

BLACKSTONE VALLEY *Xpress*

CROSSTOWN ADS AND BUSINESS NEWS

November 5-December 3, 2021

Shop Small 01588 a perfect cure for the pandemic blues

By Rod Lee

For obvious reasons, participating merchants are looking forward to this year's 8th annual Shop Small 01588 in downtown Whitinsville and environs even more than usual.

This includes Christine Guanipa of Little Man Originals on Church St., one of the event's organizers, and Kathy Tonry of Katalina's Boutique on Providence Road, both of whom "pivoted" nicely—as they put it—as a means of shepherding their shops through the pandemic.

All of the following businesses have signed on for the 2021 version

of the popular retailing adventure, which again this fall will run for a whole week, Saturday, November 27 through Saturday, December 4:

- Crescent Studio
- Family Karate Center
- Folklore
- Harbro Sales & Service
- Little Man Handbags & Accessories
- Driven Elite Training
- Flower Shop
- FuRiends Gourmet Pet Treats
- Katalina's Boutique
- Lularoe-Kathy Bartlett

Continued on page 9



Ready for Shop Small 01588 at Katalina's Boutique are employee Thuy Houle, store owner Kathy Tonry, customer Annie Kelly and employee Sandi DiGirolamo. Sherri Alicandro and Patricia Powell (not pictured) are also part of the Katalina's Boutique staff.

INSIDE

PULL-OUT SECTION
Holiday Gift Giving Guide



WCC
Fabulous 50s gala
PAGE 3

HEALTHIER BAKING
Coconut custard pie
PAGE 13

LIVING ON WITH LINCOLN
Destined for a good life
PAGE 17

New interpretive signs in Whitinsville herald Corridor's advance

By Rod Lee

The long effort to gain the Blackstone River Valley the recognition it deserves as the birthplace of the American Industrial Revolution and indeed as one of the country's treasured historical parks hit another high point on October 12, with the unveiling of and ribbon cutting ceremony for new National Park Service interpretive signs on the Whitinsville Town Common.

Organized by Bonnie Combs, who is marketing director for the BRV National Heritage Corridor, the event drew dignitaries who have shouldered important roles in the region's steady advance.

Present, for instance, was Devon Kurtz, the Corridor's executive director, who offered welcoming remarks; former State Sen. Richard T. "Dick" Moore, chair of the Corridor's Board of Directors, who expanded on Mr. Kurtz's comments; Jon Niedzielski, representing Congressman James P. McGovern (who offered congratulatory words from Washington via Zoom); Eric Breitreutz, superintendent of the BRV National Historical Park; Northbridge Town Manager Adam

Continued on page 2



Pictured at the ribbon cutting ceremony for new National Park Service interpretive signs in Whitinsville are, from the left, Eric Breitreutz, Dick Moore, Jeannie Hebert, Sen. Ryan Fattman (with his son), Rep. David Muradian, Sen. Mike Moore, and Devon Kurtz. Congressman Jim McGovern attended electronically.

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WHITINSVILLE SIGNS

Continued from page 1

Gaudette; Jeannie Hebert, president and CEO of the Blackstone Valley Chamber of Commerce; State Senators Ryan Fattman and Michael Moore; State Rep. David Muradian Jr.; town historian Kenneth Warchol; Blackstone Valley Tech Superintendent Dr. Michael Fitzpatrick; and Tom Lamont,

instructor in the Painting & Design Technology program at BVT.

Three new signs help tell the story of Whitinsville's significant contribution to the industrialization of America. In addition, Ms. Combs said, "the Northbridge Historical Commission's National Register Historic District map sign located on Church Street has been restored."

Locations for the new

signs include one on the Town Common at the intersection of Church St. and Linwood Ave., another in front of the Town Hall Annex on Hill St., and a third in front of the 1826 Red Brick Mill building at the Alternatives' Whitin Mill complex on Douglas Rd.

There were deserved pats on the back all around, on a warm early-fall morning.

"Thirty-five years ago, on November 10, the Blackstone River Valley National Heritage Corridor was established to celebrate the ongoing story of the American Industrial Revolution," Mr. Kurtz said in a statement accompanying a press release Ms. Combs sent out. "Together," he said, the BHC and the BRV National Historical Park "look forward to sharing more such milestones in the future."

"Every single person here is a partner in some way," Northbridge Town Manager Adam Gaudette said at the event, in acknowledging his

introduction and deferring credit to the many who have been influential in raising the Corridor's stature.

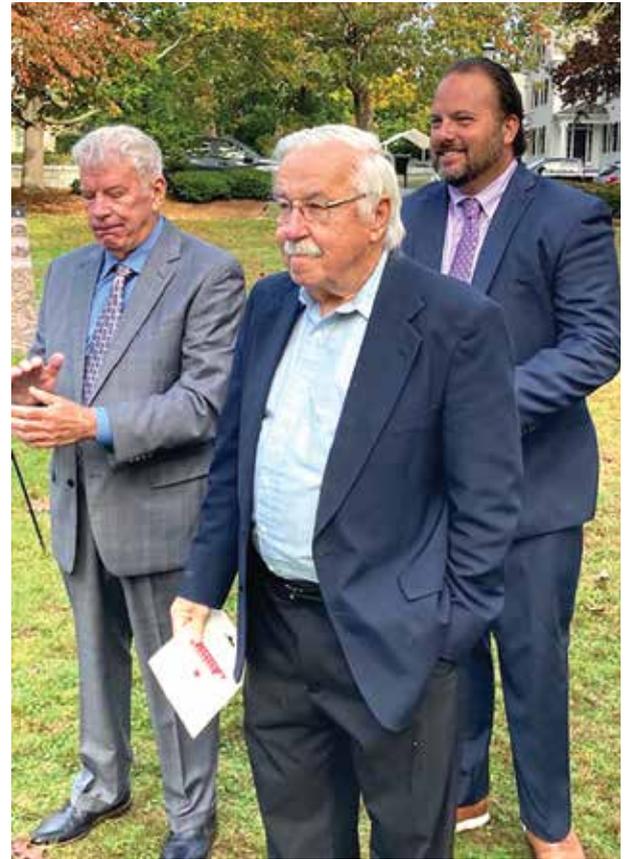
Echoing the thoughts of Dick Moore, Mr. Niedzielski reminded those in attendance that, while the Corridor has come far, "the work is not over." Still ahead, for example, is completion of the bikeway in the BRV between Massachusetts and Rhode Island. But BRVNHC maps have been produced for a while, and walking tours of historic Whitinsville give participants a chance to "follow the path to riches in a company town." Also, a "Volunteers-In-Parks" program affords interested residents the opportunity to "make a difference" by manning museums or historical sites in the BRV.

There has already been "a lot of grunt work" involved in reaching this point, Mr. Breitkreutz said.

In the press release, Mr. Breitkreutz said "it has been wonderful to reaffirm our national park's partnerships with the town of Northbridge and the Northbridge Historical Commission...to finalize and install the important new wayside interpretive panels and refurbished map. Whitinsville's key role in the Valley's and America's Industrial Revolution, and the amazing mill village system that remains preserved here, is a major part of our national park's interpretive story."

"This was a dream going back to the 1930s, looking for ways to improve the Valley coming out of the Depression," Dick Moore said.

The push really acquired momentum in Congress in 2014 with establishment of the BRV as a national park, Mr. McGovern pointed out. "We have so many assets in



Blackstone Valley Tech Superintendent Dr. Michael Fitzpatrick, State Rep. David Muradian and Northbridge Town Historian Kenneth Warchol listen in during remarks at the dedication of new interpretive signs on the Whitinsville Town Common.

Massachusetts and Rhode Island" to share, he said.

Dr. Fitzpatrick, Sen. Moore, Sen. Fattman and Rep. Muradian all pointed to the interpretive signs as another signal that the Corridor has arrived. With the signs, Sen. Moore said, "we are remembering the past and looking to the future." Sen. Fattman noted that when he tells people "I'm from the Blackstone Valley and they say 'where is that,' I tell them and I say that it's a center of commerce and culture."

BVT students helped clean and refresh the Northbridge Historical Commission's original map, and donated the newly printed

sign. Sophomore students of the Painting & Design Technology program, led by Mr. Lamont, also repainted the existing sign frame. Additional photography and graphic support came from Corridor Photography Ambassador Bob Evans and Experience Design of Providence.

Exercising wry humor that drew laughs after Dick Moore praised the state senators for their contributions, Rep. Muradian said "it takes two senators to do the work of one state rep!"

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.



One of three new interpretative signs on the Whitinsville Town Common. They help tell the story of Whitinsville's contribution to the American Industrial Revolution.

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

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Whitin Community Center's Fabulous 50s Homecoming Gala

WHITINSVILLE – The Whitin Community Center (WCC) is pleased to announce its Fabulous 50's Homecoming Gala to be held Saturday, November 13, from 6:30-10:30 p.m. in the WCC's Gymnasium.

Join us for a glamorous retro evening to support G.M. Whitin's vision of community. Take a step back in time as our gymnasium will be transformed into a 1950s homecoming where the guests will be greeted with an extravagant variety of hors d'oeuvres and desserts, signature cocktails, shake and float bar catered by Peppers Artful Events, live auction by Inspire Hearts, live entertainment by Johnny Diamond, photo booth by Sound Choice Events, dance and attire contests and much more.

Dress up as a greaser, a

pink lady, wear your letterman jacket or just your favorite swanky attire, for this one-of-a-kind evening that is sure to impress.

The Fabulous 50s Homecoming Gala benefits those in need in our community through scholarships, memberships, free outreach programs and will support our Gymnasium Renovation project this year.

Tickets are on sale now for \$125 per person and can be purchased at the Whitin Community Center, located at 60 Main St. Whitinsville, MA 01588 or online by clicking the Register button on our website, www.WhitinCommunityCenter.com.

The WCC wishes to thank our incredible sponsors including: UniBank, Koopman Lumber & Hardware, Osterman Propane, NEDT, Inc., Gaudette Insurance Agency,

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If you would like to be a sponsor too, you are not only increasing the visibility of your business, but you are also investing in your

community! Please contact Sarah Lawson at Sarah.Lawson@OurGym.org, or 508.234.8184 ext 122 for more information on sponsorship opportunities!

The Whitin Community Center is committed to enhancing the health and well-being of individuals

and families and building a strong community in the Blackstone Valley. We offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together. The Whitin Community Center is the Blackstone Valley's

most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information call 508.234.8184 or visit www.WhitinCommunityCenter.org. –Sarah Lawson



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Douglas Historical Society finds success with 275th Anniversary Donors Circle

DOUGLAS - The non-profit Douglas Historical Society raised over \$11,000 in September with the creation of a multi-level 275th Anniversary Donors Circle that acknowledged the celebration of the town's 275th Anniversary. It focused on upcoming efforts to preserve and promote the town's history

and the iconic E.N. Jenckes Store Museum located at the corner of Depot and Main Streets in downtown Douglas.

Over 45 generous donors have contributed to the fundraising effort to date. Among them three donated at the Hiram Walker level (he was born in Douglas!),

six at the Axe Mill level and 17 at the 275th Anniversary level. All were recognized on a large donor thank you board outside the Store Museum at Octoberfest.

"Contributions to our 275th Anniversary Donors Circle will help us undertake much needed repairs to the Store Mu-

seum including its painting, porch repair and barn upkeep; develop educational programs that reach more people both through digital tools and through terrific programs at the Store Museum," Society Vice President Shirley Moczynski explained. "We want this nearly 190 year old build-

ing to be here when the next quarter century anniversary comes around - when Douglas will turn 300 years old!"

The Society's fundraising committee has a goal of raising \$20,000 before the end of the year. "All funds raised through the Donors Circle will contribute to our

ongoing efforts to protect this unique and historic building and to promote the rich history of Douglas," Laurie Church, President of the Society added.

Please visit the Store Museum on Saturdays from 10 am to 1 pm or email jenckes1833@gmail.com for more information.

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Bidding wrapped up on October 16 with more than \$8,000 raised for the Library's building fund, getting us ever so closer to being able to make our library accessible to people of all abilities.

If you'd like to learn more about the Library's building renovation goals, visit mysfpl.org and select Building Renovation Project from the About dropdown menu. We're always accepting donations.

