



Uxbridge gets grant to assist students choosing a career in education

State representative Michael Soter (R-Bellingham) is pleased to announce that Uxbridge High School will receive additional state funding from the Massachusetts Department of Elementary and Secondary Education (DESE) to create paid internships for high school seniors interested in becoming teachers

and educators.

The announcement, made by DESE commission Russell Johnston, releases \$1.5 million in grant funding to schools in 34 cities and towns.

Uxbridge High School will collect \$29,250 to pay high school seniors for what would otherwise be unpaid internships in the area

of education. Seniors at Uxbridge High School are currently steered into internships with local businesses and this funding will expand the program for students interested in careers as teachers.

UXBRIDGE
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The town of Uxbridge will hold a special town meeting on Tuesday, June 18 at 7 p.m. at Valley Chapel, 14 Hunter Road, Uxbridge.

Early Learning Center Gets Recognition

Principal Mark LaBossier has announced that the Taft Early Learning Center has been recognized as a 2023-24 Project Lead the Way (PLTW) Launch Distinguished School.

The school is one of 535 elementary schools recognized by the program. It is a national honor that selects schools that provide broad access to learning opportunities for students through PLTW programs.

The Early Learning Center had to meet several criteria such as offering and enrolling students in at least one PLTW module during the 2022-23 school year.

The school's STEAM lab was recognized leading students to success in an evolving world and making great strides in learning through the program.

A STEAM lab is based on the STEM model, including science, technology, engineering and math. It also adds another domain – the Arts. Both programs approach learning in an integrated way. Subjects such as math and

science may be combined into a single, inquiry-based lesson.

Through STEM and STEAM, students get a look into real world problem-solving.

“Part of our mission is to ensure that our students become progressive learners, innovative problem-solvers and flexible thinkers, said schools Superintendent Michael Baldassare. “The STEAM lab is a perfect example of how we achieve that goal and I am so proud of them.”

PLTW also guides professional development opportunities and continued support to teachers.

Its approach empowers students as young as Pre-K to discover their interests and explore them, as well as imagining and designing solutions to real-world challenges in order to become independent, confident problem solvers.

The PLTW Launch program engages students in learning that feels like play and encourages constant discovery fostered by critical and creative thinking.

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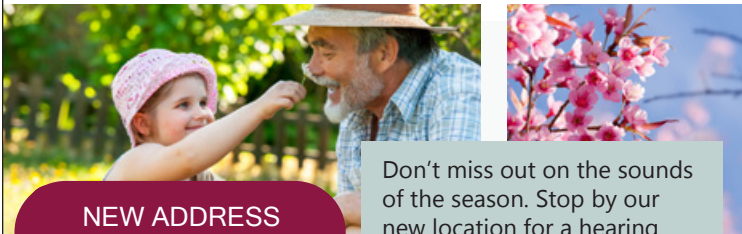
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The North Uxbridge Fire Museum will hold its Grand Opening at 1 p.m. on Saturday, June 22. A rain date has been set for Sunday, June 23 at 1 p.m. Harry A. Romasco, museum president invites the public to attend the open house at 313 North Main Street, Uxbridge.



UXBRIDGE

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The state office of DESE offers this program to ensure the future success of elementary and secondary teachers in Massachusetts. Students will gain valuable experience in a career-readiness programs that offer a hands-on opportunity to work with elementary students in a classroom setting,

learn instructional methods from mentor instructors and learn from an educator preparation curriculum. "I am extremely grateful to learn that the town of Uxbridge has been chosen to receive this funding," said Rep. Soter. "The work done by Principal Michael Rubin and Superintendent Michael Baldassarre in building the existing internship program has been instrumental in young adults in our district for suc-

cessful careers beyond high school. With this funding, students who are interested in becoming teachers will be financially supported as they gain necessary experience in the field." Rep. Soter further emphasized the importance of funding internship programs doe high school students and making certain there is easy access to essential career paths as elementary and secondary educators.

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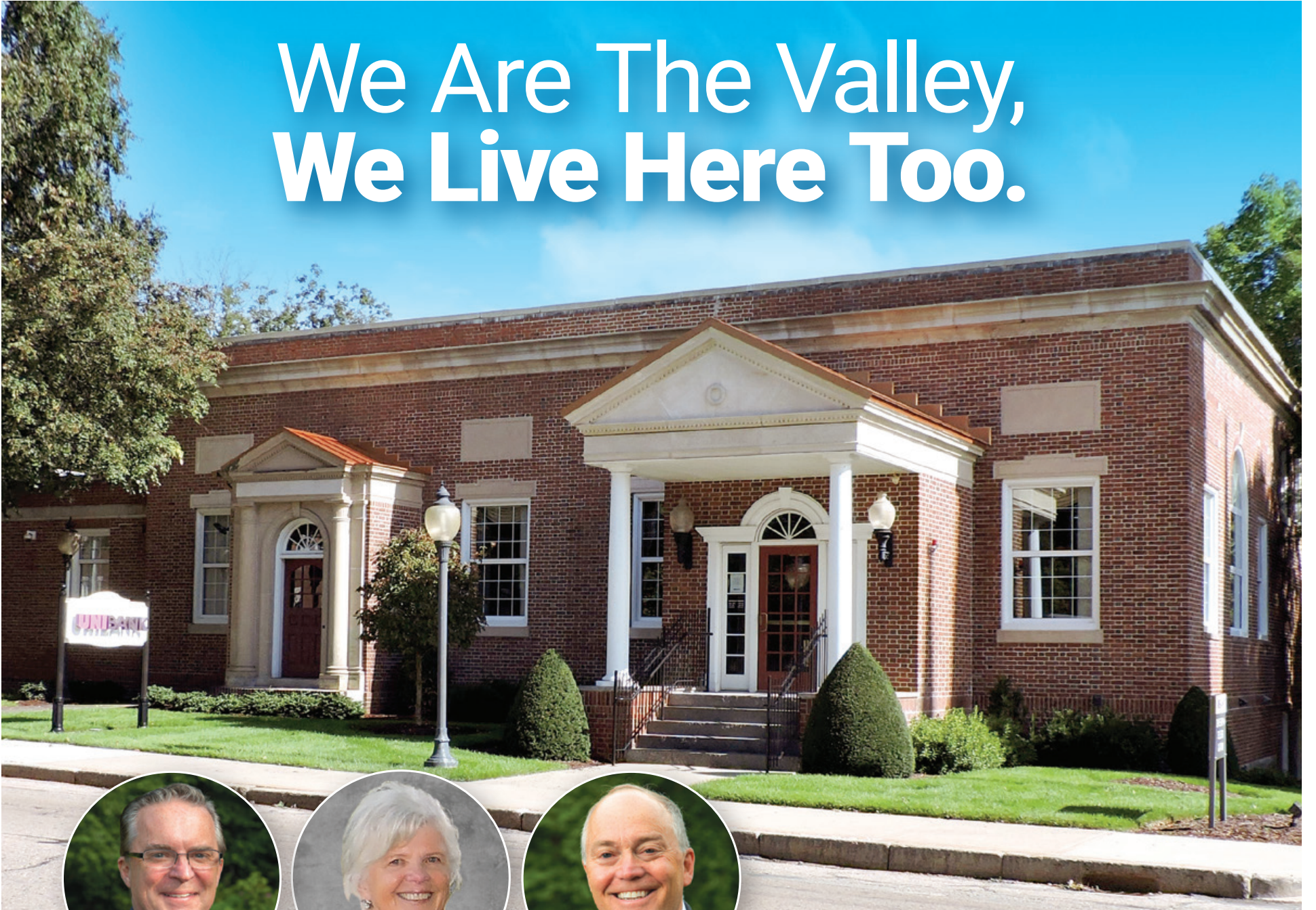
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11:30 a.m. Music and Movement
4 p.m. Young Readers Club
6:30 p.m. SciFi Book Club
6:30 p.m. Intrepid Readers

