

Got a Preservation Project in Mind? Submit Your Application

It's time to get your act in gear if you want to get in on preservation grants now available for Fiscal Year 2025.

The Northbridge Community Preservation Committee (CPC) is accepting Project Pre-Applications for its next round of Community Preservation Act initiatives.

The Community Preservation Act (CPA) is a smart growth tool that helps communities preserve open space and historic sites, create affordable housing, and develop outdoor recreational facilities. The CPA also helps strengthen the state and local economies by expanding housing opportunities and construction jobs for the Commonwealth's workforce, and by supporting the tourism industry through preservation of the Commonwealth's historic and natural resources.

It is a dedicated local funding source that may be used for Open Space & Recreation; Community Housing; and Historic Resources. Eligible projects shall be reviewed by the Northbridge Community Preservation Committee for consideration and inclusion at the Spring Annual Town Meeting.



The house that stands at 1 Elm Place today was built in 1770 by Colonel James Fletcher. He was a blacksmith, a patriot, and a man who married well. Fletcher was also part of the team that established the first cotton mill here.

The CPA provides funds through a local surcharge on property tax bills for projects initiated by residents and town organizations that might not otherwise be possible due to budget limitations. The Northbridge Community Pres-

ervation Committee is a volunteer-appointed committee charged with overseeing local CPA funds and

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Hot on the Ice Cream Trail

BY PATTY ROY

Massachusetts has always had a tradition of eating lots of ice cream, year-round.

And why not, when we have always had plenty of the key ingredients – milk from dairy cows and ice cut from local ponds during cold winters. The ice was packed in sawdust and sent on ships around the world to warmer climates, according to Andrew Robichaud, an assistant professor of history at Boston University in his book-in-progress about the ice trade, tentatively titled “On Ice: America’s Nineteenth-Century Ice Age and the Making of Modern Life.”

Beginning around 1820 and for

the following one hundred years, ice was treated as a crop, a short-lived product that was strategically cultivated and harvested.



Now, mixing history with tastiness, the state has developed the Massachusetts Ice Cream Trail, an initiative celebrating the history of making ice cream and encouraging native Bay Staters and visitors alike to sample the wares.

The map designates more than 100 places to stop for the cool and creamy treat. This is no light-hearted excursion – remember that Massachusetts dairy farms contribute more than \$61 million annually to the state's economy. In fact, as a testimony to its earnestness, the trail was developed by the Massachusetts Dairy Promotion Board, the Massachusetts Department of Agricultural Resources (MDAR), and the Massachusetts Office of Travel & Tourism (MOTT).

“We are excited to launch the Massachusetts Ice Cream Trail, a delicious route that highlights the incredible diversity of our dairy farms and ice cream shops,” said Governor Maura Healey. “Massachusetts has a vibrant agricultural sector that thrives thanks to the hardworking farmers who diligently support our communities. This new tourism trail is designed to invite residents and

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recommending projects for Town Meeting consideration.

The Committee is currently soliciting projects for consideration at the Annual Town Meeting in May 2025.

Each fiscal year, the Committee calls for Project Pre-Applications during the months of August and September. The applications are due by October 1 of each year. Municipal departments, community organizations and individuals are invited to submit applications for CPA funding on an annual basis.

First time applicants are advised to attend a public informational meeting hosted by the Community Preservation Committee on September 9, 2025 via Zoom.

Because of the unpredictability of CPA projects involving the purchase of land or historic



buildings, the Community Preservation Committee may accept applications on an on-going basis. However, the Committee's recommendation and Town Meeting vote are still required to allocate Community Preservation Act funds.

Those interested in submit-

ting application or learning more about Northbridge's Community Preservation Act are encouraged to contact the Community Planning

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ICE CREAM

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visitors to experience our creative dessert offerings at traditional parlors, innovative shops, and local farm stands."

You can feel good about eating locally produced ice cream, because the majority of local dairy farms are family owned, according to state resources.

"Small businesses are the

deliver delicious treats and family-friendly activities for residents and visitors to Massachusetts."

"With the creation of this ice cream trail, we now have a convenient guide to the ice cream shops and dairy farms in Massachusetts that are using locally-produced milk to serve up this summertime staple," said **Ashley Randle, MDAR Commissioner and Chair of the Massachusetts Dairy Promotion Board**, who is also a fifth generation dairy farmer.

For a copy of the Massachusetts Ice Cream Trail guide and to learn more, visit www.visitma.com/ice-cream-trail.

You'll find local stops such as West End Creamery, 481 Purgatory Road, Whitinsville, (www.westendcreamery.com) Elmhurst Dairy Farms, 342 West Main Street, Millbury, Swirls & Scoops, 68 Worcester Street, Grafton and Whittier Farms, 90 Douglas Road, Sutton.

"As a representative of the Massachusetts Food Association on the Massachusetts Dairy Promotion

Board, we are very excited to see this ice cream trail go live," said **Lynne Bohan, Massachusetts Dairy Promotion Board member**. "This project furthers our goal of increasing the awareness and the consumption of Massachusetts sourced dairy products throughout the state."

heart of our state economy and contribute so much to the fabric of our communities," said **Economic Development Secretary Yvonne Hao**. "We are excited the Massachusetts Ice Cream Trail celebrates our state's dairy industry and showcases the businesses that



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Plummer Place Activities for Seniors

August Activities at Plummer Place, home of the Northbridge Senior Center
 Hours: Monday – Thursday, 8:30 a.m. – 4 p.m.; Friday: 8:30 a.m. – 1 p.m.
 Phone: 508-234-2002
 Salmon VNA, Tuesday, Aug. 13 from 11 a.m. – 12 p.m.
 Women on the Move- Plummer place Women's Group will meet

on Wed., Aug. 14 at 9:30 a.m. Call Amy or Michelle for information.
 Book club meets on Wed., Aug. 21 at 10:30 a.m. Call Michelle to find out the book we are reading.
 Tech Café – Wed., Aug 28 from 9-10 a.m. Located in the main dining room. Drop in to get help with your technology needs, Bring your questions and your device.
 Meditation with Michelle – ev-

ery Thursday at 9:30 a.m. Set your intentions for the day in a calm, safe environment.
 The following events require a sign-up at the front office:
 Mental Health Concerns in Older Adults Presented by Blackstone Valley Partnership for Public Health, Tues. Aug. 14 10-11 a.m. This program aims to reduce the stigma regarding mental health conditions

that affect older adults. The presentation is geared towards educating older adults, their family members, friends, and loved ones. Participants will learn about the health impacts of social isolation, signs and symptoms of depression and anxiety, and better understand that emotional, spiritual, and psychological well-being are just as important as physical health when aging.