Thanks for reading,

Justin Ray Snook

Director, Simon Fairfield Public Library

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MassWorks grant funding awarded to Southern Worcester County communities

On October 25, Governor Charlie Baker, Lt. Governor Karyn Polito, and Housing and Economic Development Secretary Mike Kennealy were joined by state and local officials from Lowell to announce \$66.5 million in 2021 MassWorks awards to 50 communities.

MassWorks, a competitive program that offers cities and towns flexible capital funding to support and accelerate housing production and job

growth, is the largest program among the One Stop portfolio. This year, the administration is awarding 56 grants from the infrastructure program – the largest number of awards in a single year in six years – totaling \$66.5 million to 50 communities. Among this year’s MassWorks’ projects, 29 are reactivating underutilized sites, 27 are supporting transit-oriented developments, 29 have a mixed-use component.

Additionally, 14 communities are receiving their first-ever MassWorks award.

In this round of funding, the town of Uxbridge received \$1.25 Million for roadway infrastructure improvements at the Rt. 146/Rt. 16 interchange. The funding will work to advance development projects that are currently underway along route 16. The improvements will focus on fortifying the Rt. 146/Rt. 16 interchange

to support future development and the resulting traffic.

“The Town of Uxbridge is excited to receive \$1.25M in funding from the MassWorks grant program to fund needed infrastructure improvements at the junction of Rt. 146 and Douglas Street,” said Steve Sette, Uxbridge Town Manager. “The funding will help facilitate the smooth flow of truck traffic into and out of the Campanelli Business Park and

the Amazon Sortation Facility currently being built. It will also assist residents with being able to travel along Douglas Street easily to the center of town and to the businesses currently operating in the Douglas Street area.”

Under a separate application, another \$3 Million was awarded to the towns of Douglas, Sutton, and Uxbridge to fund a tri-town infrastructure upgrade project. This award will work to bolster the Rt. 146 corridor. These improvements will unlock the potential for future development and support the resulting increased traffic.

“I’m eager for these projects to get underway. This money will work to support the future development of the Rt. 16 and Rt. 146 corridors. This area has an immense amount of potential and these projects will lay a solid foundation for future growth,” said State Representative Michael J. Soter. “The collaboration amongst the three towns, the state legislature, and the Baker/Polito administration is a testament to the vision that many have for this area. Once complete, there are many possibilities for additional projects which will support local economies and add job opportunities.”

“I am thrilled that the Baker/Polito Administration has chosen to support this joint effort by the towns of Douglas, Sutton, and Uxbridge to provide significant infrastructure improvements that will lead to economic development through the region,” said Joe McKenna, Representative of

the Eighteenth Worcester District. “I especially applaud the foresight of these three communities who have worked together for many years to plan for strong regional growth and success. This project will achieve that goal and will provide benefits including long-overdue local jobs and new commercial revenue for the Towns of Douglas, Sutton, Uxbridge, and their neighbors.”

“I am excited to see this commitment to our region from MassDOT. The Route 146 corridor is growing at an incredible pace, with large corporations making significant investments in the area,” said State Senator Ryan Fattman. “The commitment to fund these improvements will help mitigate anticipated increases in traffic levels, and it further signifies that the Rt. 146 corridor, and the Blackstone Valley at large, is a great place to do business.”

Matthew Wojcik, Douglas Town Administrator, commented, “without this grant, our best-made plans for this tri-town regional economic development effort would not make it off the shelf. We now have the ability to build a foundation for growth that will support not only the projects already contemplated but future initiatives on large parcels in the area as they become available. The Administration’s commitment to this strategic move is deeply appreciated. The Town of Douglas is proud to be part of this forward-looking, cooperative effort.”



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Thursday, November 25th at The Barn at Wight Farm

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View the full menu at table3restaurantgroup.com/thanksgiving.
Make your reservation now by calling 774-241-8450.



Shop Small 01588 Coloring Contest

(entry details on back)



Name: _____

Age: _____



Shop Small 01588 Coloring Contest

Enter the Shop Small 01588 Coloring Contest for your chance to win great prizes!
1st, 2nd, & 3rd Place prizes awarded in two age categories: Ages 4-6 & Ages 7-10.

Enter by returning the completed page to:
Whitin Community Center (WCC)
(Member Services Desk)
60 Main St Whitinsville Ma 01588

Entries may be mailed or hand delivered to the address above. All Entries must be received by
MONDAY, NOVEMBER 22nd to be qualified for the award. Winning entries chosen by people's
choice ballot. Visit the WCC to cast your ballot.
Winners will be contacted after the event.

(No entry can be received without completing the contact information below)
One entry per child

Contact Information

Name: _____

Email: _____

Phone: _____



SHOP SMALL

Continued from page 1

Lulu's Jewelry & Gifts
The Crafty Nest DIY
The Green Plate
Whitin Community Center
The Daily Grind Barber Shop
Schotanus Design Center
UniBank
Wood Shop at the 933

Features of Shop Small 01588 for 2021 include a Passport and the always popular Coloring Contest. By obtaining six or more Passport stamps in stores taking part in Shop Small 01588 and returning them by December 4 to Schotanus Design Center or the Whitin Community Center, shoppers become eligible for a drawing to win a Grand Gift Basket filled with

goods donated by local merchants. "The Whitin Community Center does a good job coordinating the Coloring Contest," Ms. Guanipa said.

The pressures Ms. Guanipa and Ms. Tonyr faced in keeping their shops going during COVID-19 mirror those experienced by other retailers in 01588 over the past year and a half.

As the pandemic took hold, "we had to pivot," Ms. Tonyr said at Katalina's Boutique on October 28. Katalina's shifted from a brick-and-mortar focus to a "Facebook Live" emphasis. This paid immediate dividends, she said.

"We had a show two times a week, on Tuesday

and Thursday night at eight o'clock, for one hour," Ms. Tonyr said. "A whole lot of people ended up doing it. It caught on. It was crazy. The good thing is, we had a substantial following to draw on, on Facebook, 5000 followers. I was doing it from my home and I would have fifty to seventy bags ready from people ordering online and my son and I would deliver these to their homes free of charge.

"We did this the whole time we were closed and we also offered pickups on Saturday mornings, like a drive-through."

Ms. Tonyr said dealing with the pandemic was "very much an unknown. We closed before the state told us to. Our vendors were awesome. They were

very lenient with our orders which was a big relief."

Katalina's is back to its usual hum.

"We just had a huge denim event, our best ever, and we are doing giveaways every week. We just celebrated seven years, with no government money during the pandemic. It was really scary for a while.

For Shop Small, Katalina's will be offering a mystery discount on one item.

Like Ms. Tonyr, Ms. Guanipa had to adapt quickly, after returning from a trade show in March of 2020.

"I pivoted and started making facemasks, for retail and wholesale customers" she said, "and when that slowed down I started making sleep masks and I sold a dozen right away."

She also plugged into on-line wholesale through the fair.com website.

"You get your space and set up shop and I did that with deep-rest eye pillows," she said, of that arrangement.

As someone who has been instrumental in the growth of Shop Small 01588, Ms. Guanipa is always cheering for the street and her fellow merchants.

In pointing to the success Heather Glode has enjoyed at Lulu's, for instance, she said, "Heather is a super hard worker. She is all about making this town strong and she is busting it with the hours and now she's doing folklore merchandise."

For Eleni Polymeros, who is managing Ms. Glode's Folklore shop at 102 Church

St., Shop Small 01588 is a chance to experience the event from the other side of the sales counter.

"I've always lived in Northbridge," Ms. Polymeros said. "I did a year at Worcester State and money got tight. Heather had a job posting on Indeed. I interviewed and she was the nicest lady I've ever met. She's so busy with Lulu's, I'm glad I can help her out."

Although the Saturday after Thanksgiving will undoubtedly still result in the largest crowds for Shop Small 01588, shoppers have an entire week to take advantage of the promotion.

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.



Eleni Polymeros manages Folklore, Heather Glode of Lulu's Jewelry & Gifts' new second storefront on Church St. in downtown Whitinsville. Folklore opened in May.

ITINERARY

Present this Shop Small Passport at any of the participating merchants (as listed in the interior) during the week of

Saturday, November 27 - Saturday December 4

to have your passport stamped.

Receive 6 or more passport stamps and you're eligible to be entered in a drawing to win a Grand Gift Basket filled with goods donated by the local merchants. Return your stamped passport with completed contact information by:

December 4, 2021

to one of the following dropbox locations:

Schotanus Design Center or Whitin Community Center.

Drawing will be held mid-December.
Winner will be notified by email.

Name: _____

Phone: _____

Email: _____

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SHOP SMALL 01588 PASSPORT



Northbridge, Mass

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SHOP SMALL 01588

PASSPORT

Event

Saturday November 27
through
Saturday December 4

Northbridge, Mass

Join us this year, for our 8th annual Shop Small week-long passport shopping event. Travel local this holiday season and discover the hidden treasures in your own backyard. To join in the holiday festivities, pick up a Shop Small 01588 Passport at any of the participating local businesses listed below to get it stamped to enjoy in-store specials, give-aways, and holiday promotions.

Crescent Studio, Driven Elite Training, Family Karate Center, Flower Shop, FURIend's Gourmet Pet Treats, Folklore Gift Shop, Harbro Sales & Service, Katalina's Boutique, Little Man Handbags & Accessories, LulaRoe Kathy Bartlett, Lulu's Jewelry & Gifts, Schotanus Design Center, The Crafty Nest DIY, The Daily Grind Barbershop, The Green Plate, UniBank, Whitin Community Center, Woodshop At The 933.

Follow our Facebook Page: Shop Small 01588

<p>CRESCENT STUDIO 102 Church St Whitinsville Hours: MON-FRI 10am-4pm SAT-SUN 10am-4pm PASSPORT SPECIAL Enter to win 25% off 1 hour phone session.</p>	<p>DRIVEN ELITE TRAINING 105 Church St Whitinsville Hours: MON-FRI 4pm-8pm SAT 10am-2pm PASSPORT SPECIAL Free month of group lessons with new monthly enrollment.</p>	<p>LULU'S JEWELRY & GIFTS 68 Church St Whitinsville Hours: Open 7 days a week Holiday Schedule TBA PASSPORT SPECIAL Enter to win a \$25 gift card.</p>	<p>SCHOTANUS DESIGN CENTER 68 Church St Whitinsville Hours: MON-FRI 9am-5pm FRI-SAT 10am-5pm PASSPORT SPECIAL Enter for your chance to win an Android Tablet.</p>
<p>FAMILY KARATE CENTER 94 Church St Whitinsville Hours: 10am-8pm OR BY APPT PASSPORT SPECIAL New students 25% off. Past students 10% off. Free month raffle.</p>	<p>FLOWER SHOP 100 Church St Whitinsville Hours: MON-WED-FRI 9am-5pm SAT 10am-5pm PASSPORT SPECIAL Visit us for all your floral and gifting needs.</p>	<p>THE CRAFTY NEST DIY 105 Church St Whitinsville Hours: SAT 10am-5pm 10/29-11/07 10am-5pm 11/19-11/27 10am-5pm 12/4 10am-5pm PASSPORT SPECIAL Receive a 15% craft night coupon with purchase.</p>	<p>THE DAILY GRIND BARBERSHOP 94 Church St Whitinsville Hours: TUE-FRI 10am-7pm SAT 10am-5pm PASSPORT SPECIAL Enter to win a gift certificate.</p>
<p>FOLKLORE GIFT SHOP 102 Church St Whitinsville Hours: Open 7 days a week Holiday Schedule TBA PASSPORT SPECIAL Enter to win a \$25 gift card.</p>	<p>FURIENDS GOURMET PET TREATS 102 Church St Whitinsville Hours: TUE-FRI 10am-5pm SAT 10am-5pm PASSPORT SPECIAL Free gift with \$25 purchase, holiday discounts, raffle entry.</p>	<p>THE GREEN PLATE 107 Church St Whitinsville Hours: MON-FRI 10am-5pm SAT 10am-5pm PASSPORT SPECIAL 10% off pumpkin bread. Try our stuffed acorn squash bowl!</p>	<p>UNIBANK POP UP LOCATION: SCHOTANUS DESIGN CENTER 68 Church St Whitinsville Hours: MON-WED 9am-4pm THU-FRI 9am-6pm SAT 9am-2pm PASSPORT SPECIAL Enter to win a new tablet.</p>
<p>HARBRO SALES & SERVICE 147 Providence Rd Whitinsville Hours: 9am-5pm PASSPORT SPECIAL Stop by to learn about our shop small service special!</p>	<p>KATALINA'S BOUTIQUE 101 Providence Rd Northbridge Hours: WED-SAT 10am-4pm SUN 10am-5pm PASSPORT SPECIAL Enjoy a mystery discount off of one item.</p>	<p>WHITIN COMMUNITY CENTER 60 Main Street Whitinsville Hours: MON-FRI 9am-5pm SAT 9am-5pm SUN 9am-5pm PASSPORT SPECIAL Come in for a free WCC water bottle and 10% off retail coupon. (while supplies last)</p>	<p>WOOD SHOP AT THE 933 SCHOTANUS DESIGN CENTER 68 Church St Whitinsville PASSPORT SPECIAL Enter for a chance to win a custom wood tray.</p>
<p>LITTLE MAN HANDBAGS & ACCESSORIES 100 Church St Whitinsville Hours: WED-FRI 10am-5pm SAT 10am-5pm PASSPORT SPECIAL Enter to win a month of free classes and get a free mystery bag with purchase of \$25 or more. (while supplies last)</p>	<p>LULU'S JEWELRY & GIFTS 68 Church St Whitinsville PASSPORT SPECIAL \$10 off order of \$25 or more.</p>		

Visit any of these local gems to get your passport stamped to be entered to win a grand gift basket. Details on back. Please note: individual shop hours, safety protocols, and passport specials apply.