THURSDAY, JUNE 13
4 p.m. Book Wizards
5:45 p.m. Fiber Art Friends

TUESDAY, JUNE 18
11:30 a.m. Music and Movement
JUNE 19
Closed for Juneteenth
THURSDAY, JUNE 27
5:45 p.m. Fiber Art Friends

READ, RENEW, REPEAT
Your children are invited to join the Douglas Public Library's Summer Reading Program and attend the fun events we are planning for children ages 18 months to 12 years. This summer's theme is "Read, Renew, Repeat." We will explore the theme of conservation, which may or may not include: protecting species from extinction, maintaining and restoring habitats, enhancing ecosystem services, and protecting biological diversity. The

programs are free, open to children of all ages, and will run from July 8th through August 14th.

2024 Summer Storytime Schedule:
Monday @ 10am for ages 15 months to 3 years.
Monday @ 1pm for ages 3 years to 5 years.
Monday @ 3pm for ages 4 years to 7 years.

Some highlights of this summer's big events include (watch for date and times):
Kickoff – Comic Mime Robert Rivest* – "Read, Renew, Repeat!"
Ed Cope as Ed the Wizard* – "Reading is Magic"
Hands on Nature* – "Animal Camouflage"
Talewise* – Science Heroes: The Adventure Begins – Science Show
Animal Adventures* – Meet and learn about a few animals up close and personal.
Picnic finale and prize giveaway**

The public library cares about your children and has planned programs to keep them reading and learning all summer. Whether counting the amount of time your children spend reading or the number of books they have read this summer, children who join the summer library program keep their brains active and enter school in the fall ready to learn and ready to succeed.

These fun activities are offered this summer to motivate children to discover the personal joy of reading and to showcase the reading achievements of our community's young people. In addition to supporting the children reading independently, the program offers support to the family that reads together. All children will receive a raffle ticket when they sign up for the program. At the picnic finale tickets will be pulled at random and when their name is drawn, they will be able to choose a prize at the summer reading store sponsored by the Friends of the Library. Children unable to attend the picnic can come to the library anytime after the picnic to choose their prize. Children must register for the activities that require sign up to participate in that activity.

If you have any questions about the summer program or the Douglas Public Library services, please contact me at 508-476-2695 / dsoderman@cwmar.org.

"Read, Renew, Repeat!" is sponsored by your local library, the Massachusetts Library System, the Boston Bruins, and the Massachusetts Board of Library Commissioners.

* Funded in whole by the Douglas Cultural Council.
**Funded by Friends of the Douglas Library

Uxbridge Public Library

15 North Main Street
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FRIDAY, JUNE 7
Lawn Games & Water Table
9 a.m.-1 p.m.
Lego Challenge Build: 12:30-1:30 p.m.
MONDAY, JUNE 10
Baby Storytime: 11:30 a.m. – 12 p.m.

Blossoming Youth Yoga: 6-6:30 p.m.
Teen Aura Photography with Sha Blackburn: 6 - 7:30 p.m.
Cardmaking Hands-On Workshop: 6:15 - 7:45 p.m.
Knit-n-Stitch Circle: 6:30 p.m.
Gentle Flow Yoga: 7 p.m.
TUESDAY, JUNE 11
Toddler Tumble: 11 a.m. – 12 p.m.
Senior Center Book Club: 1 p.m.
Seaglass Windchimes: 4:15-5:15 p.m.
Board of Library Trustees Meeting 7:00 p.m.
WEDNESDAY, JUNE 12
Crafty Wednesdays: 10 a.m. - 5 p.m.
Toddler/Preschool Storytime 11:30 a.m. – 12 p.m.
Book-a-Librarian: 2:30 p.m.-4 p.m.
I Scream for Ice Cream! 4:15 - 5:15 p.m.
THURSDAY, JUNE 13
Science with Amanda: Jellyfish 4:30 P.M. - 5:30 P.M.
Paint-Your-Own Pottery Night for Adults: 6 p.m.
Virtual Fortnite Tournament: 6-8 p.m.

Financial freedom: A gift to your family



Mark Freeman

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Here's a sobering statistic: 72% of retirees say one of their biggest fears is becoming a burden on their families, according to a study by Edward Jones and the consulting firm Age Wave. If you are near retirement, how can you prepare yourself to become financially free, so you won't have to depend on grown children or other family members?