Beginner Painting Class Thurs. Aug. 15 from 9:30 a.m. – 12 p.m. Fun-filled acrylic finger-painting class of a field of flowers. Use or hands or gloves. Using 2 paint-brushes for the project. Cost is \$5 per person.
 Planning for Medicare Thurs., Aug. 22 at 10:30 a.m. This program is geared towards individuals approaching Medicare Eligibility.



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and Development Office, R. Gary Bechtholdt II, Planning Director/CPA Administrator at (508) 234-2447 or contact the Community Preservation Committee at cpc@northbridgemass.org.

acquisition of the historic Castle Hill Farm property, Architectural & Structural Assessment of the Col. James Fletcher House (circa 1770) and replacement of boiler at this historic property located at 1 Elm Place.

For information about Community Preservation goals and initiatives, eligible projects, and



Castle Hill Farm Conservation Land is 97-acres of conservation land consisting of shrubland, grassland & prime forest habitat areas. Visitors may access property via multiple trailheads for passive recreation opportunities, including hiking & birding.

Since the Community Preservation Act was adopted in November 2017, the town has helped fund the following projects: Linwood Basketball Court Improvements,

the application process please visit Northbridge's Community Preservation Committee web page at www.northbridgemass.org/community-preservation-committee.



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Are you afraid of outliving your money?



Mark Freeman

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Do you worry about running out of money during your retirement years? If so, how can you help prevent this from happening?

In the first place, if you have this type of fear, you're far from alone. Consider this:

58% of retirement savers from all age groups, including current retirees, say that outliving their assets is their greatest

retirement fear, according to a study by Cerulli Associates, a financial services research organization.

This type of fear can certainly affect your quality of life when you retire. Still, there's no need to panic – because you can take steps to help prevent the running-out-of-money scenario.

Here are a few to consider:

- **Know how much you'll need during retirement.** You need to get a clear picture, or at least as good an estimate as possible, of how much money you'll need to support your retirement lifestyle. Once you do retire, some costs, such as transportation or other work-related expenses, might go down, while others – medical expenses, in particular – will likely go up. The fear of running out of money, like many fears, is caused largely by what you don't know, so having a good sense of how much you'll need in retirement can help reduce your anxieties.

- **Build financial resources before retirement.** You're probably at your peak earning capacity in the years close to your retirement, so consider contributing as much as you can afford to your IRA and 401(k) or other employer-sponsored retirement plan.
- **Maximize your Social Security payments.** You can start collecting Social Security as early as 62, but your monthly benefits will be larger if you can afford to wait until your full retirement age, between 66 and 67. (Payments will "max out" at age 70.)
- **Re-enter the workforce.** Going back to work in some capacity is one way to possibly help build retirement resources and delay taking Social Security. If you have a particular area of expertise, and you enjoyed the work you did, you might be able to go back to it on a part-time basis or do some consulting. You could boost your cash flow, and potentially extend your contribu-

tions to an IRA and to an employer's retirement plan.

- **Cut costs during retirement.** Possibly the biggest cost-cutting measure is downsizing – are you willing and able to move to a less expensive area or scale down your current living space? Of course, this is an emotional decision, as well as a financial one, and downsizing isn't for everyone, but it might be something to at least consider. As for the lesser ways of reducing expenses, take advantage of senior discounts, which are offered in many areas, including entertainment, public transportation, restaurants and retail establishments. And look for other opportunities, such as cutting out streaming services you don't use.
- **Look for more income from your investments.** As you get closer to retirement, and even when you do retire, you might want to adjust your investment portfolio to provide you with more income-

producing opportunities. However, even as a retiree, you'll want some growth potential in your investments to help keep you ahead of inflation.

Ultimately, the more you can bolster your financial security before and during retirement, the less fear you may have of outliving your money.

Contact Mark for assistance with your personal finances.

Mark Freeman
Edward Jones Financial Advisor
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The Shawna Foundation's Library Poetry Tour

August readings at the Milford Town Library and the Uxbridge Free Library

Art DuBois is a 67 year old career clinical social worker who has worked as a psycho-therapist, in the Public Defender's Office and in management positions in the human services field. He is an amateur nature photog-

rapher and intermittent poet. He counts Mary Oliver as his main inspiration and his own poetry is heavily influenced by his mindfulness practices and his work with helping others.

Art is a long time resident





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of Uxbridge and began writing poetry, songs, and short stories in high school, inspired by the enthusiasm and creativity of two teachers: Barbara Elder and Patricia Creighton. He wrote poems for the high school newspaper under a pseudonym and Barbara Elder was thrilled when she realized he was in her music composition class. He entered a poetry contest while in the Army and won first prize on the base where he was stationed for a poem entitled "Circles of Infidelity". When he returned to Uxbridge he founded 4th St. Production Company Theater Company with his lifelong friend, Skip Shea.

Art has written poetry and songs intermittently over the years. Recently his poetry has become increasingly more impacted by the work he has done helping others, and then, even more so, by his own efforts to find the balance between his natural inclination to joy and the emotional baggage he carries.

The readings will be held on August 21 at 7 p.m. at the Milford Town Library and August 22 at 7 p.m. at the Uxbridge Free Library. The program is financed in part by the Milford Cultural Council, the Uxbridge Cultural Council and the Massachusetts Cultural Coun-

cil. The Shawna E. Shea Memorial Foundation, Inc. is a 501(c)(3) charitable nonprofit who believes the arts and education are essential to creating a vibrant, healthy community and world.

The mission of the Shawna Foundation is to equitably promote and support students through scholarship and showcase artists in filmmaking, performance arts, poetry and other creative endeavors with a focus on underrepresented communities.

For more information visit the shawnafoundation.org



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There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

Business spotlight

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

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They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich,



and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at www.affordablejunkremoval.com.

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Amazing Cub Scout Earns Every Possible STEM Award

John Swindling, age 10, of Douglas Cub Scout Pack 316 was recently awarded the Dr. Charles Townes Supernova Award. Supernova awards recognize superior achievement by a Cub Scout in the fields of science, technology, engineering, and mathematics (STEM). According to Scouting America's official website: "The

[BSA] developed the STEM Nova Awards program to excite and expand a sense of wonder in our Scouts. By working with an adult counselor or mentor, the various modules allow them to explore the basic principles of STEM and discover how fun and fascinating STEM can be. The Supernova awards are offered for those who

enjoy a super challenge."