Living well and looking good

Help with Parkinson's Disease symptoms

By Keith Roach, M.D.

DEAR DR. ROACH: Is acupuncture a possible therapy to relieve back pain and stiffness associated with Parkinson's disease? – R.G.

ANSWER: There have been many trials that show acupuncture is superior to no treatment for various symptoms of Parkinson's disease. This is true especially for fatigue, but also in a composite score that includes stiffness. A systematic review of published studies found that "acupuncture has significant positive effects."

Other studies have shown that sham acupuncture, where random areas of the body were needled, was also effective in treating symptoms. This has led some skeptical authors to conclude that acupuncture is a placebo effect: The treatment convinces people that they are getting better, so they do feel better. However, if acupuncture were completely harmless and improved symptoms, I would recommend it to people who were interested.

Acupuncture is mostly, but not entirely, harmless. Adverse events are not common with acupuncture, but they do happen. Minor adverse effects happen in about 9% of cases. Serious adverse events such as pneumothorax (sometimes called a collapsed lung) and nerve damage are occasionally reported.

Who to contact

DEAR DR. ROACH: I recently read in a magazine that it would be better to contact a registered nurse over a physician assistant for medical questions. I was surprised. Just what is the hierarchy below a doctor? How about a nurse practitioner? – P.H.

ANSWER: I don't look at doctors, nurses and physician assistants as being in a strict hierarchy, but as important members of a team, whose job is to provide care. All

of us on a team have different strengths and different knowledge. There are many parts of a nurse's role that I (like the vast majority of doctors) am unqualified to perform, and any hospital (and many doctor's offices, including mine) would descend into chaos within hours without nurses.

Individual offices have different ways of answering patient's questions by phone. In some offices, the doctor answers it directly, but in others, the nurse or PA might. Both have knowledge and expertise to do so, and can contact other members of the team if necessary. Both PAs and RNs are

trained and skilled professionals.

Nurse practitioners are clinicians. They act in nearly all ways as a doctor does with their patients. Most NPs I have known have specialized areas of knowledge. In my first faculty position at the University of Chicago, the NPs there had near-encyclopedic knowledge of gynecologic care of healthy women, and not only did they teach me a great deal, they were a valued resource when I had questions about well-woman care or common gynecologic issues.

My NP colleagues at Cornell have great expertise in care of diabetes, and I frequently solicit their advice; I am also delighted to answer questions my NP colleagues

have of me in other areas. Years of practicing together has led to a mutual respect for each other's strengths.

However, NPs are not physicians and generally do not perform surgery as a gynecologist does, nor usually take care of complex cases of Type 1 diabetes with insulin pumps, for example. It's important for all of us clinicians not to exceed our level of competence, and to recognize when we need help and to make appropriate consultations.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2021 North America Synd., Inc. All Rights Reserved

To your good health

Alzheimer's Support group

The Alzheimer's Support Group sponsored by the Alzheimer's Support Network of South Central MA meet the second Monday of the month at St. Denis Church in Douglas, at 23 Manchaug Road, from 6:00-8:00 p.m. The meetings were formerly held at Webster Manor.

Caregivers and family members not only obtain in-

formation about Alzheimer's Disease, but also learn many helpful techniques in caring for a person with dementia at all stages.

New caregivers can learn from experienced caregivers and support group leaders so they leave each meeting feeling more supported.

We welcome you to join.

Frank S. Yacino

Bolandrina elected at Boston University's Filipino Student Assn.



Lilly Amber Bolandrina

BOSTON - Boston University sophomore at the College of Arts and Sciences (CAS), Lilly Amber Bolandrina was elected as the co-production coordinator of the Boston University Filipino Student Association (BUFSA). She also serves as a volunteer Traditional Dance Choreographer. Bolandrina will serve a one-year term during the 2021-22 academic year. BUFSA is an organization that advocates and celebrates the richness of Filipino heritage through community involvement and education. BUFSA

aims to expand the core values of BU students, faculty, staff, and alumni through diversity, inclusivity, acceptance, embracing, and sharing Filipino culture.

Bolandrina is working towards a Bachelor of Science degree majoring in Economics. With CAS Student Programs and Leadership, she serves as FY101 Peer Mentor. She graduated from Douglas High School, Class of 2020 where she was inducted to the National Honor Society and received the Unibank for Savings Scholarship and the Greater Worcester County Foundation/Arno and Roberta Wagner Scholarship. She was ranked 4 out of 100 with a cumulative Weighted GPA of 99.563/100. While at DHS she was with the Marching Band Color Guard, Student Council, Social Climate Committee; Varsity Cross Country; Captain of Junior Varsity Field Hockey; and Varsity Field Hockey. She was a Project 351 AMC member and Student Am-

bassador. She volunteered as a Bike Collector for Bikes for the Philippines Foundation, Inc. She works for BU Dining Hall as a Student Manager. Her past work experiences include Celebrity Autograph Line Handler for the Boston Comic-Con and as a Night Secretary for the Bay Path Adult Evening School in Charlton.

Bolandrina is a volunteer Food Service Leader for the Pan Mass Challenge (since 2013) and manages the desert section of the Monument Finish Line Food Tent. From 2008 to 2020, she volunteered for Iskwelahang Pilipino Rondalla in Bedford, performing traditional Filipino Music through playing banduria and dance performances. From 2007 to 2020, she traveled with Dance Philippines Performing Arts Company performing Philippine Folk Dances throughout New England. Since 2007, Bolandrina is a Volunteer Food Service Leader for the Lowell Folk Festival.



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-Marcia T

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DESE to conduct a tiered focused monitoring review of BVT

UPTON – During the week of November 15, the Department of Elementary and Secondary Education’s (DESE’s) Office of Language Acquisition will conduct a Tiered Focused Monitoring Review of Blackstone Valley Regional Vocational Technical High School. The Office of Language Acquisition

reviews each district’s and charter school’s ELE program every six years to monitor compliance with federal and state English learner education laws and regulations. Areas of review will include English learners’ student assessments, identification of English learners; what

programs English learners are placed in, parent and community involvement, curriculum and instruction, student support services, licensure requirements for faculty, staff and administration, program plans, and evaluation and recordkeeping.

In addition to the onsite visit, parent outreach is an important part of the review process. The review chairperson from the Office of

Language Acquisition will send a survey to the parents of students whose records the review team examines. The survey focuses on key areas of their child’s English learner education program. Survey results will contribute to the monitoring report.

Parents and other individuals may call Meto Raha, Office of Language Acquisition Review Chairperson, at (781) 338-3548 to request

a telephone interview. If an individual requires an accommodation, such as translation, to participate in an interview, DESE will make the necessary arrangements.

Within approximately 60 business days of the onsite visit, the review chairperson will provide the district with

a report with information about areas in which the district meets or exceeds regulatory requirements and areas in which the district requires assistance to correct or improve practices. The report will be available to the public at <https://www.doe.mass.edu/ele/cpr/>.

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BVT admissions open house; registration is required

UPTON – Blackstone Valley Regional Vocational Technical High School will hold its annual admissions open house for parents, guardians, and prospective students on Wednesday, November 17. Register for either session 1: 5:15 p.m. to 6:30 p.m. or Session 2: 6:45 p.m. to 8:00 p.m. by visiting

the school's website to sign up in advance.

The evening is an ideal opportunity to tour the expanded state-of-the-art facility in person at 65 Pleasant Street in Upton and see for yourself how BVT is transforming education and the lives of its students. Masks are required.

Meet BVT staff members who will be on hand as a resource to answer questions about academics, student support services, student activities, and the admissions process.

The schedule of events will include mini-sessions featuring the Special Education program and the supports available for its students while at BVT and during the application process. Also, learn more about the Spanish Immersion program and how to enroll in it.



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Healthier baking in the Blackstone Valley

Coconut custard pie for Dad

By Christine Galeone

Coconut custard pie is one of my dad's favorite desserts, so it's something that I've made and brought to him several times since I learned how relatively easy it is to make it. It's also a great comfort food.

In addition to being fairly inexpensive to make, since most of the ingredients are refrigerator and baking staples, it can be somewhat healthy.

Although the saturated fat in coconut oil is something that people with high cholesterol should probably avoid, a moderate amount of unsweetened coconut flakes could be healthy for people who don't have problems with their cholesterol. Coconut contains protein, fiber, Iron, Magnesium, Copper and Manganese. And many people believe that it has the ability to kill bacteria, reduce inflammation and protect against diseases.

In small amounts (too much can be toxic), nutmeg is also a healthy ingredient. The spice has antibacterial properties, and it's rich in fiber. It's also a source of Iron, Zinc, Copper and Vitamins A, C and E.

The recipe below is also healthier because it requires less sugar than similar recipes. And making the pie crust from scratch is healthier than buying processed refrigerated unbaked pie crusts.

Coconut Custard Pie

- Pie Crust Ingredients:**
 2 Cups of Flour
 1/2 Cup of Butter
 1/2 tsp. Baking Powder
 1/2 tsp. Salt (omit if using salted butter)
 1/2 tsp. white vinegar
 7 tbsp. cold water

- Directions:**
- Combine flour, baking powder and salt in a large bowl.
 - Cut in butter until like peas.
 - Sprinkle vinegar over the mixture.
 - Sprinkle 1 tbsp. of water over part of mixture, toss with a fork, and move moistened dough to the side of the bowl. Repeat with the rest of the mixture, until it's all moistened.
 - Gather dough into ball, and flatten by pressing the side of your hand into the ball (on a floured surface) three times horizontally and three times vertically.

- Roll dough into 1/8 inch thick pie crust.
- Place into pie plate, turn edges under, and flute the edge of the crust.

- Pie Filling Ingredients:**
 4 Large Eggs (slightly beaten)
 2 Cups of Milk (scalded)
 1/3 Cup of Sugar
 1 tsp. Almond Extract (or Vanilla Extract)
 1/4 tsp salt
 2/3 Cup Unsweetened Coconut Flakes
 Sprinkle of Nutmeg

- Directions:**
- Pre-heat the oven to 350 degrees.
 - In a large bowl, combine the sugar, almond extract and salt.
 - Add the eggs to the mixture.
 - Gradually stir in the scalded milk.
 - Pour the mixture into the unbaked pie shell, and distribute coconut flakes evenly over the filling.
 - Sprinkle the pie with nutmeg, and bake the pie for about 40 minutes.

This hearty dessert is especially perfect for the colder months. So, it's a great time to try this recipe. Happy (healthier) baking!



Douglas Historical Society raffle winners announced

The Douglas Historical Society's 275th Anniversary of Douglas Raffle winners were drawn at the Douglas Octoberfest on Saturday, October 2.