Here are a few suggestions to consider:

- **Keep adding to retirement savings.** Today, with a greater awareness of healthy lifestyles, many people are spending two, or even three, decades in an active retirement. To help pay for those years, then, you'll likely need to build your retirement savings as much as possible. So, while you're still working, try to contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan. If you are in the later stages of your career, possibly close to your peak earning power, you may be able to put in sizable sums every year.
- **Choose an appropriate withdrawal rate.** While it's obviously important to build your retirement savings, it's just as essential to make the money last. Once you retire,

you'll want to establish an appropriate withdrawal rate — that is, the amount you can take out each year from your 401(k) and other investments without running the risk of outliving your money. The amount you can safely withdraw each year will depend on a variety of factors, including your age, your account balances, Social Security benefits, inflation, income tax rates and spousal income. In any case, selecting a suitable withdrawal rate can help go a long way toward preserving your financial freedom throughout your retirement.

- **Think about downsizing.** One possible way to boost your savings and add liquidity is to downsize your living arrangements. This may be an attractive option if your children are grown and your current home feels too large. Of course, downsizing is a highly personal decision — if

you've lived in your home for many years, have fond memories of raising a family in it and still enjoy the neighborhood, it can certainly be hard to leave. Consequently, you'll need to weigh these emotional factors against the potential financial benefits of moving into a smaller, less expensive space.

- **Prepare for long-term care costs.** If you were ever to need some type of long-term care, such as an extended stay in a nursing home, you could face some sizable expenses, most of which may not be covered by Medicare or a Medicare Advantage plan. And clearly, you would not want to put your grown children in a position where they might feel the need to step in financially. To help avoid this possibility, you may want to consult with a financial professional about addressing these costs through strategies

that may be appropriate for your needs.

These aren't the only ideas to consider in helping maintain your financial independence and reducing your potential dependence on your family during your retirement years. But taken together, they can give you a good start — so think about putting them to work.

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

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Douglas Cub Scout Pack 316 Places Flags for Memorial Day


As Scout is Reverent-- Cub Scout Pack 316 proudly replaced the flags on the graves of military veterans at St. Denis Cemetery in Douglas, MA. "There are over 350 veterans buried here, and it's our honor to help their families remember their service and sacrifices. It's hard work, but our

Scouts work together every year to make sure each and every one has a brand new flag," says Pack 316's Cubmaster. This year, about 20 Scouts and their families participated.

Pack 316 has a longstanding history of serving the community. Over the last couple of years, we have raised thousands of dollars in Heroes and Helpers donations which help provide gifts to first responders, troops at-home or overseas, veterans, and military families. In addition to the flag replacement, the boys and girls of Pack 316 also march in Vet-

eran's Day parades, clean up trash around town for Earth Day, and support our local teachers and first responders.

For more information or to join Pack 316, please reach out to douglasp316@gmail.com. Our Pack provides lifelong memories and friendship for elementary school aged children in Douglas MA and the surrounding area. If you'd like to support our 2024 Heroes and Helpers donation campaign, you can donate online by visiting <https://trails-end.com/store/scout/P94X0TJZ>.



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Sunshine Club News

The Sunshine Club that supports the Douglas Senior Center celebrated with a virtual "cruise" on the Liberty of the Seas Royal Caribbean Cruise. The Sunshine Club meets the first Tuesday of every month. Anyone is welcome to join.

Learn about the "Return of the Bald Eagle" Friday, June 14 at 11:30 a.m. Bill Reid will be here to give a power point presentation, Last Green Valley. There will information also on outdoor activities, maps, etc. The presentation is approximately one hour, and there is time for questions afterwards. Light refreshments will be served, there is no charge for this event. Please call the center to sign up by 6/12 @ 508-476-2283.

Join us for a river cruise down the Danube River on an AMA Water Way cruise ship. We will be going in October 2024. The Sunshine Club is organizing this trip

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Danube River. For more information about this itinerary and travel plans, please contact Pam Schwartz at 508-476-4474. This trip is open to everyone!

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UXBRIDGE LIBRARY

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FRIDAY, JUNE 14

Lawn Games & Water Table
9 a.m. - 1 p.m.

The BaNannies: 10:30 - 11:15 a.m.

MONDAY, JUNE 17

Baby Storytime: 11:30 a.m. - 12 p.m.

Blossoming Youth Yoga: 6-6:30 p.m.

Teen Silicone Beads Keychain:
6-7 p.m.

Knit-n-Stitch Circle: 6:30 p.m.

Gentle Flow Yoga: 7 p.m.

TUESDAY, JUNE 18

Baby Bumble: 11 a.m. - 12 p.m.

Historical Fiction Book Club: 3:30 p.m.

Wooden Treasure Chest

4:15 - 5:15 p.m.

WEDNESDAY, JUNE 19

Library Closed

THURSDAY, JUNE 20

Music and Movement with Deb

Hudgins: 11 - 11:30 a.m.

Summer Reading Kickoff!

3:30 - 6 p.m.

Gentle Flow Yoga: 7 p.m.

FRIDAY, JUNE 21

Lawn Games & Water Table

9 a.m. - 1 p.m.

MONDAY, JUNE 24

Blossoming Youth Yoga

6-6:30 p.m.

Clay Time: Paint Your Own Pot-

tery: 6-7 p.m.

Bookies Book Club: 6:30 p.m.

Knit-n-Stitch Circle: 6:30 p.m.

TUESDAY, JUNE 25

Toddler Tumble: 11 a.m. - 12 p.m.

WEDNESDAY, JUNE 26

Crafty Wednesdays: 10 a.m. - 5 p.m.

Embroidery 101: 1 p.m.

Book-a-Librarian: 2:30 - 4 p.m.

Kindness Speaks: 4:15- 5:15 p.m.

THURSDAY, JUNE 27

Embroidery 101: Evening Class

6 p.m.

Henna by Jen! 6-7 p.m.

FRIDAY, JUNE 28

Lawn Games & Water Table

9 a.m. - 1 p.m.

PopUp Library at the Senior Cen-

ter: 11:30 a.m.

Lego Challenge Build: 12:30-1:30p.m.

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DIRECTOR'S NEWS FOR JUNE 2024

Our Father's Day party will take place on Friday, June 7th at 12 noon. Our Lunch & Learn event will also take place on this day. Jenna Gouin, Community Health Worker from the Blackstone Valley Partnership for Public Health, is our guest speaker. Please join us for this celebration. The Uxbridge Elderly Connection is sponsoring this event. RSVP required.

- World Elder Abuse Awareness Day (WEAAD) is June 15th

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse

and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. Recognizing the warning signs of elder abuse can help determine if your loved one is being neglected or disrespected. Some indicators of abuse or neglect may include a change in behavior or appearance, a rapid display of injury marks like bruising or scarring, or a sudden change in financial resources. For more information or assistance, please call the senior center.