John's accomplishments are particularly impressive, as he has earned all 11 of the BSA STEM Nova Awards available for Cub Scouts, plus both the Dr. Luis W. Alvarez Supernova Award and the Dr. Charles Townes Supernova Award. Supernova awards are available for Cub Scouts, Scouts BSA, and Venture Scouts. They are challenging to earn—less than 1% of Cub Scouts in the Heart of New England Council earn a Supernova award, and even fewer earn both levels.

Each Supernova award is named after a famous inventor or scientist. To earn his newest Supernova award, John had to learn about Dr. Townes, in addition to completing other science and math activities. "Dr. Townes earned the Nobel Prize for Physics in 1964 for inventing lasers," shares John. John also conducted several studies and experiments which helped him learn about math, statistics, and the scientific method. "My favorite experiment was building hearing enhancement devices with my classmates. It had to be wearable, lightweight, and not use electricity. We tested several different designs before we found one that worked!" Along with other members of his Cub Scout den and school, he visited science museums, met with

engineers, and did an investigation into the science of food packaging.

Scouts also have to research careers, scientists and inventors in addition to completing math and

invented the Pinewood Derby in 1953— an activity Cub Scouts still enjoy today!" As part of his work for the awards, John even designed and built his own Pinewood Derby car based on the Reading Crusader, a streamlined steam locomotive from the 1930s. He learned about aerodynamics and weight distribution, and his car came in 3rd place in his Pack races!

As a Cub Scout who has spent more than two years working towards earning every single Nova and Supernova Award, John shared some key things he has learned from his research, mentors, and interviews with individuals in STEM careers. "Nearly everything involves math and science. In 2014, Dr. Townes gave a speech where he said 'Science is exploration'. When I talked to other scientists and engineers, they told me they were always curious about how things worked. And my teacher always says 'everyone's life needs at least a little bit of math and science in it!'"

If you're interested in joining Pack 316, reach out to douglaspack316@gmail.com. Check out www.beascout.org for other local Scout units. You can also support all the adventures Scouting has to offer by visiting <https://trails-end.com/store/scout/P94X0TJZ>. Congratulations John!



science-related requirements. John notes that you can be from any background and create amazing inventions. "For example, Hedy Lamarr invented frequency hopping (which is used for WiFi, GPS, and Bluetooth today) in 1942. George Westinghouse invented the railroad air brake in 1869 after he witnessed a wreck where the existing brakes could not stop the trains in time. And Cubmaster Don Murphy

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Exercise Classes Available at Uxbridge Senior Center

The Uxbridge Senior Center is proud to present a live 8-week session of Zumba Gold classes for Seniors. Zumba is a fitness program that fuses entertainment and culture into an exhilarating dance party workout. This is an 8-week specialized program designed for seniors.

The program will begin Thursday, September 5th from 1:30pm-2:30pm at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron Street. The class will run for one hour, one day a week, on Thursdays, for an 8-week time frame, at the cost of a \$25.00 donation. The instructor, Amy Smith, is a licensed Zumba Gold instructor. Checks may be payable to the Uxbridge Senior Center.

The benefits of Zumba include improved balance, range of motion

and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! The class would be open to all in the community including those outside the Town of Uxbridge.

The Uxbridge Senior Center is also offering a live 8-week session of Low Impact Exercise classes for Seniors. This is a fitness program that will include light cardio with full body toning. This is an 8 week specialized program designed for seniors.

The program will begin Thursday, September 5th from 2:45pm-3:45pm at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron Street. The class will run for one hour, one day a week,

on Thursdays, for an 8-week time frame, at the cost of a \$25.00 donation. The instructor, Pamela Landi, is a certified personal trainer. Checks may be payable to the Uxbridge Senior Center.

The benefits of exercise include improved balance, range of motion and coordination. Additional benefits include increase blood flow

to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! These workouts are safe and can be done at any fitness level. There will be an option of doing these exercises seated or standing. The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application, the schedule, and waiver forms prior to the start of the program. The Center is located at 36 South Main Street in Uxbridge and is open Monday thru Friday from 8am to 4pm.

Women's Bible Study Galatians: Freedom in Christ

Coffee Break, a community Bible study for women, will begin its fall season with a study of Galatians: Freedom in Christ on September 10. God loves us and has wonderful plans for our lives – no matter what the current events look like. Come join with others in a study of Galatians: Freedom in Christ as we look at who God is and the power and glory He is about to display in the earth. Our God is so trustworthy. All peace and joy are found in Him. You're only allowed to be a newcomer the first week. After that, we're all friends. We look forward to meeting you.

Refreshments and childcare are provided; there's loving care for

your babies and toddlers through age five.

Coffee Break is held each Tuesday from 9:30 -11:00 a.m. and offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. There's no "homework" required, and no previous Bible knowledge is necessary. Study guides and Bibles are provided free of charge.

Pleasant St. Church is located at 25 Cross Street in Whitinsville. For directions, questions, or to get more information, please call Anna774.287.9449 or email churchoffice@psrc.org or visit psrc.org/adults.



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Blackstone Heritage Corridor Seeks Nominations for John H. Chafee Heritage Awards

The John H. Chafee Blackstone River Valley National Heritage Corridor (BHC) is seeking nominations for the John H. Chafee Heritage Awards, which honor individuals or groups that have worked on projects, programs, and institutions that promote cultural heritage, the preservation of natural areas, and/or those who strive to enrich the quality of life in the Blackstone River Valley.

BHC established the award to honor the late Senator John H.

Chafee and recognize citizens and organizations whose work in the Blackstone Valley embodies Chafee's vision and ideas. Recipients include community leaders, preservation heroes, business partners, environmental advocates, and students whose achievements resulted in public benefit.

To nominate someone for the award, submit a nomination form citing their accomplish-



ments. There is a separate category for students. Find the form at BlackstoneHeritageCorridor.org/john-h-chafee-heritage-awards. Nominations must be received by September 15, 2024, and can be mailed to the

BHC office at 670 Linwood Avenue, Whitinsville, MA, 01588, or emailed to Devon Kurtz at dkurtz@blackstoneheritagecorridor.org.

Soccer League Jeep Competition Fundraiser

The Uxbridge Youth Soccer League (UYSL) is holding its Jeep Competition (hoped to be the first of many) on Saturday, August 10 from 12-4 p.m. at the Sutton Street Fields, 320 Sutton Street, Uxbridge. This first of its kind UYSL fundraiser will bring together custom and non-custom Jeep Wranglers from across the region for a fun competition featuring food and entertainment for the whole community.