The Douglas Historical Society made \$2,600 through raffle ticket sales and all winners were from Douglas! Sarah O'Toole won the third prize of the

Town Seal wall hanging. Frank Iadarola won the \$275 commemorating the town's 275th anniversary and Carol Gogolinski won the Memorial Day Weekend 2022 at Wallis Cove Cabins.

Understanding how much goes into maintaining the historical landmark of the E.N. Jenckes Store Museum, Frank generously turned his

prize money back to the Douglas Historical Society. Carol requested that her weekend be booked by a customer and that the amount be donated to the Douglas Historical Society in 2022.

The Society thanks all who bought tickets and urges everyone to look out for another raffle with fabulous prizes next year.

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MJ's Market, Grafton's first dispensary opens in October

N. GRAFTON - MJ's Market, a premier cannabis dispensary, opened on October 18. Their 15,000 square-foot location, located off Centennial Drive, will have a Ribbon Cutting Ceremony on Friday, October 29 at 11:00 AM. All individuals over the age of 21 are encouraged to attend. Visit www.mjsmkt.com or search #mjsmkt on social media to see what the shop has to offer and what they have in store for the future.

Leveraging best of breed technology, a high-class yet comfortable shopping environment, and a concierge style of approach, MJ's Market will be the upscale go-to location for all your cannabis solutions. MJ's Market team has an extensive amount of cannabis business related experience. They are committed to being a leader in the industry by distinguishing itself for their quality products, environmentally conscientious practices, and ongoing commitment to their host community.

Their team of Cannasseurs will guide you through the val-

ues and benefits of cannabis while helping you find the perfect consumption method for you. The concierge style approach is aimed at educating the consumer while matching them with the product that will meet their needs, whether they be recreational or ailment specific. Though recreational only now, they will serve medical patients starting in 2022. They are also currently building a state-of-the-art Cultivation, Processing, and Manufacturing laboratories with the same facility that will house their own crop of cannabis, equipped with a kitchen to make infused products on site. Once complete MJ's Market will host tours and educational seminars.

MJ's Market places a focus on working with the community and local charities and is a strong proponent for the 50 Legs charity that provides amputees with the necessary care and prosthetics they need. For more information on 50 Legs please visit www.50legs.org.

Divorce Support Group began new session in-person or online

WHITINSVILLE - The DivorceCare support group has begun its new weekly series. This program is for men and women struggling through separation and divorce. The program offers support from knowledgeable leaders and interaction with others going through the same experiences.

Each meeting includes time for making some new friends, refreshments, and a video, followed by small group discussion. Weekly topics include What's Happening to Me, Facing Your Anger, Depression, Financial Survival, Loneliness, and KidCare.

The meetings are done in a hybrid fashion. Participants can come to the in-person meeting or join online if that is more comfortable.

The DivorceCare program is free, non-denominational, and open to all.

Meetings of the group are held on Tuesdays, from 6:30 p.m. to 8:30 p.m. at Pleasant Street Church, 25 Cross Street, Whitinsville. The program continues for 13 weeks through November 30, and participants can begin attending at any time. Contact Howard DeVries at 508-282-9347, e-mail howard@psrc.org or visit www.psrc.org for more information and to register.

Grief Recovery Support Group Started; in-person and via Zoom

WHITINSVILLE - A new grief recovery support group has started on Tuesdays, at the Pleasant Street Church. GriefShare is a program designed to help people in bereavement find encouragement and support during the grieving process. GriefShare meetings are for anyone who is grieving the loss of someone close.

The meetings are done in a hybrid fashion. Participants can come to the in-person meeting or participate online via Zoom if that is more comfortable.

Each GriefShare session includes a video seminar and group discussion, providing an opportunity to interact with others who have experienced a recent loss. Weekly topics include "Living with Grief," "The Effects of Grief," "Your Family and Grief," "Why," and "Stuck in Grief."

The program continues for 13 weeks until November 30, and attendees are welcome to join the group at any point.

GriefShare is free, non-denominational, and open to all.

Meetings are held every Tuesday, from 6:30 p.m. to 8:30 p.m. at Pleasant Street Church, 25 Cross Street, Whitinsville. Contact Marlene DeVries at 508-282-0436, e-mail mrsrevhowie@gmail.com or visit www.psrc.org for more information and to register.

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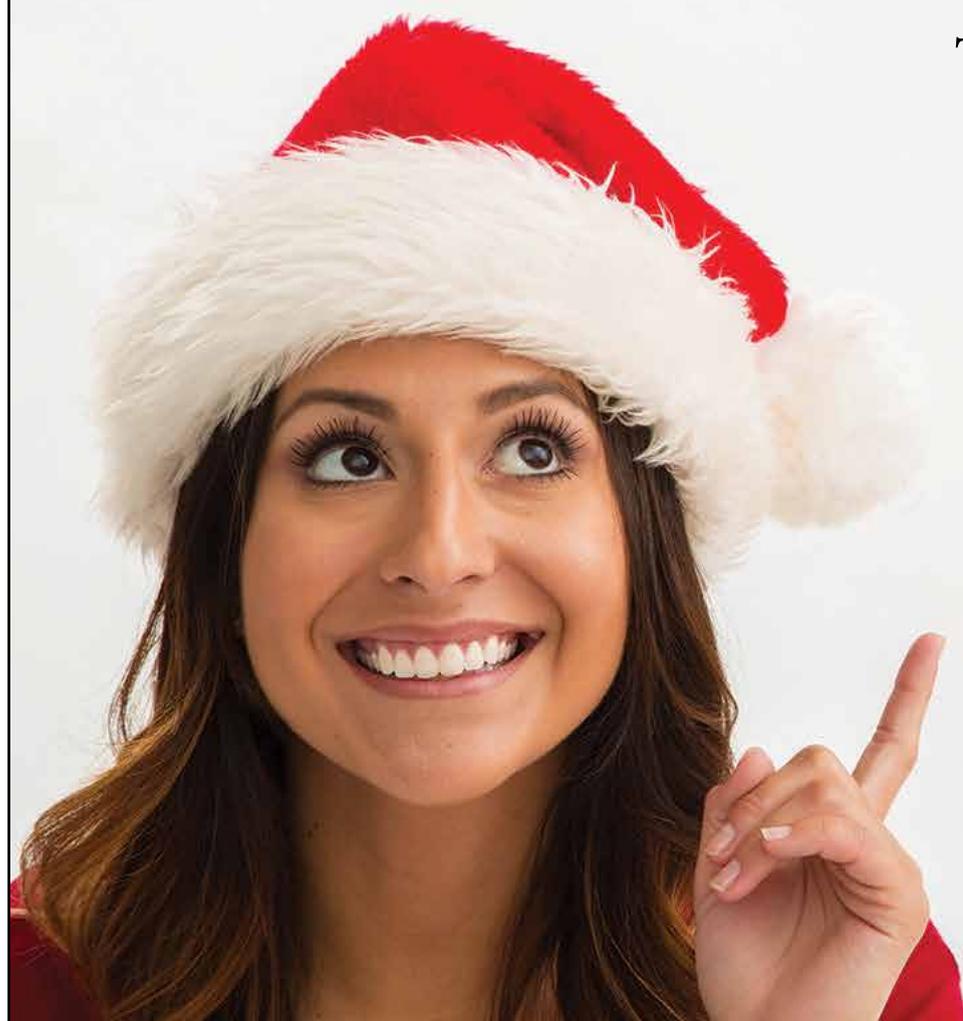
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BVT's Practical Nursing Program recognized by Nursing Schools Almanac

UPTON – With the demand for skilled nurses particularly significant, the Blackstone Valley Tech Practical Nursing (post-secondary) program was recently ranked #3 in the state by Nursing Schools Almanac. This organization annually ranks the best nursing schools in Massachusetts to help aspiring nurses with a resource for selecting their future nursing school.

For the 2021 rankings of LPN programs, the research

team at Nursing Schools Almanac compiled an extensive database of student performance on the National Council Licensure Examination for Practical Nurses (NCLEX-PN). Aspiring practical nurses must pass this examination before commencing practice. Thus, student performance on the exam provides an excellent benchmark for comparing the relative quality of programs.

The ranking methodology

focused on the NCLEX-PN pass rates among first-time test-takers. As well as the average number of annual graduates, and previous calendar years, 2011 through 2020 were analyzed, weighted by year, and averages together. They used this metric to rank all of the Massachusetts' LPN programs accordingly.

- Blackstone Valley Regional Vocational Technical High School: #3
- NCLEX-PN pass rate

among first-time test-takers: 95.5%

• Average number of LPN students graduating annually: 17

• Data analyzed: Calendar years 2011 through 2020

"It's an honor to be included in the Nursing Schools

Almanac's 2021 rankings of the best nursing programs in Massachusetts," said Practical Nursing Coordinator Joann Monks, MBA, MSc, RN-BC, RMA. "This is a tribute to the dedication of our students, faculty, staff, and stakeholders working together in support of

our program."

The Blackstone Valley Tech Practical Nursing program proudly serves adult learners in District, out of District, and out of state. For more information, visit www.valleytech.k12.ma.us/pninformationssession.

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Willard House & Clock Museum awarded grant from Mass Humanities

Willard House & Clock Museum is pleased to announce that it was one of 90 organizations across Massachusetts to receive a grant from Mass Humanities. The "Sustaining the Humanities through the American Rescue Plan" (SHARP) was funded via the National Endowment for the Humanities (NEH) by the

American Rescue Plan.

As the state affiliate of NEH, Mass Humanities sought to provide emergency funding to the smallest organizations, including local museum, historical societies, and historic sites. More than half of the SHARP recipients have budgets of \$300,000 or less.

"The grants are cherished

resources in sustaining local humanities programming," says Executive Director and Curator, Robert C. Cheney. "The fund helps Willard House to build capacity and develop new programs to serve greater Worcester County communities."

As the state affiliate of NEH since 1974, Mass Humanities

has partnered with local non-profit organizations to bring history, philosophy, and literature into the everyday lives of people in communities across the Commonwealth. From Adams to Provincetown, Springfield to Boston and everywhere in between, we help people celebrate their stories, reflect on issues in their neighborhoods, and imagine the future for themselves and their families. Mass Humanities receives major support from NEH and the Mass Cultural Council as well as our generous private donors. A private 501(c)3 non-profit organization, Mass Humanities is committed to responsible stewardship of public and private resources through the guidance of our statewide board of directors

and the creative, efficient operations of our Northampton-based staff. Learn more about Mass Humanities at <https://masshumanities.org/state-affiliate-of-neh-since-1974> About National Endowment for the Humanities

Created in 1965 as an independent federal agency, the National Endowment for the Humanities supports research and learning in history, literature, philosophy, and other areas of the humanities by funding selected, peer-reviewed proposals from around the nation. Additional information about the National Endowment for the Humanities and its grant programs is available at neh.gov.

Located at 11 Willard Street in North Grafton, the Willard House and Clock Museum exhibits more than 80

Willard clocks in the birthplace and original workshop of the Willard clockmakers, along with family portraits, furnishings and other family heirlooms. Works by all three generations of Willard clockmakers, including famed clockmakers Simon Willard Jr. and Benjamin Franklin Willard, are also displayed. The Museum tour includes the original Willard House, built in 1740, the clock-making workshop, in addition to the galleries. Visit the Willard House and Clock Museum website at www.willardhouse.org. Follow the museum on Facebook, Twitter, Instagram and LinkedIn. For more information about the program, please contact Beverly Snow, Program Coordinator, at 508-839-3500.

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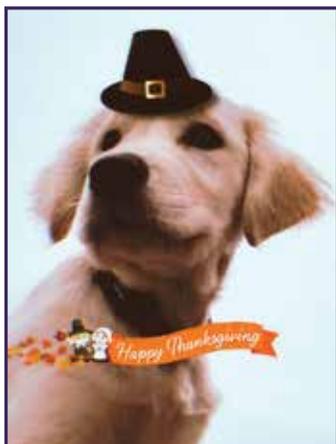


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Living ON with Lincoln

Destined for a good life

By Amy LeClaire

I've yet to name the puppies I haven't met yet. Lincoln has left a gape in our hearts, as is the case with the loss of any family member. Loss is loss. But the loss of a family pet, I've come to know, is unique. We not only lose a dog-son or dog-daughter, but also a full-time companion, therapist, clown, walk-



Lincoln assuming his name-sake.

ing partner, driving partner, work buddy, and domestic assistant. Dogs, simply put, are just there, and there for you. A dog meets our basic human need for love, affection, security, connection, laughter, and friendship. They give us what matters the most in this life with one simple request asked in return. Spend time with me.