- Come join our Knitting Group!

Our Knitting Group meets every Tuesday at 1:30pm at the Senior Center. Even if you don't know how to knit or crochet, come and visit us! The group members are always willing to teach you. Our Knitting Group recently donated hats and gloves to the Uxbridge Public School students during the winter months. This is a great opportunity for the Senior Center to give back to our school students and the greater Uxbridge community. The group also has some beautiful handmade gifts available for sale at the senior center. If you need a baby shower or birthday gift, please stop by, and check out the selection of items! All sales go to the Uxbridge Senior Center Activity Donation Fund.

- The Annual Summer Cookout with State Rep. Mike Soter will be held on Friday, June 21st at 12 noon at McCloskey School located on 62 Capron Street in Uxbridge.

Please note that this is an outside tented event, please dress accordingly. This free event is limited, please call the senior center to sign up early, this cookout will fill up fast! The menu will consist of a lobster roll and all the fixings. Thank you in advance to Rep. Mike Soter for putting on this spectacular event!

- Uxbridge Senior Center Drama Club? Does that sound like something it would be fun to do? Reading aloud, discussing, viewing plays could be our focus. Field trips to local community theatres are a possibility. Maybe invite some high school students to join in reading some selections. Call the Uxbridge Senior Center, 508-278-8622 if you are interested.

Tuesday, June 11th – 1:00 pm – Uxbridge Library Book Club. They will be discussing "One Italian Summer" by Rebecca Serle. You are welcome to join us for lunch on this day, just be sure to call ahead to "book" yours! Next book club meeting is on Tuesday, July 9th.

Tuesday, June 11th – 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Katelynn Wackell. Next date will be July 9th.

Friday, June 14th – 12 noon – Uxbridge Fire Department Quarterly Luncheon Talk. Please join

UXBRIDGE
continued on page 11



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Northbridge Senior Center

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SUPER Duck Boat Tour & Lunch Trip June 10 all day Super Duck Tours focuses on the history of Boston and splashes into Boston Harbor. 45 minutes is spent on land and 45 minutes at sea. Lunch will be at the Mount Vernon Restaurant. Total cost is \$75 which includes motor coach transportation, full lunch, and the Super

Duck Tour.

Wild Flowers of the Northeast June 11 Celebrate the intricacy and enchanting beauty of our native and naturalized flora. John Root will teach audiences to learn distinguishing characteristics of the major plant families in this ninety-minute power point presentation.

Twin River Casino Trip June 13 @ 11:30 Everyone's favorite place to go. Sign up early to reserve your spot. Cost of trip is \$7, all other expenses are on you.

Nashoba Valley Wine Tasting & Picnic June 18 @ 11:00 Taste wines from a local winery, walk their gorgeous vineyard and enjoy a picnic. The total cost is \$30 which includes transportation, lunch and the wine tasting.

Movie June 25 @ 1:00 Lights, camera, action! "The Proposal" a hilarious comedy.

Friends of Northbridge Elders (FINE) is offering free BOWLING to residents of Northbridge only. Bowling is the first Monday and

third Wednesday of Every month. If you are interested, join them at

Spare Time Bowling Alley.



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Mondays - 8 a.m.-12 p.m. Pickleball; 9:45 - 11:45 a.m. Painting; 12 p.m. Strength & Balance; 2 p.m. Mat Yoga

Tuesdays - 9 - 10 a.m. Walking Club; 9:30 Cribbage; 9:30 a.m. Zumba; 11:30 a.m. Bingo/lunch; 1 p.m. Technology Class;

Wednesdays - 8 a.m. - 12 p.m.

Pickleball; 10 a.m. Balance & Strength; 10 a.m. Darts; 12:30 p.m. Singing; 1 p.m. Mahjong

Thursdays - 9- 10 a.m. Walking Club; 9:30 a.m. Chair Yoga; 9:30 Pitch; 11 a.m. Wii Games; 12:30 p.m. Hand Foot Cards

Fridays - 10 a.m. Balance and Strength

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Terri and Mike

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

BY CHRISTIE VOGT
CONTRIBUTING WRITER

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

The business offers same-day service for both residential and com-

mercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us,

Business spotlight

you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items whenever possible and properly disposes of non-recyclables.

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

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



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

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

As for Uxbridge, Northbridge and Douglas in particular Schadler says they are proud to have many repeat

customers and friends in the area.

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

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

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UXBRIDGE*continued from page 8*

us and meet the Fire & Emergency Medical Response Crew. This is an educational presentation and lunch event. Please call to RSVP.

Wednesday, June 19th – The Senior Center will be closed in observance of Juneteenth Day. We will re-open on Thursday, June 20th.

Thursday, June 20th – 12 noon – Walmart Eye Health Awareness. The Walmart Vision Center from Whitinsville will be at the senior center to clean and adjust your eyeglasses and share with us information about eye health. Come join us for lunch and attend this free event! Please call to RSVP

Friday, June 21st – 12:00 pm – Annual Summer Cookout with State Rep. Mike Soter. This free event will take place at McCloskey School located at 62 Capron Street. Come for a lobster roll and all the fixings. Please dress accordingly, this is an outdoor tented event. Please call to RSVP.

Monday, June 24th – 1:30 pm – “Ask the Attorney” with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment.

Tuesday, June 25th – 9:00 am – 12:00 pm – SHINE Appointments – Pat Nectow, our SHINE Counselor, is back to help you with your health insurance questions. Please call 508-278-8622 to schedule.

Tuesday, June 25th – 11:00 am – 12:00 pm – Ask the Nurse Free Blood Pressure Clinic with Nancy Favulli, Salmon Health VNA. RSVP to participate and to join us for lunch.

Friday, June 28th – 11:30 am – 12:30 pm – “PopUp Library”. Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program is being offered by the Uxbridge Free Public Library.

Friday, June 28th – 12 noon – June Birthday Cake Celebration. Come Celebrate all the birthdays that are in June!

- Card Game played during lunch on Mondays.
- 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.
- Knitting Club every Tuesday @ 1:30 pm – Come join the creative fun!