The event will feature live music

from singer and guitarist Ricky Robidoux and more than a dozen vendors, raffles and a variety of food and drink from All Purpose Bakery, Big T's Jerky House and BBQ, Honey's Gifts and Food, Sweetwise Ice Cream, Twizted Beverages and UYSL Snack Shack.

Guests will have fun participating in various activities like axe throwing sponsored by Summit Mobile Axe Throwing, a power wheels track and RC car races. We will also have a Jeepy Jumpy House and face painting for our younger attendees.

Jeep enthusiasts can enjoy a live demo from Jake Diehl from Off Road Know How and a Consignment where you can buy and sell



jeep parts and modifications. Several regional jeep clubs will be on hand. We will be awarding trophies for the best jeeps.

The event is free for all, but the UYSL recommends a \$3 donation at the door.

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Uxbridge to Launch Study of Older Residents

As is true across Massachusetts and the United States, the population of people aged 55 or older in Uxbridge is growing. According to the recent American Community Survey from the U.S. Census Bureau, it is estimated that there are 4,863 over 55 years of age adults living in Uxbridge, constituting 35 percent of the total Uxbridge population.

The Uxbridge Council on Aging and the Uxbridge Senior Center want to ensure its services and programs are meeting the needs of Uxbridge residents as they age, now, and in the future. The Council on Aging, in partnership with researchers at the UMass Boston

Center for Social and Demographic Research on Aging, is conducting a study to evaluate the needs of older adults in Uxbridge.

“Uxbridge is a great place to live for people of all ages and we want to make sure it stays that way. Our senior population is growing. The needs of our older residents will continue to evolve. We are very excited to be spearheading this assessment to understand the needs and interests of our aging residents and adapt services accordingly” said Lisa Bernard, Director of the Uxbridge Senior Center.

The study involves a multi-pronged approach to information gathering including interviews,

focus groups and culminating in a town-wide survey of residents 55 + years of age. The survey will be sent out to residents this coming September. A postcard and other communications will be coming in September alerting you to the survey. “I really hope as many adult residents as possible take part in the survey.” “We will make sure that the launch of the survey is widely publicized,” says Bernard.

Bernard sees this as a great opportunity for older residents to have a voice in helping to shape the future of programs and services for the town’s older residents. Results from the assessment will be available at the end of 2024.

For more information, please contact Lisa at the Uxbridge Senior

Center at 508-278-8622 or email at lbernard@uxbridge-ma.gov.

Uxbridge Historical Society Seeks New Members



The Uxbridge Historical Society has launched a membership drive looking for families, individuals and students. The annual dues that the Society needs to sustain its mission (along with donations that are always welcomed) are low enough to enable all to join. Families are just \$25, individuals are \$20 and students 18 years and younger are free.

Since 1968, the Society has been dedicated to protecting, preserving and sharing the history of Uxbridge. The collections include artifacts, photographs, movies, audio recording and historic documents which are all catalogued and safely stored. The Uxbridge Historical Society is a 501(c)(3) organizations and all donations are tax deductible.

The collections contain 18th and 19th century documents as well as a bed that George Washington slept in on his journey through the colonies after his election as first President of the United States.

His visits to the Taft Tavern, now

a private residence on Sutton Street, is well documented and was included in historian Nathaniel Philbrick’s recent book, “Travels with George.” The bed had been in the Taft family for many generations and was generously donated to the Society by descendants of the family.

The Collections Committee has been working hard to make these historical objects more accessible to the public.

Michael Potaski has spent countless hours cataloguing approximately one thousand documents. Our recent college intern, Nolan Psuik, as a Framingham University history major, scanned in over 400 historical photos which are now available to the public on the Digital Commonwealth online. The Society also provides guidance and information for people that are doing research about Uxbridge.

The board of directors are Jim Beauchamp, president; Roy Henry, vice-president; Michael Potaski, treasurer; Mary Beauchamp, clerk; and board members Don Koerton,

Gary Potter and Tom Gagnon.

Volunteers are needed to assist with fundraising, memberships, events and presentations. Please consider becoming a member or a sponsor of the Society to help us grow and to continue this important work.

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Run, Paddle and Bike Race in the Blackstone Valley

The Greenway Challenge, a multi-segment competition, is now in its 23rd year! On September 28, a tri-state adventure race takes place in the stunning and historical Blackstone River Valley National Heritage Corridor, showcasing one of New England's most picturesque areas 2024 regions.

This year's course will showcase a course designed by past Greenway Challenge participants, designed for the racers themselves.

It's your choice to go it alone or be accompanied by up to seven teammates. This unique challenge consists of street and trail running, street biking and mountain biking as well as paddling on river and lake. There is something new and exciting for everyone this year.

The mission of the UniBank

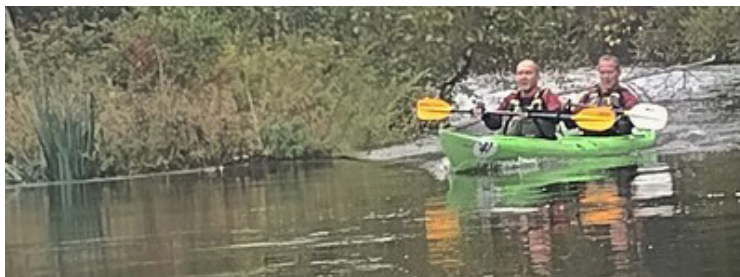
Greenway Challenge is to promote the recreational quality of life in the Blackstone River Valley. A program of the Whitin Community Center, presented by UniBank, and supported by other partner organizations, the Greenway Challenge supports the development of new programs, purchase of additional equipment 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 individual and families and to building a strong community in the Blackstone Valley.

The challenge will start at Whitin Community Center, wind its way through the Blackstone Valley and end at Wallum Lake in Douglas State Park. Teams can be made

up of one to eight people with team members doing just one or two segments each or individuals can conquer all segments themselves.

This annual race is one of New England's premier tri-state adventure races through Massachusetts, Connecticut and Rhode Island. All participants can register at www.GreenwayChallenge.org or <https://event.racereach.com/greenway-challenge> Please register by August 25. For any questions, regarding participation, contact the Greenway Challenge at GreenwayChallenge@OurGym.org or call 508-234-8184 ext. 112 for more information.