Lincoln adored people. He would rush to the front door to remind me of how important it is to say hello to the Go Green Man, even when my patience with outdoor solicitors had worn thin. "Someone is AT OUR HOUSE and he might want to PLAY!" He'd wiggle and glance up at me with a shoe in his mouth. "Hurry and open that door. This man looks so fun."

Lincoln was right. The salesman may have interrupted my 5:00 p.m. bustle and train of thought but I needed to cut him some slack. He has a hard job. How many rejections might this young man have already endured? "Hello. My name is Bob. I was wondering if you were interested in hearing—"

"HI!! MY NAME IS LINCOLN! I BROUGHT YOU A SHOE!"

Lincoln made awkward situations pleasant. Professional dog trainers advise that dogs (reasonably) wait at their "spots" while the owner opens the door. A dog needs to learn salutary manners and know his boundaries.

"Want to play a quick game of fetch? Hold on!"

Lincoln was exceptional. He had to be the first to meet and greet. He learned manners by spending long happy and sad days together. He learned by watching his favorite people get along in this clumsy world. "Lincoln - you can have some eggs..."

I'd tell him in a gentle, positive tone, "but you have to wait. You just have to wait." I emphasized the key word as though holding up a flash-

card for him. "Got it!" He sat patiently at his spot, lifted his nose to egg scented air, and waited. Every so often he'd break into that infectious Golden smile. "Damn, I got it good here."

Lincoln had it good because he was so damn good. He reminded me of how much there was to be joyful about. Like me, he wore rose-colored glasses and saw the very best in people and in situations. The puppies I've yet to meet will have it good as well. That said, will it be possible for my two pups to be as remarkable as Lincoln? I'm skeptical. In any event, their names will suit who they are, or perhaps who they are destined to be. Lincoln's name emerged while looking at a pocket calendar to plan ahead for his pick-up date. We would bring home a Twin Beau' D puppy on February 12, which happened to be Abraham LINCOLN'S birthday. Truthfully, I can't remember why I walked into the kitchen at times, but the memory of seeing Lincoln's name in that booklet is as clear as the lake waters he would swim through over and over again. Like a message from a bottle, Lincoln's name came and stayed.

Later, we would learn that his name implies a connection to lakes and cliff climbing, both of which marked two prominent inspirations in his life. He would grow to be a remarkable long distance, stick-holding swimmer. At only six months old, he would climb up and fall off of a small cliff at Newport

but he'd be okay. He was robust and resilient and he'd go on loving life until he no longer could.

My family still awaits details on pregnancies and parents of puppies we've yet to meet in the spring of 2022. We haven't decided on whether we'll take two boys, or a boy and a girl (from the two different breeders for which we are enlisted) but we do know of a few names that we like. Though we are hesitant to share names publicly at this time, we hold them dearly in our hearts and want to thank all of you who have taken the time to share names with us! One thing is for sure, the puppies will have it good. Stay tuned for more on Living ON with Lincoln.

Tell me a story about your dog's name - amyclair@hotmail.com



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Uxbridge Senior Center news

UXBRIDGE - The Uxbridge Senior Center, 36 South Main Street, has listed the November calendar.

Director's message

Welcome to November and the start of the holiday season.

The Senior Center will carry on the annual Thanksgiving meal distribution. This year's meal will be held on Monday, November 22. The lunch will be delivered to your homes between the hours of 11:30 a.m.-1:30 p.m. Lunch will consist of a hot turkey dinner with mashed potatoes, stuffing, vegetable and a roll, with gravy and cranberry sauce on the side along with a personal sized Table Talk Pie for dessert. We are accepting donations of small cans of cranberry sauce, gravy and monetary donations to the Center. The lunch is free and open to all seniors and the disabled. Please call the Center if you would like a lunch delivered to your home or if you would like to donate or volunteer.

A big shout out to the Hannaford's Pharmacy for sponsoring our Flu Shot Clinic last month. Over 50 seniors participated in this event! Thank you, Hannaford's Pharmacy, for keeping our seniors safe!

Thank you to the Uxbridge Elderly Connection for coordinating our annual Golf Tournament! The Tournament was held on October 18th at the Whitinsville Golf Course. This major fundraising event was very successful. Thank you to all our sponsors, golfers, and donors. Our seniors appreciate your support.

Welcome Pat Ordway

Pat recently started as our new Chef for the Uxbridge Senior Center. We look forward to tasting her fine cuisine. We welcome Pat to our team.

The Activities Program is having a Christmas Wreath Fundraiser. Wreaths are on sale and will be ready for pick-up on December 3rd. Please place all orders by November 15, we will have a limited amount for purchase. Thanks in advance for your support.



Congratulations to Bill Oncay for receiving a Community Service Award for his years of service on the Uxbridge CERT (Community Emergency Response Team) Committee from Chief Montminy at our Lunch & Learn on October 1. Thank you for your many years of hard work and dedication to our town Bill. Congratulations Bill, you deserve the recognition.



Appointments are available to help folks with Fuel Assistance Applications with SMOC (South Middlesex Opportunity Council). Please call the senior center for more information and schedule your appointment.

Happy Thanksgiving to All! Lisa

Appointments are being made to help folks with Fuel Assistance Applications with SMOC (South Middlesex Opportunity Council). Please call the senior center for more info and make your appointment.

Thursday, November 18, 1:30 pm - 2:30 p.m. - new live Zumba classes for seniors with Amy Smith. Classes will continue on Thursdays. Classes are held at the McCloskey School.

Thursday, November 18, 2:45 - 3:45 p.m. - New Live Chair Yoga Classes with Dr. Tapscott. Classes will continue on Thursdays. Classes are held at the McCloskey School.

Friday, November 5, 8:30 a.m. - Bird Watching with Strickland Wheelock. This takes place at the Fox Fire Farm, 215 Hazel St., Uxbridge. The Farm has a long driveway so, at the end, park on the left in front of barn. Strickland hopes to capture and band birds, so if you'd like to come earlier to experience the banding, he will be there near sunrise.

Friday, November 5, 12:00 p.m. - Lunch & Learn with Chief Montminy is back. His guest speaker will be Board of Selectman John Wise. Please call ahead to reserve your lunch as space is limited.

Tuesdays, November 9, 16, 23 and 30, 9:00 a.m. - 12:00 p.m. - SHINE appointments are now available with our SHINE Representative Pat Nectow. Call 508-278-8622 to schedule appt. Medicare Open Enrollment period ends December 7th. You can also contact Medicare directly by calling 1-800-MEDICARE (633-4227)

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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**

or visiting Medicare.gov.

Tuesday, November 9, 1:00 - 2:00 p.m. - Benefit Enrollment Specialist - Tri-Valley, Inc. Call the senior center to book an appointment with Cole Ackerson. Next date will be Dec. 14.

Tuesday, November 9, 1:00 p.m. - Uxbridge Library Book Club is starting up again. Everyone is welcome to join us for lunch on this day. Please remember to RSVP.

Wednesday, November 10, 11:30 a.m. - 12:30 p.m. - Veterans' Thank You Luncheon. Bingo will be sponsored by the VFW Post 1385 Ladies Auxiliary. Please, call ahead to RSVP.

Thursday, November 11, the senior center will be closed in observance of Veterans Day. We will re-open on Friday, November 12, at 8 am.

Friday, November 12, 12 p.m. - David Maloos will be here to play his Ukulele for us during lunch.

Monday, November 15, 11:30 a.m. - 12:30 p.m. Lunch & Learn with Douglas Valley Dentistry.

Monday, November 15, 1:30 p.m. - "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment at the Uxbridge Senior center.

Wednesday, November 17, Movie trip to Blackstone Valley 14: Cinema de lux with Sally and lunch at Wendy's. Movie choice will be posted a week before this date. Cost is \$7.75 per ticket w/\$4.50 coupon for popcorn and drink - \$12.25. Please RSVP

Thursday, November 18, 10:00 a.m. - Making Gnome Pots with Bemis Farms. Cost will be \$15.00 per person and space is limited, so please call ahead to sign up.

Thursday, November 18, 11:30 a.m. - 12:30 p.m. - "PopUp Library. This will be held during lunch. Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. Call ahead to reserve your lunch.

Friday, November 19, 11:30 a.m. - 12:30 p.m. Kathy Penza with the Spartones will be entertaining us for lunch! Call head to RSVP and reserve your lunch. Space is limited.

Monday, November 22, annual Thanksgiving lunch delivery. The senior center will be closed today. We will re-open on Tuesday, Nov. 23. Be sure to call ahead to sign up for your home delivered lunch.

Tuesday, November 23, 11:00 a.m. - 12:00 p.m. Ask The Nurse Free Blood Pressure Clinic with Celeste Kopech, Salmon Health VNA. RSVP to participate and to join us for lunch.

Tuesday, November 23, 11:30 a.m. - 12:30 p.m. Uxbridge Senior Center Thanksgiving Luncheon. Space is limited so please call 508-278-8622 to sign up.

Wednesday, November 24, the senior center will be open for half day. No lunch will be served.

Thursday, November 25 and Friday, November 26 - The center will be close in observance of Thanksgiving. We will re-open on Monday, November 29. Happy Thanksgiving to you. Wishing you and your family a day to remember. One filled with laughter and joy, great conversation, with thankful hearts and a renewed appreciation for all that life has to offer.

Card Game or Family Feud will be played during our Monday Congregate lunches and BINGO will be on Wednesdays.

Hannaford grocery shopping every Tuesday. Pick up begins at 8:30 AM. Please sign up in advance by calling us at 508-278-8622 to reserve your seat on the van. Masks are required and seating is limited.

Knitting Club every Tuesday at 1:30 p.m. Space is limited and must continue to maintain social distancing. Please RSVP 508-278-8622.

1st and 3rd Wednesdays - Nov. 17 and 10:00 a.m. Bank and pharmacy rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn as well.

New date for November Thursday, Nov. 18, 8:30 a.m. - Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn and limited to 4 people on the van. Medical Transportation is accepting appointments. Call 508-278-8622 to schedule your rides.

Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

- Uxbridge-ma.gov/Council-Aging
- https://www.Facebook.com/UxbridgeMASeniorCenter
- https://www.youtube.com/channel/UCNh_Rlq99rucmFH-U07VFBw
- https://www.uxbridgetv.org/schedule/192

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Q & A with The Car Doctor

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



Q. I have a 2009 Toyota Highlander that is a wonderful car, and it is approaching 100,000 miles. I really like this vehicle and want to keep it. The gas mileage is good, I sit up high and there is room for my dog. After my last oil change at the dealership, I was told a rear shock absorber was leaking oil. They suggested replacing the shocks at a cost of \$800. I am retired on Social Security and watch the pennies. I took the car to a private mechanic who located this same problem and said he suggested replacing the mounts also at a total cost of \$1,000. Brakes will be needed soon - the car rides fine and it is hard for me to spend this \$1,000 when the car seems fine. What are the consequences if I continue to drive it until there is a problem I can feel with the shocks?

A. Worn shock absorbers can lead to poor vehicle handling and excessive tire wear. Shock absorbers also wear gradually so you may not notice the degradation in the overall ride. The question is how worn are the shocks and how much do you drive the vehicle. If the shocks are still doing their job but barely starting to leak oil, they could last a much longer time with no real consequence. If you were to create a priority list of brakes, tires and shock absorbers, shock absorbers would be last on my list.

Q. I purchased a used 2020 Ford Escape with 21,000 miles on it. It has many features that my old Toyota Matrix Corolla did not have. I have a question. I know that dealerships are in the business to make money and for the most part are reputable if you shop around. The dealership I used is reputable and the car I purchased is

certified pre-owned and comes with a 100,000-drivetrain warranty. What are your thoughts on purchasing a high-tech component warranty? It will cover the backup camera, audio system, and other computer related items. I know that these systems can get very pricey to replace. Am I taking a chance by not putting a components warranty on the car? The additional warranty will cost me another \$1,500 and I need to purchase it within 30 days. I think it is a good idea but am wondering if there are other options available to save money. Your thoughts please.