- Walk & Talk Exercise Group every Tuesday @ 2:00pm – Join Doreen Cedrone, our Wellness Coordinator, in walking local trails in Uxbridge. Our hiking trails may change every month. The program is weather permitting and there is no charge. Don't forget to wear comfortable shoes and bring a water bottle. Participants are required to complete an enrollment and

waiver form. Please call the senior center for more info and to receive your forms. This is a Free Event!

• Every Wednesday – 9 am – 3 pm – The Uxbridge Senior Center Transportation Program Community Shuttle. This shuttle is for seniors and individuals with disabilities to destinations such as post office, pet care appointments, hair salon or barber, bank, pharmacy & shopping anywhere in the Uxbridge/Northbridge area. Note: this replaces the weekly bank/pharmacy and Shaw's Ocean State rides. Call 508-278-8622 for more information and to book your FREE ride. Requests require a 48-hour notice.

Wednesdays – “Canasta” Hand, Knee & Foot Card Game – 1:00 pm – 3:30 pm. No game on June 19th.

There will not be any Scrabble Games during the Summer Months.

Medical Transportation is

accepting appointments. Call 508-278-8622 to schedule your rides.

The senior center is in need of the following donations: Lysol wipes, newly packaged napkins, paper towels, tissues, toilet paper,

tea (regular and caffeine free), ground regular & decaf coffee. We thank you for your support!

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.

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Sticking Together

BY AMY LECLAIRE

Some mornings are simply crazy. The week following Memorial Day was no exception. A four-day week caused a traffic jam in the flow of our typical week. Since Luke is a dog who married into a busy family, he was about to pay an unfair price. Ahem. That is, until I stepped in. Here's the Wednesday morning story.

My son, Ben, fed Luke and let him out before leaving for work at 7:15 am. I checked into the kitchen fifteen minutes later to find the obvious note. LUKE ATE. (Luke has been known to bluff when a family member feeds him early, facing his bowl like an impoverished child in pursuit of a double dip). I did a happy dance. One less thing to do before leaving to teach a class. I texted my son a follow-up note. "Did Luke poop?" Dog parenting is much like training a toddler to go on the potty. Scheduling and communication are important. My family is not above talking about Luke's poops. "No."

The weight of the world bore

down upon me.

Jim, my husband and Luke's Daddy, entered the scene 15 minutes later, briefcase in hand. "You're headed to the office today?" I did the math. Who would be available for Luke this morning? "Do you think you can let Luke out to do his poop before you leave? I have class this morning."

Luke raised a brow. "Mummy, I'll go when I need to go." When Luke needed to and when he could go were two different things. Unlike my last few Golden Retrievers, Luke outgrew his crate when he was only four months old. He was a bull with a big head in a China closet that he resented. We heard

him shift through the night like a sheet-tossing sleep partner and had to make a change. We allowed Luke the freedom to choose where he wanted to sleep downstairs. First, he created his own safe space beneath the kitchen table, where he curled up like a kitten throughout the night. I'd enter the kitchen to find him waiting for the morning cue to get up and walk around. "Good boy, Luke!" Months passed, and he began to collapse on the dog beds we offered him. Now, at two and one-half, Luke has developed the sleep habits of a male living in his own bachelor pad. He snuggles with us on the couch. He stretches like a lion across accent rugs. He sips water from the toilet bowl. We're waiting to find him cracking open a Coors Light at 3 a.m. Luke stayed in his crate until he was over a year. When we left him alone for a few hours, even outside of the crate, he never had accidents. Luke is a dog of a different color.

"I never should have eaten that bunny poop. My stomach was off. I did my best to hide that mound on the edge of the carpet. How did you find it?"

Busy lives or not, Luke needed to do his business before we left the house. "Go do poopies, Luke." Daddy let him out, but only to find Luke trotting back up the stairs, almost as though sensing the immediacy of our request, and perhaps not wanting us to leave. He collapsed on the floor. His dog calendar was wide open. "I need to relax before the poop will come out."

"He'll be fine." Daddy detached from the conflict and headed out. I was less convinced that Luke would be fine. It wasn't fair to make him hold it or worse, not hold it. I did what every good Dog Mom does. I grabbed his leash and told myself we'd figure it out. "You want to come to Crunch Fitness with me, Luke?"

"I thought you'd never ask!" (I swear I noticed him wink to an invisible reader at that very moment). We drove in peace. Luke has been



the easiest travel companion of all my dogs. He popped his head from the sunroof of his dog crate and quietly watched the cars and houses pass him by. We arrived at Crunch Fitness ten minutes early on a sunny Wednesday morning. There was no way I could leave Luke in the car, even with the windows open. The temperature was already climbing. Dogs are vulnerable to heat stroke. With a few minutes to spare, I unloaded Luke and walked him along the sidewalk flanking the gym. We found a patch of mulch across the street. Luke did number two while solving problem number one. Hallelujah! But what would Luke do while I teach class? Where would I put Luke?

"That water bottle is the best!" Luke was about to party on through a Zumba class. He made an immediate connection with his Auntie Jo (sweet Bruno's Mom) and pranced about the room with her water bottle. He squealed joyfully. He could barely contain his sudden luck. "Fitness is the best. I feel like they cranked the AC too!" I set up my music with only one minute to spare. I couldn't let Luke roam freely about the room. Members needed to concentrate on the dances. How would I teach a full Zumba class with my dog?

I was about to find out that I would teach with my dog present very easily. Leashed and tied to a bar at the back end of the room beside Auntie Jo, Luke rested against her cloth pocketbook and

LUKE

continued on page 13

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REAL ESTATE

The Mistakes Buyers could Make Today Without a Pro Agent

Buyers face challenges in any market and today's is no different. With higher mortgage rates and rising prices and limited supply of homes for sale, there's a

lot to consider. But, there's one way to avoid getting tripped up, and that's leaning on a real estate agent for the

best possible advice. An expert's insights will help you avoid some of the most common mistakes homebuyers are making right now.

PUTTING OFF PRE-APPROVAL

As part of the home buying process, a lender will look at your finances to figure out what they're willing to loan you for your mortgage. This gives you a good idea of what you can borrow so you can really wrap your head around the financial side of things before you start looking at homes. While house hunting can be a lot more fun than talking about finances, you don't want to do this out of order. Make sure you get your pre-approval first. If you wait to get preapproved until the last minute, you might be scrambling to contact a lender and miss the opportunity to put a bid on a home.