The WCC is committed to enhancing the health and well-being of individuals and families and building a strong community in the Blackstone Valley. It offers



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2024 RACE SEGMENTS

- Segment 1- Street Run- 3.6 miles- Starting Line Whitin Community Center to Rice City Pond: <https://www.mapmyrun.com/routes/view/2641717198>
- Segment 2- Mountain Bike- 7.7 miles- Rice City/West Hill loop: <https://www.strava.com/routes/3215740758125118468>
- Segment 3- Street Bike- 14.3 miles- From Rice City to River's Edge Complex, Woonsocket RI: <https://www.strava.com/routes/3180693670884650582>
- Segment 4- Run on Paved Bikeway- 4.8 miles- Blackstone

- River Bikeway Run double back: <https://www.strava.com/routes/3185738959557931606>
- Segment 5- River Paddle- 4.6 miles- Blackstone River Paddle Down River and Back Up: <https://www.strava.com/routes/3185769155327107670>
- Segment 6- Street Bike- 20.9 miles- From River's Edge Complex Woonsocket to Wallum Lake, Douglas State Forest: <https://www.strava.com/routes/3180691668440934998>
- Segment 7- Trail Run- 5.7 miles- Douglas State Forest Loop (Including Tri-State Marker): <https://www.strava.com/routes/3185769919356563030>
- Segment 8- Lake Paddle- 3 miles- Wallum Lake Loop (Down and Back) to Finish Line: <https://www.mapmyrun.com/routes/view/1685400197>

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Webster Credit makes generous donation to Douglas Common

One of the wonderful things about living in a small town is the willingness of its residents, both businesses and individuals, to come forward and support a worthwhile cause that makes their community better, and the Town of Douglas and Webster First Federal Credit Union live up to that standard.

The Douglas Common Preservation Society, Inc. is a 501(c)(3) nonprofit organization with a mission of maintaining and beautifying the town-owned Douglas Common, and we received a wonderful surprise call last month from the Douglas Branch of Webster First Federal Credit Union looking for information about all the work we do at the Common and telling us about their Jeans Day Program and their desire to support us.

“Webster First is a community focused credit union and many of our employees also live in the communities that we serve. That’s why we feel it’s so important to give back when we can. On the last Friday of the month, our employees donate \$5 to dress casually for the day. Each month, a different branch chooses a local organization to donate those funds to so we can help communities throughout all of central Massachusetts and the greater Boston area. The Douglas Branch chose to make their Jeans Day donation to Douglas Common Preservation Society, Inc.,” explained Jenn Gosselin, the Douglas Branch Manager.

Jenn, accompanied by two other Webster First employees, Chloe Graca and Kelly Donnelly, were happy to present their \$400 check to Douglas Common Preservation Society, Inc. Board Members, Lynn Paresky, Bonnie Lepage and Allyssa Gniadek on July 3rd at the Common.

Their donation will help the Society with expenses associated with Fall beautification of the Common, including the purchase of mums for the garden surrounding the Soldiers Monument and for the planters at the gazebo as well as tulip bulbs for planting around the new replacement cherry trees.

Beautifying, maintaining and decorating the Common throughout the seasons is the work of the Society. All members



Pictured are Allyssa Gniadek, Bonnie Lepage, Chloe Graca, Kelly Donnelly, Jenn Gosselin and Lynn Paresky

of the Society are volunteers who receive no compensation, so the Society relies on donations from the community, both individuals and businesses, for funding for all of its projects, including the fantastic Holiday Lights and decorations. If you would like to support us and help us bring the magic back to the Common this Holiday Season, please send

your tax-deductible donation to: Douglas Common Preservation Society, Inc., 76 NW Main St., Douglas, MA 01516. Donations can also be made by Venmo to @ Kathleen-Sugrue-Richards

- Submitted by Lynn Paresky

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Northbridge Resident Completes training at Tech Learning Center



John Mignault of Northbridge recently completed an HVACR Technician Certificate from the Technology Learning Center in Oxford. The coursework covered oil heat, gas heat, A/C and refrigeration. He is pictured here with his instructor Chris Cabral. From TCL Facebook

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Read Around Uxbridge

Youngsters attending the Beginning Bridges playgroup had a meet-up with the Police Department at the Uxbridge Free Library in July for the Read Around Uxbridge event. Kids listened to a story, explored police vehicles and K9 Officer Bear was on hand to the delight of all. The Beginning Bridges program connects families with children birth to 8 years of age to free quality playgroups, parent/child early education programs and

services. Funded by Massachusetts Department of Early Education and Care and sponsored by South Middlesex Opportunity Coun-

cil. For more information, visit <https://www.facebook.com/thebeginningbridgescfce/>



Whitinsville Social Library

Event registration: www.tinyurl.com/EventsAtWSL
Website: www.northbridgemass.org/WSL

Beanstack: <https://whitinsville.beanstack.org/reader365>

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Tuesday Aug. 13 at 11 a.m.
Discuss "First Lie Wins" by Ashley Elston. Copies of the book are available at the circulation desk or via Libby. Refreshments provided. This new book club for readers of mystery, suspense and true crime meets the second Tuesday of each month. Registration required.

MEMOIR BOOK CLUB

Wednesday Aug. 21 at 6 p.m.
Join us in a discussion of "The Salt Path" by Raynor Winn. Books are available for pick up at the library. Ebooks are available via Overdrive/Libby. Meeting takes

place at the library. Snacks related to the book will be provided. Please register.

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LIVING WITH LUKE

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The Struggle of Luke's Loyalty

BY AMY PALUMBO-LECLAIRE

A dog's loyalty is boundless. A dog expresses joy in your presence, longing in your absence, and a smile to the mere thought of you. To the mere thought of you. Read that again. Nothing compares to a dog's unconditional love.

"OH MY GOSH. You're here again!" Luke greets me with a wiggle and a whimper every single morning, as though we've been estranged for years. "I've missed you so much, Momma. I have so much to tell you." His oversized stuffed lamb hangs from his mouth, and he often uses its dirty head to poke me in the hip, initiating a cruel game of Chase. The two of us race like fools around the house. I stop at the dining room corner and hide, spooking my pup on the oth-

er side of the house. Luke skids and slides then finally catches his footing before dashing away. The lamb remains powerless in his jaw. Then, satisfied by the morning ruckus, he'll drop the lamb and stare up at me. "What are you thinking about, Momma?" He tracks my moves. "You need to go the bathroom? Good idea. I'll wait right here." He lies down at the foot of the toilet and waits for me to finish. A dog's loyalty never fades. Even if you neglect your dog repeatedly, he will be there waiting, forgiving, and loving you still. For this reason, along with so many more, I include Luke in most excursions. "Luke can come, too." His head squares to a phrase that's become part of his dog vocabulary.

