue, Northbridge. ALPHA is a series of interactive sessions to help people explore the basics of the Christian faith. The goal of ALPHA is to create a warm welcoming, non-threatening, non-pressured and non-judgmental environment where guests are accepted unconditionally. Each session looks at a different question around faith. We start with a light meal, followed by a video and small group discussion. There is no charge to attend ALPHA evenings. There is a good will offering to help cover the cost of the meal. If you would like to join us for ALPHA, please contact Louise Forget, 508-234-6355 or email: religiouised@stpeterrockdale.org to register or for more information.

THURSDAY, FEBRUARY 15

• Storyteller Sari Bittocks will present the Tragic and True 1778 Crime Story of Bathsheba Spooner. Learn about the fascinating scandal that led to her unfortunate demise of Joshua Spooner at the hands of his wife in Brookfield. But why was Bathsheba really silenced and sentenced to death? At Men-

don Historical Museum, 15 Hastings Street, Mendon. Snow date February 25.

SUNDAY, FEBRUARY 18

• Bethel Lutheran Church, Auburn will hold its Centennial Celebration Festive Eucharist Service at 10:30 a.m. in the church, 90 Bryn Mawr Avenue followed by a banquet at the Auburn Elks Lodge, 754 Southbridge Street, Auburn at 12:30. Centennial Committee reaching out for information on anyone who has attended or whose family has a history with Bethel to share in this event. Please contact Judy Sampson at [jas2155@ charter.net](mailto:jas2155@charter.net); Jackie Walsh at [jackmae@ charter.net](mailto:jackmae@charter.net) or at the Bethel Facebook page, Bethel Lutheran-Auburn MA Centennial. A series of special events will follow throughout 2024.

SUNDAY, FEBRUARY 25

• The Greater Worcester Model Train Show will take place from 10 a.m. – 3 p.m. at the Auburn Elks Lodge, 754 Southbridge Street, Auburn. All are invited to attend. View detailed train set-ups and find out how to get involved in this fascinating hobby. Donation \$6, kids under 12 free with adult. For more information, visit mrr.org.

SATURDAY, MARCH 16

• Blackstone Valley Home Expo 10 a.m. – 2 p.m. Sponsored by UniBank Northbridge High School Field House, Linwood Avenue, Whitinsville Admission \$3 For more information visit: blackstonevalley.org or contact: loneil@blackstonevalley.org



Moonlight Serenade with MIKE DUTRA
as Sinatra
with his 9-piece swing orchestra

Saturday, February 17, 2024
Maxwell Luciano's at Union Station
(rain date April 26)

Tickets \$50.00 per person plus tip

Cocktails 6pm-7pm
Dinner 7:30pm

Buffet with Roast Beef Au Jus Seafood Scampi two salads & dessert

DJ Tony Arden

Start Spreading the News!

Call 508 755-6408
for tickets & reservations

Contact Bill at 774-289-5564 or by email at bcronan@theyankeeexpress.com to learn how you can reach 153,000 households and businesses each month!

New England Steak & Seafood Restaurant

Casual Elegant Dining and Banquets



Reserve your next special event or party with us!

TRY OUR FAMOUS Cinnamon Rolls & Chowder

Lunch: Wed-Thurs-Fri Open 11:30am • Dinner: Daily 3:00pm to close • Sunday Noon to close - Closed Tuesdays

Serving this area with the finest steak and seafood for over 65 years

508-478-0871 • 11 Uxbridge Rd. ~ Rt. 16 Mendon
See Our Menu on our website
www.nestekandseafood.com or on Facebook

PHANTOM GOURMET

MASTER PLUMBER LIC. NO. 9216 MASTER SHEET METAL LIC. NO. 115

Valley Plumbing & Heating, Inc.

PLUMBING • HEATING • GAS FITTING
BIG OR SMALL, WE DO IT ALL! SENIOR DISCOUNT


RICHARD J. WUNSCHEL
(508) 234-3649

10% DISCOUNT SENIORS VETERANS HANDICAP

30 LACKEY DAM ROAD, SUTTON, MA 01590-2714

\$50 off ANY JOB
(one per household)

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**

Experience History!



American Heritage Museum

Museum Open:
Wed. - Sun. 10 AM to 5 PM

1944 CLASH OF STEEL

1944-45 BATTLE OF THE BULGE



Scan QR for website.

568 Main Street, Hudson, MA - www.AmericanHeritageMuseum.org 978.562.9182



Coming April 2024

Spring Home & Garden

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

REACH MORE THAN 172,000 WITH BOTH ZONES

Coming April, 2024
Reservation Deadline: March 8, 2024

Reserve your space today by contacting Bill Cronan at 774-289-5564 or by email at bcronan@theyankeeexpress.com

The Yankee Xpress
BLACKSTONE VALLEY Xpress

localtownpages

FREE PRESS

THERE'S A SMARTER WAY TO HEAT ANY ROOM THIS WINTER.





COOLING & HEATING

Heat the rooms you live in... without wasting energy on the rooms you don't.

- ◆ Uses 25-50% less energy to heat your home.
- ◆ Employs allergen filtration to reduce germs, bacteria and viruses.
- ◆ Provides year-round comfort that keeps you cool in the summer too.
- ◆ Requires no ductwork, so installation is quick and easy.

AMERICA'S #1 SELLING BRAND OF DUCTLESS

Contact us today for a no cost in-home assessment!

Choose Morrissette & Son as your installer, and receive:

- Upgraded Diamond Dealer Parts & Compressor Warranty to 12 years (from standard 5 years parts/7 years on compressor)
- Finance through MassSave with 0% HeatLoan
- Rebates through MassSave & MassCEC (MassCEC rebates expire 3/20/19!)
- Extended Labor Warranty Available
- Highly Trained Technicians with Installation & Service

Looking to replace your electric heat? Ask us about HUGE rebate opportunities through MassSave!



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

FOR ALL YOUR FUEL NEEDS

NEW BOILER INSTALLS

- Crown Boilers
- Williamson Furnaces
- Oil Tank Installs



Central air conditioning and ductless mini splits



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.

HELP WANTED -

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



508.434.1335

A Full Service Oil Company
24-Hour Emergency Service

WWW.LMTOIL.COM • WE DO ONLINE ORDERING



Quality Workmanship

Over 35 Years in Business • I-Car Gold Certified

On All Insurance Company Lists

Every Vehicle Must Pass a 25 Point Safety Inspection



FREE RENTAL
NEVER PAY FULL DEDUCTIBLE!

188 Worcester St., (Rte. 122) Grafton, MA

508-839-9508

RS 974

restrictions apply



15 & 20 YARD DUMPSTER RENTALS DELIVERED & PICKED UP



Monthly Rentals available for standard Restroom and Cold Water Sinks



Rentals Available for 1 & 2 Ton Dumpsters

Call 508-476-1500

14 West Street, Douglas, MA 01516

www.benscontainerandrubbish.com

*Additional charges may apply for delivery beyond our service area or if weight of debris exceeds the ton limit. Surcharges may also apply for hazardous waste removal of construction materials.