HOLDING OUT FOR PERFECTION

While you may have a long list of must-haves and nice-to-haves, you need to be realistic about your home search. Even though your ideal state is you find a home that checks every box, you may need to be willing to compromise especially since inventory is still low. Plus, a home that has everything

you want may be too pricey. When you expect to find the perfect home, you could prolong the home buying process by holding out for something better. Or you could end up paying more for a home just because it meets all your needs. Instead, look for something that has most of your must-haves and good bones where you can add anything else you may need down the line.

BUYING MORE HOUSE THAN YOU CAN AFFORD

With today's mortgage rates and home prices, there's no arguing it's expensive to buy a home. And while it may be tempting to stretch your finances a bit further than you're comfortable with to make sure you get the house, you want to avoid overextending your budget. Make sure you talk to your agent about how changing mortgage rates impact your monthly payment. Focus on what monthly payment you can afford rather than fixating on the maximum loan amount you qualify for. Just because you can qualify for a \$300,000 loan doesn't mean

you can comfortably handle the monthly payments that come with it along with your other financial obligations. Every borrower's case is different, so factor in your whole financial profile when determining how much house you can afford.

NOT WORKING WITH A LOCAL REAL ESTATE AGENT

This last one may be the most important of all. Buying a home is a process that involves a lot of steps, paperwork, negotiation, and more. Rather than take all of this on yourself, it's a good idea to have a pro working with you. The right agent will reduce your stress and help the process go smoothly. Attempting to buy a home without a real estate agent makes the process more arduous than it needs to be. A real estate agent can give you professional guidance and legal references, market expertise and support, which will save you time, money and stress. They can also increase your chances of finding the right home so you don't have to spend hours scouring the internet for listings. Mistakes can cost you time, frustration, and money. If

you want to buy a home in today's market, connect with The Marzeotti Group or a local real estate

professional so you have a pro on your side who can help you avoid complications.



BY MARK MARZEOTTI



Mark Marzeotti
REALTOR®

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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**

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LUKE

continued from page 12

listened to the music calmly; an old man waiting for a catch on a fishing boat. He looked up every so often at me and broke into a smile that made my heart dance. "You can always count on me to be a good boy, Momma. We just need to stick together."

I couldn't agree with Luke more. Stay tuned for more on Luke Valentino.

Follow him on IG @livingwith-lukevalentino

Write to Amy at amyleclaire@hotmail.com



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TALES FROM BEYOND

tomdagostino.com

The Ghosts of Great Swamp

BY THOMAS D'AGOSTINO

The Great Swamp fight in Charlestown, Rhode Island was one of the most important battles of King Philip's War. This is also known as the forgotten war as it does not appear in many scholastic history books or school curriculum which is rather unfortunate, as the conflict was the bloodiest war per capita ever fought on American soil. The Narragansetts had signed a neutral treaty with the English stating they would not get involved in the war but at the same time, felt obligated to help

women and children from tribes that had been displaced during the conflict. Governor Winslow took this as a sign of treachery on the Narragansett's part and ordered an attack upon their winter quarters.

On December 19, 1675, 1,150 English and Mohegans, with the help of a captured Narragansett named Peter, easily marched up to Conanchet's five-acre fort in Great Swamp. At first, they found it difficult to penetrate the massive fortress until a Connecticut regiment found an opening from the rear of the fort and rushed in. The Indians immediately killed

several of the English, including Captains Joseph Gardiner, Isaac Johnson and Nathaniel Davenport. The Indians, though great in numbers were mostly women, elderly men and children. They suddenly found themselves severely overpowered by the ingress of colonial militia.

Ninety seven warriors fell that day and five hundred to one thousand women, children and other non-combatants were mercilessly slain. Most of the Narragansetts were killed, taken prisoner or ran into the woods where they succumbed to hunger or the elements. The brutal battle almost totally annihilated the Narragansett tribe. Upon retreat, the militia set the camp ablaze. The colonists, although victorious in the battle suffered greatly as well, having lost seventy men and one hundred and fifty wounded. Several of the casualties were English officers who fell early during this fight as they led the charge toward the fortress. More of the militia succumbed to their wounds on the long march through the deep snow and cold

back to Smith's Blockhouse, now Smith's Castle in nearby North Kingstown.

There is a great burial ground where the casualties of war were interred and at night, the disembodied battle cries, gunshots, and screaming echoes through the hours of darkness as the spirits of those who perished in the struggle relive their last mortal moments.

Great Swamp Management Area is now used for hiking and scouting. In the fall and winter months, hunters grace the woodland looking for game. A long catwalk spans a section of the swamp where one can meander and imagine how difficult it must have been to navigate the terrain, especially in winter. Many artifacts within the confines of the old encampment have been unearthed over the centuries such as arrowheads and musket balls. There are other artifacts, those from the other side that also linger within the management area. Ghosts of those who suffered in the skirmish are seen wandering throughout the swamp where

they met their untimely fate. Warriors in full war paint and battle clothing are heard screaming battle cries and are sometimes seen flitting through the trees and brush. English militiamen and the ghosts of women and children who met a tragic end are among the spirits that still roam the swamp eternally reliving their day of infamy. Hunters, hikers and park service people all swear to the unearthly phenomena lurking among the thick within these cursed woods. As one traverses the trails and woods of Great Swamp, take in the history and never let it be repeated; there are enough ghosts in the recreational area due to the mistakes of humankind.

One more note; Since the 1930s, Narragansett and Wampanoag people have commemorated the battle annually at the site of the massacre in a ceremony initiated by Narragansett-Wampanoag scholar Princess Red Wing that includes ritual wailing by tribal women.



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SPORTS

Northbridge Boys Relay Runners Headed to States

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Northbridge track and field has been on a downslide over the past two decades, but this winter and spring season the Rams have been on an upswing, setting five new school records and having 12 athletes qualify for the state meet. Most notably, the boy's 4x100 and 4x400 relay teams will be taking their talents to the State Tournament this spring season. This season, Sean Williams,

ticket to participate in the States. Remarkably, Williams also set the school record in the 55m dash and was a part of the record-setting 4 X 200 relay with Zachary Tevepaugh, Jason Bolduc, and Ryan Bedigian, this winter, breaking records that stood for 24 and 14 years respectively. Seamus White is the team's alternate in this event and is also competing individually in the triple jump at states. In addition, another jumper, Jacob Boone will be heading to the states in the high jump.