"I can come, too?" He tapdances to both doorways, not wanting to miss a single moment of what's to come. He has no idea where we're going. The thought of going somewhere is stimulation enough for a dog. "Which way are we heading out?" Despite wanting to be first in line, Luke will dash down, then back up the base-



Above, Luke and Momma Lamb; Right, almost ready to go for a ride

ment stairs if I'm running behind. "Almost ready, Momma? Don't forget your lipstick!" He waits for me to grab my pocketbook then cuts me off on the way down the stairs again. "I got the travel crate. You can sit in the front again. Hey, WE'RE GOING FOR A RIDE!" Dogs remind us that the simple things in life are usually the best.

Incidentally, Luke has joined us



here. A dog expects nothing from you and will still want to be with you. You don't have to behave a certain way, listen to commands, or live life according to a tailored regimen. You must simply be yourself. Even sweeter, a dog shows appreciation for the mere thought of you. Luke has come to know the names of his loved ones. Read on.

"Grammy is coming over, Luke!" He stops what he's doing and stares at me, translating the name Grammy. "Are you kidding me??" I imagine a miniature image of my mother floating in the cartoon bubble of Luke's dog mind. She's carrying bags and bags of stuffed animals. Ecstatic, he rushes to the front door and presses his head against the door panel glass to inspect the yard for his grandmother. Dogs have zero concept of the intangible essence of time. Every word uttered is a sudden present-tense verb. However, I'm a believer in accelerated learning lessons. I'm a believer that Luke can learn to piece together all that's comprised of the word "time."

"Luke, first Grammy has to go for a ryyyde." I enunciate the word 'ride' with long, drawn-out syllables to mirror the idea of length. "First, Grammy has to go for a ryyyde." I watch the light bulb go off in Luke's mind. A new cartoon image emerges, that of my miniature mother seated at her car's steering wheel. His mouth opens to a knowing smile. He knows she's on her way, yet he still paces and checks windows, just in case.

Finally, Grammy's white SUV appears at the front lawn. For Luke, the moment is epic. One might think that a celebrity NASCAR driver has just appeared. He's thought about her for stretches of seconds and now she's at his house. LEGIT!! I let him out on the front step so that he can watch his grandmother parallel park. He shifts the wheel and turns, backs up again, and then repeats, trying to get her car aligned just right. Her brake lights blink on and off, offering Luke added fascination. "When will Grammy get out of the car?" He smiles in adoration and lowers his head as though stalking a bunny. He doesn't want to miss out on a single trick of Grammy's moves.

Finally, she opens the door and steps out of the driver's seat. I watch Luke wiggle with elation. He has learned to be gentle and stay DOWN, but quieting his love

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on hikes, outdoor dining experiences, baseball games, ice cream outings, and quiet times at local coffee shops. "Your dog is so well behaved." He lifts his head to a local and smiles. "I'm trained during spontaneous learning situations. That's why I'm such a good boy." Luke is correct. The more I'm with him, the more he's immersed in natural situations which require training and, consequently, the more willing he is to behave and follow commands such as Leave It, Sit, Stay, Wait, Go Easy, No and Listen. Thus, the more willing we are to include him. Humans and dogs, nevertheless, seem to differ

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LUKE

continued on page 17

REAL ESTATE

Why Your Asking Price Matters Even More Right Now

If you're thinking about selling your house, here's something you really need to know. Even though it's still a seller's market today, you can't pick just any price for your listing. While home prices are still appreciating in most areas,



BY MARK MARZEOTTI

they're climbing at a slower pace because higher mortgage rates are putting a squeeze on buyer demand. At the same time, the supply of homes for sale is growing. That means buyers have more options and your house may not stand out as much, if it's not priced right.

Those two factors combined are why the asking price you set for your house is more important today than it has been in recent years. And some sellers are finding that out the hard way. That's leading to more price reductions. Looking at the price reductions data, it definitely a pattern of increasing supply and homebuyer demand that is just exhausted by high mortgage rates. . . As home sellers are faced with less demand than they expected, more of them have to reduce their prices. That's because they haven't adjusted their expectations to today's market.

LUKE
continued from page 16

for a person is a struggle that is so real We can be ourselves in front of our dogs, but we expect them to behave as humans. They cannot



Luke stops to think about his favorite human

Maybe they're not working with an agent, so they don't know what's happening around them. Or they listed their property just before the influx of inventory which seems to be growing daily. Either way, they aren't basing their pricing decision on the latest data available – and that's a miss.

If you want to avoid making a pricing mistake that could turn away buyers and delay your sale, you need to work with an agent who really knows your local market. If you lean on the right agent, they'll help you avoid making mistakes like:

1. Setting a price that's too high: Some sellers have unrealistic expectations about how much their house is worth. That's because they base their price on their gut or their bottom line, not the data. An agent will help you base your price on facts, not opinion, so you have a better chance of hitting the mark.

2. Not considering what houses are actually selling for: Without an agent's help, some sellers may use the wrong comparable sales (comps) in their area and misjudge the market value of their home. An agent has the expertise needed to find true comps. And they'll use those to give you valuable insights into how to price your house in a way that's competitive for you and your future buyer.

3. Overestimating home improvements: Sellers who have invested a significant amount of money in home improvements

quite be themselves. They need to shush and mind their manners. A dog loves so freely and exuberantly that all of this is counterintuitive.

Grammy strolls innocently across the front yard. Tote bags full of prizes dangle from her hands. Perhaps, I decide, she's taken for granted Luke's love for her, love that can't be bought. "Make sure you say HI to Luke," I remind. Ever loyal and compliant, Luke sits at the heels of a human whose side he'd never leave. Satisfied with a mere pat on the head, he smiles gratefully. "Love you, Grammy."

Meanwhile, I plan Luke's next excursion.

Stay tuned for more on Luke Valentino.

Follow him on IG @livingwith-lukevalentino

Write to Amy at amyleclair@hotmail.com

may overestimate how much those upgrades affect their home's value. While certain improvements can increase a home's appeal, not all upgrades are going to get a great return on their investment. An agent factors in what you've done and what buyers in your area actually want as they set the price.

4. Ignoring feedback and market response: Some sellers may be resistant to lowering their asking price based on feedback they're getting in open houses. An agent will remind the seller how important it is to be flexible and respond to market feedback in order to attract qualified buyers.

In the end, accurate pricing depends on current market conditions – and only an agent has all the data and information necessary to find the right price for your house. The right agent will use that expertise to develop a pricing strategy that's based on current market conditions and designed to get your house sold. That way you don't miss the mark. The right asking price is even more important today than it's been over the last few years. To avoid making a costly mistake, connect with The Marzeotti Group or a local REALTOR.