A. Some of these electronic systems can get very pricey to repair, but backup cameras, proximity sensors and other systems typically have a very good life and for the most part I usually only see them fail during a collision. If this is the case, then the components would be covered under the vehicle insurance. Other components such as the radio and navigation could also fail and can be expensive to repair. Personally, I wouldn't spend the extra money of this type of warranty since the comprehensive warranty covers the next 12 months or 12,000 miles. As a side note, AAA recently released a study about the high cost of repairing advanced driver assistance systems. In addition, AAA released a report about sensor degradation due to environmental reasons, such as mud, salt and even bugs. These systems are something we recommend but want consumers to know they can be expensive to repair and under certain conditions can have limitations and are designed to work with the driver not replace them.

Q. I have a 2007 Ford Ranger and I'm very happy with it except now it is rusting away. Even the rims needed

replacement due to rot. I was at the dealer and looked at the Ford Ranger and it is much bigger and more expensive than my current rusty Ranger. The dealer told me that there is a new smaller truck, the Maverick. Do you know anything about it?

A. So far, I have only seen and not driven the Ford Maverick. It is closer to the size of your current Ranger, well-appointed and has a starting price of about \$20,000. What is interesting to me is the base model is still a four-door truck, with a decent size (although smaller) bed, front wheel drive and a hybrid. Something about a \$20,000 truck, that gets 40 or more miles per gallon and seats five appeals to me.

Q. I have a 2015 Hyundai Sonata with over 105,000 miles on it and the check engine light came on and the code was P2004. The auto parts store looked up the code and it has something to do with the intake manifold. Could the intake manifold need replacement, the car is only six years old.

A. Your Hyundai like many cars, uses a device inside the manifold that changes air flow depending on how and when the car is driven. There are times when the engine wants smooth air flow and other times the air in "tumbled." This is a mechanical system with an actuator and baffle plate inside the manifold. The problem could be that over time an excessive amount of carbon has built up and the flap shaft is not closing or opening fully. If all the mechanical parts are operating, the manifold may need to be replaced.



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Holiday Bazaar

St. Peter's Parish in Northbridge will be holding its annual Holiday Bazaar on Saturday, November 6, from 9 a.m.-3 p.m. in the Parish Hall, 39 Church Avenue, Northbridge. Come out with your family and friends to enjoy the day. They will have all of your favorites: white elephant table, craft tables with beautiful handmade items, handmade quilts. There will also be tables filled with raffles (you never know what will be there) and the famous silent auction and gift basket raffles. Stay and enjoy a bite to eat with all the old-time favorite foods being served. If you would like more information please contact the parish office at 508-234-2156 or email: parishoffice@stpeterrockdale.org

Gently used toy sale

UXBRIDGE - Many families have slightly used Children's items or toys that their families have outgrown. This is a way for parents, grandparents and others to get gifts for the holidays, in light of the reports of shortages of toys etc. this year and also the increased prices.

If you have items you'd like to sell and share with others this is your chance. Suggestions: toys, books, puzzles, craft items, back packs, etc.

On Saturday, November 27, there will be a Gently Used Toy Sale at the Community House, Uxbridge Congregational Church in Uxbridge. Table space donations are \$20.00. The hours will be from 9 a.m. to 3 p.m. Deadlines for reserving tables will be November 14. Table space is limited. If you would like to reserve table space, please contact Andrea @ 774-696-6243.

Library book sale

GRAFTON - The Friends of the Grafton Public Library will be hosting a Book Sale on November 6, from 10 a.m.-3 p.m. at the reopened Grafton Public Library at 35 Grafton Common, rain or shine. This is always a great event and a wonderful way get some amazing books, cds, dvds and other fun and educational items at great prices. Masks are required at this time. Please continue to wash your hands regularly and if you have any flu like symptoms, please stay home until you have been symptom free for 24 hours without medication.

The Friends of the Library are also looking for new Friends. Do you have a couple hours a month for volunteering? Meetings are monthly at the Library from 7:30-9 p.m. Join in to help build the library community and plan events for the upcoming year for the new expanded library.

Shepherd Hill Festival of Crafts

DUDLEY - The 29th annual Festival of Crafts at Shepherd Hill Regional High School will be held Saturday, November 20, from 9 a.m. to 4 p.m. Over 125 top-quality New England crafters and artisans will be on hand offering wonderful ideas and items for Christmas gift giving. There will also be raffles and food trucks. Parking and shuttle service is free with free package carry-out service. The fair is sponsored by the Shepherd Hill Music Parents and is held at the high school, 68 Dudley-Oxford Road, Dudley.

Holiday vendor and craft fair

WEBSTER - Holy Trinity Church at 68 Lake Street, Webster will be having a vendor and craft fair on Saturday, November 13, from 9 a.m. - 3 p.m. in the parish hall. Join us for a day of shopping, taking a chance on some beautiful raffle items or having a bite to eat. We look forward to seeing you.

Basket Festival

OXFORD - Good Shepherd Episcopal Church (Grace and St. Thomas Church), 268 Main St, Oxford, will hold a Basket Festival on Saturday, November 13, from 9 a.m. to 1 p.m. There will be basket raffles, a silent auction and baked goods. For more information call (508) 987-1004.

Craft and Vendor Fair

The Boys and Girls Club of Webster Dudley will be hosting a craft and vendor fair at the club on Oxford Ave. on Saturday, November 13, from 9 a.m. to 2 p.m. We are selling spaces to artists, crafters, holiday fair and decor vendors for \$25 and donation of one raffle item to the host table. For more information contact kmayotte@bgcworchester.org.

Twice Blessed Thrift Shop

Sacred Heart Church "Twice Blessed" Thrift Shop offering clothing and shoes, jewelry, pocket books, fall decor, come check out the in-store pop up sale. Store hours: Saturday, November 6, 8:30 a.m. - 12:00 p.m. (first Saturday each month, except when there is a holiday). "Our thoughts and prayers are with all who are directly impacted by COVID-19." Catholic Community of Sacred Heart Church, 187 Hopedale Street, Hopedale, (508) 473-1900 or visit our website; sacredhearthopedale.org. Like us on Facebook: www.facebook.com/twiceblessedthriftshopopedale/

Your name in the historic brick walkway



Jeff Dore placing bricks.

GRAFTON - Asa's Walkway is growing at the Asa Waters Mansion. Imagine gifting a personalized brick for Christmas and become a part of Millbury's historic brick walkway and join your fellow townspeople with their very own personalized brick.

In the spring the volunteers will be able to continue setting the bricks into the walkway once again. If you have not seen the beautifully engraved bricks that have recently become a permanent fixture on the Mansion grounds, be sure to come take a peek.

The bricks are 4 by 8 inches. Your inscription can be up to three lines with twenty characters per line. The cost is \$50.00 per brick.

The bricks would make a wonderful way to memorialize a special occasion such as a wedding, birthday, anniversary, baptism, graduation, a loved one who has passed away, or even a beloved pet.

Become a permanent part of Millbury's most famous historic site with your engraved brick in Asa's Walkway by contacting The Friends of Asa Waters Mansion at AsaWalkway@gmail.com.

BVT admissions open house; registration is required

UPTON - Blackstone Valley Regional Vocational Technical High School will hold its annual admissions open house for parents, guardians, and prospective students on Wednesday, November 17. Register for either session 1: 5:15 p.m. to 6:30 p.m. or Session 2: 6:45 p.m. to 8:00 p.m. by visiting the school's website to sign up in advance.

The evening is an ideal opportunity to tour the expanded state-of-the-art facility in person at 65 Pleasant Street in Upton and see for yourself how BVT is transforming education and the lives of its students. Masks are required. Meet BVT staff members who will be on hand as a resource to answer questions about academics, student support services, student activities, and the admissions process.

The schedule of events will include mini-sessions featuring the Special Education program and the supports available for its students while at BVT and during the application process. Also, learn more about the Spanish Immersion program and how to enroll in it.

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Kindness is overriding theme at 23rd Pet Rock Festival

By Rod Lee

A list of participating businesses and organizations that could be obtained at the gate answered all questions about what was happening on the field at Wyman Gordon in North Grafton on September 12.

If any doubts lingered, there was enough barking and yelping to provide further confirmation.

The 23rd annual Pet Rock Festival, New England's largest animal welfare event, began at noon on a sunny Sunday and ran until about four o'clock. Emphasizing "kindness to all animals," this year's production featured an amateur dog show and shelter pet parade, more than one hundred pet-related vendors, animal-breed rescues and New England-based animal shelters, demos, Frisbee dog team, carnival rides, vegetarian food, a doggie water park,

agility course, awards and more. Voice Star Billy Gilman headlined the musical lineup.

Among those present with names that indicated they belonged on the premises were "No Mutts Left Behind," "Andrea's Custom Collars," "Cocker Spaniel Rescue of NE," "Ruff Tales Rescue," "Mass Vest-a-Dog," "Pawssion Designer Pet Clothing," "Woof Woof Wagon Pet Boutique and Biscuit Bar," "Happy Tails Market," "Rising Sun Pet Sitting and Dog Walking," "Hot Diggity Dog Pet Care" and "Tufts Paws for People."

You get the idea. Happy to be on the premises were Chris Sturdivant of Dorchester and Ellen Moran of Worcester, representing the Col. Potter Cairn Rescue Network, which they described

as "the largest single-breed rescue operation in the world." This all-volunteer nonprofit has helpers "all over the country and we pay for the vetting, neutering, spaying and a home-safety visit," the women said.

Also in attendance were Michelle Perrotti of Douglas and Mike Andrade of Worcester, for the Canine Company, which provides "Invisible Fence Brand systems that are high-quality and designed to withstand the wear and tear of weather." An investment in the containment system "provides you with years of peace of mind, while providing your dog with years of security and playtime," they said.

For Jeannie Hebert who is president and CEO of the Blackstone Valley Chamber of Commerce and her fellow organizers, the Pet Rock Festival is an exercise of love they hold close to their hearts.

"I was working the amateur dog show most of the day," Ms. Hebert said. "But I love it! We celebrated twenty-three years, and honestly Wyman Gordon's field is our best venue yet. But as you know the property has been sold, so we find ourselves once again homeless like the animals we assist. We are investigating other properties, but nothing concrete yet.

"The day was perfect, from weather to the attendance, which was just about 2000 give or take a few. More than we expected since COVID-19.

"Pet Rock Fest is a true

charity," Ms. Hebert said. "None of us are paid. We are a full volunteer force, and we give away as much funding as possible, just keeping enough seed money to produce the next year's event. We offer grants to shelters and rescues as well as nonprofit animal advocacy organizations, and grants to private citizens, many elderly, to help pay vet bills for their companion animals.

"We are unique in that we are not the organization that benefits, but we are the organization that offers support to others in need. We also support educational programs, especially to students in elementary school, to lay the foundation of kindness, responsible pet ownership, and foster the concept of companion animal kinship. We promote adoption, but never allow adoption at the event, as it could be emotional. You can meet the dog/animal you are interested in adopting, fill out the paperwork and then follow up. We do not want the trauma of the dog being returned to a shelter.

"We also work closely with our legislators to introduce laws that will strongly prosecute perpetrators of animal cruelty. That cannot be tolerated. Ever! There are so many implications of what those who practice animal cruelty can do to others in society. Evil murderers like Ted Bundy, Jeffrey Dahmer and Charles Manson all started by torturing animals and graduated to humans. It is not a rite of passage, it is the making of a monster.

"A blessing of the animals was conducted by Rev. Chad McCabe from the Church of the Nativity in Northborough.



Taunya Damon of West Brookfield and her best bud "Little Oliver" joined dozens of vendors at this year's Pet Rock Festival in North Grafton. Ms. Damon adopted Little Oliver after he was left to die at a bench in Worcester and nursed back to health. Her Little Oliver Foundation was founded in 2016 and is one of many organizations represented at the Pet Rock Festival that help save animals from abuse and neglect.

He was great and so well-received. Among the many animals he blessed was a beautiful American bulldog suffering from cancer. So touching. There are so many heartwarming stories. Your companion animal is the best and most loyal friend you will ever have. We need to nurture

them and keep them safe. "Our mission is to educate, assist and support. Remember, "they can't talk, so we will!"