4x4 Relay team. Photo submitted

but will be the team's alternate at states as Lippolis, has stepped up his speed as of late, earning him a place on the 4 X 400 relay team and unlocking a qualifying time in the 400m dash for states. "Anthony's time could help to shave at least 3 seconds off of the relay's overall time," Boys' head coach Candice Colón said. "With their state qualifying time, they are only 1.7 seconds off of the school record, so it's quite possible that

they break it at the state meet." Also, of note, Reilly who recently captured the 800- and 1-mile school records (one of which stood for nearly 50 years) is one of the best runners in the state division and will be contending for a top spot in both the 800 and 1 mile at the state meet. In general, the entire Northbridge track & field team has been part of something bigger this year. "People tend to think of track

and field as an individual sport, but there is actually a huge team aspect to it," the head coach said. "The entire team needs to pull its weight to be successful; everyone needs to show up each day and be accountable for their work ethic while showing unwavering support for one another." At the start of the winter season, the team was in need of a coach and in stepped Colón as the new head coach. Now, along with the exceptional teamwork of Paul Leonard, the girl's head coach, and assistant coach/jumps coach Amanda Kelly; as well as volunteer coaches Joe Strazzula (throws) and Paul Reilly (distance and Northbridge's head cross country coach), and the support of their Athletic Director, Jamie Marcoux, the Rams track and field program is once again beginning to flourish. Upon Coach Colón's entrance as the new head coach, her athletes thought some of the new technical work she introduced to be on the strange side, but now that they've had the time to work with her and

RELAY

continued on page 17



4x1 Relay team. Photo submitted

Tanner Haden, Anthony Lippolis, and Mo Daigle not only broke a 21-year-old school record with a time of 45.6 in the 4 x 100 relay, but they also punched their

Alex Mazzarelli, Nick Thomas, Sean Williams, and Dylan Reilly ran a 3:42.53 in the 4 x 400 relay to earn themselves a spot at States. Thomas has worked hard all season

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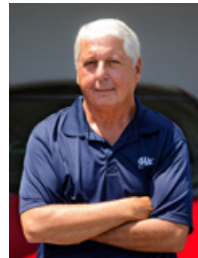
Registration is required. Visit milfordregional.org and select "Classes and Events" and then "Webinars."

THE CAR DOCTOR

jpaul@aaanortheast.com

Low milage, the brakes suffer

Q. I drive a 2003 Pontiac Bonneville SSEI with just 49,000 miles on it. The headlight assemblies are cracked and need replacement. My mechanic allows me to buy the parts and charges for labor to install. He wants \$220 for the labor to replace the two assemblies, saying it will take at least two hours. Is this reasonable?



BY JOHN PAUL

It seems to me that a few bolts are all that hold the assemblies in place and the wiring harness looks to be easy to disconnect and connect to the new assemblies. Should it really take two hours plus for a mechanic to make the swap?

A. It will take about 1.2 hours to remove the old lamp assemblies and about another 30 minutes to properly align the new headlights. I would say that two hours' labor is not excessive and even though the car has extremely low miles, it is 21 years old and there may be some stubborn or rusted fasteners to deal with.

Q. I have a 1971 Ford Mustang and I am thinking of switching all the exterior lights to LEDs. I have read that you have warned owners of newer cars not to do this, because it could damage the computer system. Since my Mustang does not have a computer can I change out these bulbs?

A. I certainly have seen many older cars change all the bulbs to LEDs, but I have also seen some cases of overheating sockets and melted housings. The headlight bulbs that I have seen use a one-piece design with multiple bulbs in the lamp. Prior to installing any bulbs read the packaging that it is legal for on-road use. Personally, I would just replace the stock bulbs with new bulbs (the new ones will be brighter) and replace the headlights with a quality halogen bulb.

Q. The trim molding that is right up against the rear side window of the car has peeled and rusted. I scraped off the rest of the peeling black paint and used sandpaper to remove most of the rust and now has an even surface. My intention is to spray it with Rustoleum flat black combination paint and primer. Should this give me lasting results?

A. Just like all painting as long as the surface it prepped properly it should be fine. The more time you spend on prep the better chance of a good outcome. I did something similar on the wiper arms of my car where the paint just sand blasted off over time. The wiper arms were flat black, I looked around the house and I had some black stove paint. I lightly sanded the wiper arms, used a primer and then the stove paint. The end result was quite good and as a conversation starter, heat resistant to over 1000 degrees. The Rustoleum flat black should be fine and give you long-lasting results.

Q. We have three cars in our family and one of them I am only driving 1000 miles per year now and my brakes have suffered. The rotors rust very quickly, and I have had to replace rotors and pads three times in the past seven years and maybe 10,000 miles in total. The last time the calipers needed to be replaced because it was claimed were 'frozen' and not working at all, although the car seemed to stop fine, even when making simulated emergency stops. Is there anything that can be done about this ongoing and expensive issue?

A. Brakes get rusty and the best thing you can do is drive the car a little each week. Even just a few miles will exercise the brakes and wear off any rust. Yes, it is possible the caliper slides were frozen, but they may have been able to have been cleaned and lubricated. Although depending on the age of the car, replacing the caliper may have been money well spent. As a side note we have a 09 VW Beetle convertible that has sat on Cape Cod (so salty air) and my wife just went home for a week and she said the rotors were very rusty, but the brakes worked fine. After about 50 miles of driving to visit family and then to a local AAA Approved Auto Repair shop for a state vehicle inspection, the brakes cleaned up nicely and were free of rust.

John Paul is AAA Northeast's Car Doctor. He has over forty years' experience and is an ASE-certified master technician. He will answer readers' questions each week. Email your questions to jpaul@aaanortheast.com. Follow John on Twitter @johnfpaul and friend him on Facebook at mrjohnfpaul.

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RELAY

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see their progress, they realize that perhaps it isn't so strange.

"Originally the 4x100 team thought that I was crazy when I talked to them about the technical skills necessary for improvement, especially related to their handoffs. I was breaking everything down for them and although they eventually bought into it all, some of them originally looked at me like I had five heads," she said. "But our athletes have embraced the process, worked hard, and are beginning to do things they may not have imagined possible, which is an honor to watch and be a part of."

the world to me that we are on the right track."