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TALES FROM BEYOND

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Vermont's Haunted Railroad Bridge

BY THOMAS D'AGOSTINO

Sometime between 2 and 3 in the morning on Saturday September 5, 1887, Vermont's worst railroad disaster took place in Hartford, a few miles from White River Junction as the Vermont Central Railroad express train from Montreal jumped its tracks and plummeted onto the frozen White River below.

The train had been carrying a full load of passengers, many traveling from Boston to Montreal. The engine was towing a baggage and express car, a mail car, two ordinary passenger cars, the sleeper car; St. Albans from Springfield and the Pullman sleeper, Pilgrim out of Boston. Most of the riders were on their way to see the circus in Montreal.

The 650 foot long bridge spanned the White River at a height of 50 feet. At the time, subzero temperatures had formed a two-foot thick surface of ice on the river. As the train sped down the tracks, a broken rail about 200 feet from the viaduct caused the cars to slam into each other then pull apart breaking

the coupling between the forward sleeper and the other cars. The engine, baggage and smoking cars passed over the bridge safely but the other cars, striking the ties came to the end of the bridge and completely wiped out the heavy beams resting on the abutment sending cars and bridge toppling onto the frozen river below.

The coaches and bridge then exploded into flames before the stunned onlooker's eyes. 40 people died in the wreck and another 40 were badly injured or burned. The intense heat melted the ice in some places making rescue efforts all the more difficult. It is estimated that 50-60 people perished from the result of the wreck. According to legend, 13 year-old Joe McCabe was able to free himself from the burning twisted debris, but watched helplessly as his father burned in the inferno.

The inefficient wooden bridge was later replaced with a steel overpass making it much more sturdy and safer. In time, people passing by began to notice a little boy near the river below. Many



Hartford Railroad Bridge. Photo courtesy of Bob and Vickie Hughes

thought nothing of it but, others noticed something was not quite right about the young man. His translucent appearance may have been enough to hint that he may not be of this world, but the fact that he is seen hovering above the water gives away his presence as being ethereal. Countless witnesses have seen his apparition

wandering the site below the bridge. Even paranormal investigators have had experiences with the ghost. There are a few more spirits that linger in the area as well. One is believed to be the conductor of the train who was also one of the casualties on that fateful night. Many claim his ghost meanders along the tracks making sure they are in perfect order as to avoid another deadly wreck. There are also claims of a ghostly locomotive silently rolling over the bridge with no cars attached to it.

Why the spirit of the young man lingers in the spot is a mystery. Some say it is the place his ghost has returned to after he died due to the traumatic incident that he was part of, while others tend to think it is a

residual entity moving about the scene of the wreck. He is seen a few feet above the water which would account for his being on the ice that was about that height in the winter according to paranormal investigator and dowser, Stephen Marshall who once actually felt the presence of spirit energy while dowsing at the scene. Either way, there are a few ghosts roaming about the White River. Take a trip to the bridge, but beware of the phantom train that might silently steam by, or the countenance that might be spied hovering above the rocky stream.

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SPORTS

Criscola Looking to Continue His Career at NU

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Growing up, Charlie Criscola never imagined himself playing baseball at a high level, never mind getting a chance to continue his athletic career at Northeastern University. The Uxbridge native began playing soccer at an early age and eventually was looking for something to do in between seasons; that's when he found baseball. He was around seven years old and baseball not only became his number one sport, but one that would eventually lead him to college.

"Once I began playing baseball, it just took over and I stuck with it. I made a lot of friends playing the game," Criscola said. "As a young kid just beginning the sport, I didn't necessarily picture myself in this position, being able to play at a high level. A lot has happened and I am very grateful for all of it."

A year or two after giving up soccer to focus on baseball when he was around the age of 13 or 14, Criscola got to play on the bigger field in town and it wasn't long after that he realized that he had a talent for the game of baseball. It was here that he felt that he was able to get a good grasp of the game and how it was played. From that point on it became a dream to play on the next level.

Over the years he continued to play AAU baseball to improve upon his game, the older he got the more serious things got for him to make this sport his future.

"My dad had gotten word about this program, Nokona (out of Ashland). Not only did I meet a lot of kids there, the program really taught me a lot about the game of baseball," he said. "It fully changed my life in terms of the game. I got to travel and play against some great competition, which elevated my game."

Criscola was a typical kid growing up, playing any and everywhere on the field, but primarily focusing on three of the four infield positions, centerfield, and pitcher.

Playing on the junior varsity team for the Spartans he continued to hold down the middle infield of the diamond with an occasional pitching stint, but all the while he knew for which position he was destined.

"I've known for awhile that I wanted to be a shortstop, that's my position," he said.

Once the Uxbridge High School junior varsity season came to an end Criscola was brought up to the varsity squad to basically sit and learn. Moving up to the big league was a totally different experience for the then-eighth grader.

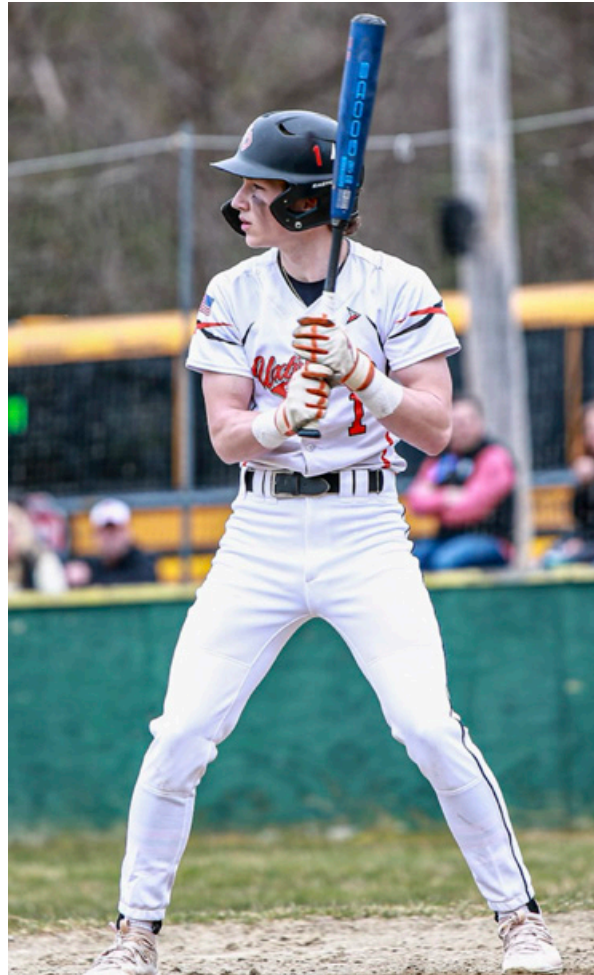
"I was a nervous kid playing on the varsity team playing against what looked like grown men," he recalled. "I did get to bat and had two hits which definitely helped my confidence for the following year."