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.



"I have adopted six dogs. We have friends all over the country," Chris Sturdivant, right, with Ellen Moran, said at the Pet Rock Festival. They were in attendance on behalf of the Col. Potter Cairn Rescue Network.

Thanksgiving project needs your help

UXBRIDGE-The Uxbridge Senior Center is organizing its annual Thanksgiving lunch distribution to over 200 seniors and homebound. They are looking for assistance from volunteers to make this project a success. The amount of organization and preparation is surmountable, but with many hands, the work is attainable and rewarding.

This project will take place on Monday, November 22, at the Uxbridge Senior Center located at 36 South Main Street. Volunteers can help by donating small cans of cranberry sauce, or gravy. Monetary donations to the senior center are welcome. Others may help by volunteering their time to help package or deliver the meals.

If you can help in any way, please reach out to the Uxbridge Senior Center by November 8, contact Lisa Bernard, Director, at 508-278-8622. Thank you for your consideration and support.

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Celebrating 20 years of success at the Unibank Greenway Challenge



WHITINSVILLE - The 20th anniversary UniBank Greenway Challenge was held on a beautiful fall day on Saturday, September 25. The race featured fun, exciting and challenging running, biking and paddling segments that took athletes from Lincoln Woods State Park, Rhode Island up through the Blackstone Valley with transition sites in Douglas State Forest & Riverbend Farms to the finish line at the Whitin Community Center's Whitin Park, in Whitinsville, over 50 miles later. This year's adventure race included street running, trail running, paddling, street bike, and mountain bike seg-

ments, 8 unique segments in total, that was designed and crafted to bring our athletes through one of the most beautiful and historic regions of New England, the Blackstone River Valley National Heritage Corridor. Almost 150 athletes across 36 teams were charged with competition as they participated in this milestone "Adventure Race Like No Other."

Thank you to the following incredible Sponsors for supporting this year's epic race including, UniBank, Koopman Lumber & Hardware, Osterman Propane, New England Disposal Technology, Inc., Ski With Charlie, Blackstone River Valley National Heritage Corridor, New England Mountain Bike Association, Massachusetts Department of Conservation and Recreation, and Rhode Island Department of Environment Management. We would also like to take the time to thank the over 100 amazing volunteers who helped make this event possible!

We would like to honor and congratulate everyone who competed in our 20th Anniversary event, and acknowledge the winners of each race division:
 Ironman: Trent Koopman, Bib #12, Time 4:33:47
 2-4 Male Team: WCC Blood, Sweat & Gears, Bib #1, Time 4:42:40



2-4 Female Team: NHL Mettle, Bib #22, Time 5:20:25
 2-4 Co-Ed Team: The Three Beasts, Bib #6, Time 5:19:42
 5-8 Male Team: Gang Green, Bib #27, Time 5:06:47
 5-8 Co-Ed Team: The Usual Suspects, Bib #12, Time 4:33:06 - First team across the Finish Line, finishing 1st Place overall

Corporate: Crimson Aquatics, Bib #36, Time 6:27:01
 A program of the Whitin Community Center, presented by UniBank and supported by other partner organizations, the Greenway Challenge supports the development of new programs, purchase of additional equipment, and facility renovations for the members and guests of the Whitin Community Center (WCC). The WCC is a 501(c)

(3) organization committed to enhancing the health and well-being of individuals and families and to building a strong community in the Blackstone Valley.

The Whitin Community Center offers social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together. The Whitin Community Center is the Blackstone Valley's most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven-and-a-half acre park. For more information call 508.234.8184 or visit www.WhitinCommunityCenter.com.

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Tales from beyond

Old Coot of Mount Greylock

By Thomas D'Agostino

From our latest book, *Strange New England* by History Press

In 1861, a North Adams farmer named William Saunders, like many of his time, left his home to fight for the Union in the Civil War. Saunders kissed his wife and children goodbye on the promise of a speedy return. During his tenure as a soldier, he wrote faithfully to his wife, Belle, who waited anxiously for her beloved to come home. About a year after enlistment, a letter arrived at her door stating he had been seriously wounded by a cannonball in battle and was not likely to survive his injuries. This would be the last correspondence she would receive in regard to her husband.

Her sorrow was deep, for she feared the worst of his fate, yet she needed to tend to the farm. She hired a young man named Milton Clifford to help with the work while she and the children did what they could. As time passed, she realized that her husband must have perished in the war and eventually married Milton, who, in turn, adopted her children.

The War Between the States ended in 1865, and the soldiers of both sides went back to their respective lives. One of these was a bearded, weathered farmer named William Saunders, who had survived his injuries only to continue fighting for the cause. Saunders made his way back to his home, gaunt, tired and ragged yet eager to reunite with his wife and children, who were but babies when he left.

His joy turned to disbelief when, from afar, he saw his wife in the arms of another man whom his children now called "Daddy." This devastated the poor Saunders, who realized his family had gone on without him during his absence. Instead of encountering them to announce he had come home, he turned and headed toward Mount Greylock, where he built a crude cabin in the remote portion of Bellows Pipe. There he lived out the rest of his days, occasionally working at local farms for his necessities. The locals called him "Old Coot," as he never gave them a proper name. This

moniker he was happy to accept. No one he knew before recognized him due to the injuries he suffered in battle and the aging beyond his years from the rigors of the war. It is said that he even helped at his own farm, sometimes joining his family for meals. Whenever he faced his family, it was with his long, straggly hair covering what was left of his gaunt face. To say he may have gone insane, either from the war or over losing his family, was an understatement. Either way, one cold winter day in January, hunters stumbled upon his shack, where they found Old Coot dead. They were more than frightened when his spirit jumped from his body, bolted out the door and flew up the mountainside. To this day, his "bedraggled spirit" is seen on Mount Greylock, always ascending the peak near Bellows Pipe and Thunderbolt Trails, but never reversing direction.

Bellows Pipe derives its name from the wind that whistles through the pines, making the sound of a large pipe being blown into. Is it the wind, or could it be the

wailing of a sad spirit that left for a good cause only to be left behind?

Thomas D'Agostino and his wife Arlene Nicholson are seasoned paranormal investigators, authors, and co-organizers of Paranormal United Research Society. You can find out more about them by visiting www.tomdagostino.com.



Gary McKinstry returns for Harrington Auxiliary benefit

SOUTHBRIDGE: The Harrington Auxiliary is proud to bring back Gary McKinstry, world-renowned, professional medium and psychic, to the Southbridge Senior Center 153 Chestnut Street in Southbridge. McKinstry's presentation, which offers attendees an opportunity to connect with loved ones who have passed to the other side, will take place on Wednesday, December 1, from 6 to 8 pm.

McKinstry's psychic activities are legendary and have been chronicled in *Ghost Hunters of America: Real Stories of Paranormal Investigators*. He is one of a handful of psychics to have toured the Victorian Man-

sion in Gardner, which he certified as unquestionably haunted. McKinstry has also verified that the Public House in Sturbridge is haunted and has been since the Colonial era.

At the event attendees will have an opportunity to purchase raffle tickets for a one-hour private reading with McKinstry. Raffle tickets are three for \$5.

Tickets for the main event are \$25 and can be purchased through Harrington Hospital's volunteer office at 100 South Street, Southbridge. For more information, please call 508-765-6473 or email khubbard@harringtonhospital.org.

This event featuring Gary



Gary McKinstry

McKinstry is held in memory of Cecile T. Edmunds. All proceeds enable the Harrington Auxiliary to provide programs, equipment and other items that promote the work of UMass Memorial Health Harrington.

Dine out and do good - BVT's SkillsUSA Chapter charity dinner schedule

UPTON - Blackstone Valley Regional Vocational Technical High School (BVT) students, in coordination with the BVT SkillsUSA chapter and the Culinary Arts program, will organize and host a series of fundraising dinners this school year to benefit charitable organizations and causes. The proceeds will benefit the Be Like Brit Foundation and the BVT SkillsUSA chapter.

Each all-you-can-eat dinner includes a themed buffet, dessert, and beverage is held on a Thursday evening (except for the October dinner) at the Three Seasons Restaurant, which is on the school campus at 65 Pleasant Street in Upton.

Dine and unwind with a great cause in mind. Please consider attending one or more of these delicious dinners:

- Dec. 2 - Ham Dinner
- Jan. 6 - Roast Chicken
- Feb. 3 - Roasted Pork Loin
- March 3 - Lasagna
- April 7 - Chicken Parm
- May 5 - Porketta

Tickets are \$15 for adults and \$8 for children under 12. Dinner seating times are at 5:00, 5:30, and 6:00 p.m. - seats are limited, and reservations are required. Make your reservations today by contacting Kathleen Manoojian at 508-529-7758 x3109 or kmanoogian@valleytech.k12.ma.us. For additional informa-

tion about BVT's giving back events, please visit www.valleytech.k12.ma.us/givingback.

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

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Senate passes redistricting legislation

BOSTON - On October 27, the Massachusetts State Senate passed S.2560, an act establishing senatorial districts. This bill, and the redistricting map it describes, doubles the number of majority-minority Senate districts, from three to six.

This bill divides the Commonwealth into 40 senatorial districts that will be in effect until the next redistricting cycle following the decennial census in 2030. These districts are drawn based on data from the 2020 census.

The efforts to increase majority-minority representation include the strengthening of a Black 'ability-to-elect' district in Boston and the creation of a Hispanic 'ability-to-elect' district in the Merrimack Valley, along with the creation, strengthening or preservation of four 'opportunity-to-elect' districts in the Chelsea area, the

Brockton area, Springfield, and Boston.

The Special Joint Committee on Redistricting sought broad public input, holding 19 public hearings, including hearings in nine different languages. The Committee also held a large number of meetings with advocates and legislators and maintained a website with case law, statistics, and ultimately, draft and final maps.

As part of the bill, the Second Worcester District, represented in the Senate by Senator Michael Moore (D-Millbury), is now subject to change. As it currently stands the Second Worcester District consists of part of the City of Worcester and the towns of Auburn, Grafton, Leicester, Millbury, Shrewsbury, Upton and precincts in Northbridge. Per this legislation, the district will no longer contain the towns of

Leicester, Northbridge or Upton, while adding Westborough.

"Redistricting can be a long a tricky process but is one that is essential as we must ensure that all residents of the Commonwealth are equally represented in the legislature," said Senator Moore. "It was great to have so many people express their thoughts and concerns throughout this process, and I am confident the map we have passed better meets the needs of all residents. It has been an honor and privilege to represent the residents of Leicester, Northbridge and Upton. I will certainly miss the relationships that I have forged in these communities over the past decade and I am looking forward to creating new friendships in Westborough. I'd like to thank Senator Brownsberger for

his thoughtful approach and his willingness and enthusiasm to listen to the people of Worcester and the many surrounding communities in Central Massachusetts."

The Special Joint Committee on Redistricting carefully identified and sought to meet its legal obligations under the Equal Protection Clause, the Voting Rights Act, and other relevant law. It also followed traditional redistricting principals, especially emphasizing keeping municipalities whole. In a move hailed by Massachusetts municipalities, the new Senate map reduces the number of towns and cities split between two or more Senate districts from 21 to 11.

The Senate bill will now go the House of Representatives for their approval. Complete details of the Senate map can be found at malegislature.gov/redistricting.

Blackstone Valley Tech annual report available

UPTON - Blackstone Valley Tech is proud to announce that copies of its 2021 Annual Report are now available to the Blackstone Valley Vocational Regional School District residents.

"It's become our custom to go beyond simply sharing financial and statistical data with you in our annual report," said Superintendent-Director Dr. Michael F. Fitzpatrick. "While it is a fundamental part of our operation, our student achievements and District successes truly exemplify the very essence of our mission. Therefore, you will find a variety of those stories in the report which plays an important role in keeping the community informed of its vocational-technical education system and the return yielded on its investment."

In Fiscal Year 2021, BVT carried out its mission in innovative ways while following all protocols to return to school and accomplish in-person learning. As a result, its students, administrators, and staff didn't miss a beat during a year that presented all educators with unprecedented change and challenges beyond expectation. BVT embraced the seasons of change, and in the process, its students excelled. They even exceeded the statewide average for attendance during the pandemic.