"The relay team's success is a pleasant surprise; these boys are very nonchalant, calm, cool, and collected on a daily basis, but when they found out that they qualified and were going to the State tournament they were pumped up and super excited," the volunteer coach said. "It's a really big accomplishment for all of them and although they will be up against a lot of prolific programs in Division 6, I believe that both relays have a chance of being in the top 6."

Heading into the State tournament the 4x 100 is reasonably seeded however the 4x 400 is seeded behind their potential so they will have to work hard out of a slower heat. Regardless of seed,

run all by themselves.

"I can't imagine what they would have done out of the fastest heat, where they truly belonged,, having competition," the Rams coach said. "Needless to say, I am beyond excited for them!"

The 4x100 team, consisting of Daigle , White, Haden and Williams was not able to medal during the tournament, but they did lower their school record (45.4) in the event. Reilly medaled in the 800 finishing fourth (1:59.52) and in the 1 mile, where he was eighth (4:31.53) while lowering his records in both events.

The rest of the participating Rams held their own and gained valuable experience at this level

for when they return next spring.



4x1 State team. Photo submitted

Success like this helps to reignite the spark in the program, but targeted recruiting efforts are also paramount, therefore the coaching staff also started to focus on recruiting especially for athletes that were not participating in any spring sports.

"We have had success getting some kids to take part in the program, but we still need to capture more kids," volunteer coach Strazzulla said. "Taking part in the large division of the SWCL we have to go up against some perennial track teams, so it's still a big mountain to climb."

According to Strazzulla, the Rams' outdoor track team used to be a big deal in the 1990's, but things fell off in the early 2000's and the team wasn't quite the same, but the Northbridge coaching staff is working hard to revive the program.

"The school re-did the track with 8 straight away lanes and 6 all around; it's a state-of-the-art track," he said. "We have a solid group of athletes who have stuck with it and they are improving and that means

when it comes to this time of the year, anything can happen!

Running in the Division 6 State Meet over the Memorial Day weekend the 4x4 team not only broke the school record posting a 3:34.61, which eclipsed the old Northbridge record by 5.3 seconds, the foursome also medaled finishing in 6th place coming out of slower heat which they had to

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NOTE: Community bulletin board-type items are welcome for inclusion in the Happenings! section of the Xpress newspapers. Please allow enough lead time for publication. Email your calendar or

event notice to news@theyankeexpress.com.

SATURDAY, JUNE 8

• Please join us for our Annual Community Yard And Plant Sale! As we've done in the past, we will rent spaces and tables, plus we'll do all the advertising and remember, our prime location can't be beat! Spaces Are \$25 For Non-Members. Tables Are Available To Rent For \$5 Each. Last year our Community Yard Sale and Plant Sale was so successful that we had to implement a wait list! We anticipate the same level of interest again this year, so don't delay in reserving your spot. We are very excited at the thought of gathering,

again, with our church family and our neighbors on the church's front lawn. Call the church office, 508-832-2845, to reserve your spot! All are welcome! First Congregational Church of Auburn, 128 Central Street, Auburn.

• Annual Church and Community Yard Sale Soorp Asdvadzadzin Armenian Church, 315 Church Street in Whitinsville holds its Annual Church and Community Yard Sale on the front lawn facing Church Street on Saturday, June 8th from 8:00am to 2:00pm.

Vendor space is available for a donation of \$15 per spot so if you were contemplating your own yard sale but don't have the space you can't been the green lawn, tree

shade and great traffic exposure along Church Street. Since this is an outdoor event, please provide you own tables, tarps and canopies if desired. Admission to the buying public is free with plenty of parking along both sides of Church Street or behind the church. For details and reservations, please email Jeff at katama@gmail.com.

• On Saturday, June 8th at 2:30 p.m. come hear Fred Gerhard read from his new poetry book, Drifting to "Hello" (Khotso Publishing) at Booklovers' Gourmet, 72 East Main Street, Webster, MA. His poems have also appeared in numerous magazines and anthologies. A 2023 winner of Poetry in the Pines, he writes from Ashburnham, MA, where he leads monthly poetry workshops. The event will also include an open mic portion. To sign up to read, please call 508-949-6232 or email deb@bookloversgourmet.com. Space is limited.

SATURDAY, JUNE 15

• The Sutton Historical Society, Inc. will be hosting the Annual Sutton Town-Wide Yard Sale on Saturday, June 15 from 8 am to 1 pm. The Society publishes a map of locations throughout town including limited spaces for rent at the M. M. Sherman Blacksmith Shop, 6 Singletary Avenue, Sutton. Registration fee is \$10 to be listed on the participating location map. Map will be posted on Facebook and uploaded to suttonhistoricalsocietyinc.org prior to the event. Registration forms are available at suttonhistoricalsocietyinc.org. Questions can be directed to sutton1704@gmail.com. Don't want to have a yard sale, but have items to donate? Members of the Society will pick up your donations. Contact Brian Stevenson at 774-708-0582

HAPPENINGS!
continued on page 19



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HAPPENINGS!

continued from page 18

or email us at sutton1704@gmail.com.

SATURDAY, JUNE 29

• Sutton Fourth of July parade kicks off from Sutton Center at 10 am. Fun community events will be held at the Sutton Schools from 11 am to 4 pm. Information on the parade, participants, and the post parade events can be found at thesuttonfourth.org. The Historical Society will be set up with the civil war cannon for ole tyme photos. Stop by and learn about what the Society has to offer, and how we are preserving local history and preparing for the Nation's 250th anniversary. Visit www.thesuttonfourth.org for more information.

HIKES WITH BLACKSTONE VALLEY HERITAGE CORRIDOR HIKES

Led by volunteer Trail Ambassador Phil. Phil's hikes begin at 10 a.m.
Saturday, June 15: Douglas State Forest Hike, Douglas

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39th Annual Valley Friendship Tour

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Food, music, activities, raffles
and your choice of a:

one-mile walk



5k run



30-mile cycling tour



June 1st 9am-2pm
Alternatives' Whitin Mill
50 Douglas Rd., Whitinsville, MA



Valley Friendship Tour

Open Sky
COMMUNITY SERVICES

Register today & invite friends to join or donate to your team at:
openskycs.org/vft



All proceeds fund essential programs at Open Sky for people with behavioral health diagnoses, intellectual/developmental disabilities and other complex challenges.

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- Crown Boilers
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- Oil Tank Installs



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