Demonstrating what is achievable with a high-quality education, its students are the best ambassadors for vocational-technical education. With an open mind and skilled hands, they shape the future workforce.

The annual report is available at www.valleytech.k12.ma.us/annualreport or by contacting the Superintendent-Director's office at 508-529-7758 x3037.

Willard House & Clock Museum announces the annual Robinson lecture

GRAFTON - In celebration of Willard's 50th Anniversary, the Annual Robinson lecture, led by Executive Director and Curator, Robert C. Cheney, will be held on Sunday, November 14, at 2 p.m. The presentation will be live at the museum and for the

first time, streamed live to those interested who can't make it to Grafton. Visit the museum's Facebook page to watch it.

Mr. Cheney explains, "the lecture, named in honor of the museum's founder, Dr. Roger Robinson, is an an-

nual event that features everything-Willard from the technical to the beautiful by some of the leading scholars in the field."

Robert's introduction to the Willard homestead began at age six (1959) when he accompanied his dad

to the property on his mission to save the original 18th century Willard clock shop from natural destruction, perhaps by moving it to Old Sturbridge Village, a 12-year-old outdoor history museum of colonial living and the all-important trades.

Despite the late Bradford W. Cheney's efforts for several years, he was unable to arrange funding for the project through the National Association of Watch and Clock Collectors (NAWCC) and several other sources. He finally had an opportunity to introduce the subject to Roger and Imogene Robinson, who by a rare coincidence, had just bought their first Simon Willard clock to furnish their own early Grafton home. Thus began the life-long passion of Roger and Jean Robinson to purchase this important property and restore it, and then to collect and furnish the oldest house in Grafton with a very important pedigree.

Now, the non-profit museum holds the largest collection of Willard family furnishings and clocks in the world.

"The museum holds clocks by all of the original makers; Benjamin, Simon Ephraim and Aaron during their active time in Grafton, circa 1750-1800," explains Cheney, "and their extensive later work in Roxbury and Boston into the 19th century." In addition, the next two generations of Willards, also superb clockmakers, are represented tracing their work to approximately 1850.

The presentation will discuss a selection of these priceless clocks, family holdings, and the field of clock



making in the 18th century. Says Robert, "the remarkable life-long passion of Dr. and Mrs. Roger Robinson to preserve this proud national heritage will be the lesson for us all to cherish the lessons of the past."

Executive Director and Curator Robert C. Cheney is a third-generation clockmaker, dealer, and consultant. His work has taken him to over fifty museums, the United States Congress, Supreme Court, and the White House.

He has been an appraiser on PBS's Antiques Roadshow while working at Skinner as Director of Clocks, Watches, and Scientific Instruments, and has lectured in the United States, Canada and the UK on related subjects.

Robert has recently been awarded a Silver Star Fellowship from the National Association of Watch and Clock

Collectors for his research, writings and lectures on the subject of early clocks.

Robert is a resident of Grafton.

Located at 11 Willard Street in North Grafton, MA, the Willard House and Clock Museum exhibits more than 80 Willard clocks in the birthplace and original workshop of the Willard clockmakers, along with family portraits, furnishings and other family heirlooms. Works by all three generations of Willard clockmakers, including famed clockmakers Simon Willard Jr. and Benjamin Franklin Willard, are also displayed. The Museum tour includes the original Willard House, built in 1740, the clock-making workshop, in addition to the galleries. Visit the Willard House and Clock Museum website at www.willard-house.org

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A leader of Women's Suffrage, Lucy Stone, transports Audiences back in time



Judith Kalaora as Lucy Stone in *I Now Pronounce You Lucy Stone™*, one of many historic figures featured in the company's repertoire. Photo ©Chris Cavalier Photography

GRAFTON - History At Play™, LLC (HAP, LLC) has garnered nationwide applause for their one-woman living history performances, chronicling the lives of legendary women who changed society. The fiery performance *I Now Pronounce You Lucy Stone™* has received accolades from journalists, actors, and historians alike and was featured on the WGBH Forum, a series of lectures and performances selected by WGBH to be streamed online.

Now, HAP, LLC brings Lucy Stone's incredible story live and in-person to the Apple Tree Arts, 1 Grafton Common, Grafton, on Sunday November 7, at 2:00 p.m. This one-time-only event is free and open to the public, and is generously sponsored by the Grafton Historical Society in partnership with the Grafton-Shrewsbury LWV. *I Now Pronounce You Lucy Stone™* is approximately 60

minutes, followed by real-time audience Q&A. Suitable for all ages. For more information, visit <http://graftonhistoricalsociety.org/>, email graftonmahistory@gmail.com or call 508-839-0000.

This program is supported in part by a grant from the Grafton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. www.massculturalcouncil.org.

In this presentation of *I Now Pronounce You Lucy Stone™*, History At Play™, LLC Founder and Artistic Director Judith Kalaora is Lucy Stone: the first woman from Massachusetts to earn a college degree, a fierce abolitionist, and women's rights activist. Challenging discrimination is not easy, but Lucy Stone is never one to take the easy road. Even Susan B. Anthony credited Lucy Stone for her involvement in the tumultuous women's rights movement. The fight for suffrage is ferocious, so come along for the ride.

HAP, LLC was founded in 2010 by Artistic Director Judith Kalaora in order to create immersive living history experiences and to chronicle the lives of influential and often forgotten women. Kalaora is a professional educator, award-winning play-

wright, and living historian. She graduated Magna cum Laude from Syracuse University and completed the Globe Education Program at Shakespeare's Globe Theatre of London, England.

Josh Lederman, NBC News Political Correspondent, attests: "History At Play connects the dots between the characters that made up our past and the events they shaped that still influence our lives." Jordan Rich, of CBS WBZ Radio, states that Judith Kalaora, the Founder and Artistic Director of History At Play, LLC, is "a one-woman force of nature and inhabits these women...it takes people like her to bring these stories to life...these

lost pieces of history."

History At Play™, LLC (HAP, LLC) has garnered international applause for their solo and ensemble Immersive Living History Experiences, chronicling the lives of influential and often forgotten figures.

Since 2010, the HAP, LLC Troupe has brought the legacies of historical figures to life in museums, libraries, universities, historical societies, senior living communities, and schools across the United States. History At Play™, LLC is

now available for booking both LIVESTREAM events as well as in-person live theatrical performances. Visit HistoryAtPlay.com to learn more and email info@HistoryAtPlay.com, or call +1.617.752.2859 for booking inquiries.

Lions Shredapalooza recycles paper and electronics

Everyone loves a "palooza" so the Uxbridge Lions are cashing in on the craze. Saturday, November 6, from 9 a.m. to 12 noon, the Lions will hold their second recycling shred event of the year at the VFW parking lot on Route 16 and Cross Road in Uxbridge. The fundraising event supports community organizations and individuals and contributes to Lions' chari-

ties such as sight and hearing research, disaster relief and diabetes education and more.

Once again, with services supplied by Onsite Computers of Uxbridge and Pellegrino Trucking Co. of Sutton, paper and electronics are securely shredded and guaranteed destroyed for \$5 per copy paper sized box or for \$5 each for the disposal of devices such

as phones, electrical cords, DVDs, cameras, USB cables, flat screen monitors, keyboards and radios and stereos.

A clearly marked lane with Lions volunteers will greet vehicles and assist in removing materials to be shredded. People are invited to witness the shredding or to receive a Certificate of Guaranteed Destruction for electronics.

Thimble Pleasures Quilt Guild planning spring show



The Thimble Pleasures Quilt Guild continues to prepare for its two-day biennial quilt show which will be held on March 12 and 13. The event will take place at Blackstone Valley Regional Vocational Technical High School in Upton from 10:00 a.m. to 4:00 p.m. each day. The show will showcase over 200 quilts designed and made by guild members. Also featured will be a silent auction, a boutique table, raffle baskets, and a raffle quilt.

Thimble Pleasures Quilt Guild was founded in 1992 and has a membership of 80 women from the local area. One of the goals of the guild is to share their quilting gifts with those in need. Pictured here are lap quilts made by guild members which are awaiting distribution to area nursing homes. Over the years hundreds of lap quilts have been donated to the residents of these homes. In addition to lap quilts, members also make and donate kennel quilts, comfort quilts, chemo caps, and placemats to local residents and groups.

The Thimble Pleasures Guild members invite you to attend our March quilt show to view our treasured quilts and to learn more about our community outreach.

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Community Harvest Project hosts 15th annual Harvest Home Fall Festival and 5K

GRAFTON - Community Harvest Project (CHP) will be holding its 15th annual Harvest Home Fall Festival and 5K on Sunday, November 7. This year's festival will feature in-person and

online aspects including a 5K fun run, an online auction, good food and drink, kids activities, a scarecrow contest, pumpkin trebuchets, apple cannons, and a live stream of the 1 pm Patriots game - fun

for the whole community. The online auction will feature a mix of items and services from local businesses and community members. The auction is open and will close on Sunday, November

7. The festival will celebrate another year of successful volunteer farming for hunger relief and put the farm to rest for the winter. Registration for the 5K and links to the auction can be found

on the CHP facebook page and website. Admission for the festival is \$10 per adult; kids under 5 are free. All proceeds from this event will support Community Harvest Project's mission to engage and educate volunteers to

grow fruits and vegetables for hunger relief.

Visit community-harvest.org for more information. Please contact MaryHope Gardner at MaryHope@community-harvest.org with questions.

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Mark Marzeotti

What is an attractive nuisance?

An attractive nuisance might sound like a trendy term for a cute kid or a pet begging for your attention. But it's actually a real estate term, and as a homeowner, you should know what it means. *What is an attractive nuisance?*

An attractive nuisance is the name given to any object or structure on a property that can lure people – typically children and elderly adults – into unsafe or even deadly situations.

A swimming pool is one of the most popular attractive nuisances known to homeowners. If a pool is not guarded by a gate, fence, or other type of enclosure, someone can wander over, fall in, and potentially drown.

Here's a list of common attractive nuisances: tram-

polines, jungle gyms, swing sets, dangerous animals, including some dog breeds, decorative fountains, Koi ponds.

That last one you might question, but remember that it is possible for someone, especially a small child or an adult with limited mobility, to drown in shallow water.

An unattractive liability for homeowners

When you set up a homeowner's insurance policy, you will likely be asked about whether you have some common attractive nuisances on your property. But don't think you're completely in the clear if your backyard doesn't have a pool or your kids prefer to play on the swings at the park.

It's not about an object being attractive to the eye as much as it is about appealing to someone's curiosity. And no one is more curious than a child, who can easily get into all sorts of trouble the moment an adult looks the other way.

"The owner of the property has to have it in mind that

there may be a chance that a child can stumble onto their property for something that might not be shiny or pretty in the aesthetic sense, but they certainly can appeal to a young person's curiosity. A few more examples:

- An abandoned, rusted-out car that can cause injury
- Discarded appliances that can cause entrapment
- A construction site with dangerous tools or deep ditches
- A tractor or other piece of rideable equipment that could be deadly in the hands of the wrong driver

It's important for homeowners to understand that young children don't really understand what it means to trespass – all they want is to get close to whatever it is that has grabbed their attention.

Does insurance cover attractive nuisances?

In the case of a lawsuit stemming from an injury or death caused by an attractive nuisance, an insurance company will fight for the homeowner if precautions were in place. However, there is a burden of proof for the homeowner.

For example, if someone sued a property owner for an injury or death sustained in their pool, it wouldn't be enough to prove the pool was fenced in; the homeowner would have to prove that the gate was closed and locked, which can be difficult. Even a "No Trespassing" sign on the property might not be of much help.

Protect yourself and others

Does this mean you have to give up on dreams of owning a home with an Olympic-sized pool with a diving board (that's another attractive nuisance, by the way)

or a water fountain that you can dance in like they did in "Friends"? Not exactly. But you do have to take measures to secure them all and make sure they are properly covered under your homeowner's insurance policy so that you (and future buyers, possibly) can enjoy your attractive nuisances responsibly. A realtor can help you identify these risks in your home and as always help you get the most value from your home in this brisk market. Call a Marzeottigroup team member today at 617-519-1871.

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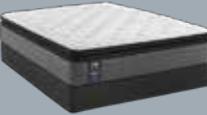
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