Coach Peter Rice knew that the youngster had the ability to play on the varsity team, he just needed to work on his mechanics, hit the weight room and prepare himself for his freshman season, one in which he would be the starting shortstop.

"Charlie played a solid infield that year and was able to make plays that guys on this level will never get too," Rice said. "He has the speed to get to those plays and also can extend a regular hit into extra bases."

Having been put into the varsity environment the year prior, although it was only for a handful of games, the then-freshman had the observations of what was needed to become successful. As a starter he may have batted around .500 at the plate, but he didn't consider himself a power hitter.

"I did have a walk-off double that I hit over the centerfielders head," he said. "That was a moment



that really boosted my confidence and got me moving in the right direction."

Game that really helped me." Now he has committed to play for the Huskies after graduating

With his confidence beaming, he focused on the game that he loved and didn't let things go to his head. He used his talent to play the infield and take to the mound once in a while during his high school career.

"I don't think that I was too bad at pitching," he said. I have no issues pitching on the high school level, but it's a different story during summer ball as it's much tougher to be successful."

On October 26 of last year Criscola committed to Northeastern University to play baseball for the Huskies on the collegiate level.

"It was always a school on my mind, but they were watching me before I started to contact them," Criscola said. "I think it was my play in the Futures

there will be no more pitching for the soon to be senior. He will continue to play his position at shortstop and may even be open to learning to play third base.

"He's a hard-working individual, but now that he's committed to Northeastern we'll be backing off on the pitching," the Uxbridge coach said.

While he will not be taking the ball from Rice during his senior campaign, he will continue to work on his game. Criscola considers himself to be a fast runner down the line, quick around the base-paths and has a lot of range in the field with a decent arm.

"I'll keep working on my strength and speed," he said. "In addition to that, I want to cut down on the mental mistakes. Baseball is 80 percent mental and I just need to go out and lock myself into the game and go from there."

During his senior campaign, the Spartan definitely plans to improve upon his hitting, while being a positive role model to his teammates and making a deep tournament run.

Criscola was also selected to play for Team Massachusetts in the High School National Championship event in Omaha, Nebraska. The best of the best from each state were selected to represent their state in 3 competitive games in the southern state.



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THE CAR DOCTOR

jpaul@aanortheast.com

Dash cams can serve insurance purposes and aid driver safety

Q. What dash camera/recorder do you recommend, I am considering buying one. I travel pretty regularly from Florida to the Northeast. The way insurance companies and some people seem to be, a camera that could record an accident seems like a worthwhile investment.

A. A few years ago, I was thinking of buying a cargo trailer to move some things to Florida and although that never happened, I did get a dash cam for the reason you mention. The unit I installed is made by Garmin and in addition to the exceptionally good hi-resolution recording capability adds some driver assistance features. The camera has lane departure warning, forward collision warning and connects to their app. The installation is simple, and the camera is only about two inches long and sits up unobtrusively behind the car's rear view mirror.

Q. I have a car without a spare tire (only an air pump) and recently noticed a screw in the tread of the driver's side rear tire. I pulled it out, it was only about one quarter of an inch long and the air pressure was fine and when I put soapy water on the tire there were no bubbles. I am planning lots of driving with the family over the rest of the summer, is the tire safe?

A. Yes, the tire tread did its job and kept the screw from puncturing the inner liner of the tire. As part of your regular maintenance during your trips, check the tire pressure, as well as all the vital fluids and enjoy making memories over the summer.

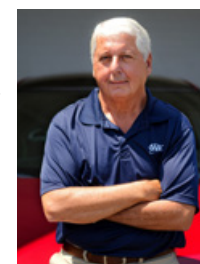
Q. I inherited my grandfather's Chevrolet Silverado and I love this truck for both its 25-year-old style and the memories of the time with my grandfather. The truck runs great, rides smoothly but the blower fan for the heat and AC only works on high. Is this the switch or something more serious?

A. It is possible it is the switch, but more than likely it is the fan resistor. There is a large resistor mounted in the HVAC air box that when it fails the fan only works on high speed. Depending on where you purchase the part, the price runs between \$30-\$60. It will take about an hour and a half to remove part of the instrument panel to get to the resistor.

Q. I am thinking about buying a used/classic BMW. Not one to drive every day but a fun weekend car. I have seen a few, they all seem to need work. Are these cars safe both to drive and repair without tapping into my kid's college fund?

A. BMWs can be great cars or true money pits. It really depends on what you want from the car. Do you want a perfect

show car, or can you live with some problems? There is an expression, do not let perfection be the enemy of good. This certainly can apply to keeping a classic BMW on the road. Some time back I had Rob Siegel who has owned many BMWs and written several books on the subject on my radio program, www.podcasts.com/john-paul-car-doctor-radio-podcast-93/ episode/Chatting-with-The-Hack-Mechanic-Rob-Siegel-3377. Give the program a listen and take a look at his book "Memoirs of a Hack Mechanic", this may help with your decision.



BY JOHN PAUL

Q. I am very fussy with my cars and recently I was washing my Nissan Maxima and noticed a slight oil film at the front strut. The car rides fine and is quiet but there is this oil. I took it to the dealer; they looked it over and said it was fine. If there is oil leaking, how can it be fine?

A. Some very slight seepage is considered normal. Nissan even has a procedure to look at the oily film. If it is a thick layer of oil that has collected dust and debris the strut(s) need replacement. If it is a thin layer of oily film with no visible dirt/dust it is considered normal. At this point I would just watch for oil, and do not wash it off if you see it start to accumulate.

Q. I have a 1970 Chevy Nova and want to replace the six-cylinder engine with a V-8, nothing high performance,

CAR DOCTOR
continued on page 21



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Uxbridge Resident Presented Girl Scout Gold Award



The Girl Scout Gold Award is the highest recognition that girls in grades 9-12 can earn in Girl Scouting. Requirements for the award culminate by completing a project that makes a measurable and sustainable difference in a girl's community. The process of building a Take Action project focuses on connecting a girl's personal interests with a community need. Steps involve leadership development, service to others, career exploration, and self-improvement.

Sophia Kay of Uxbridge earned

her Gold Award by publishing a children's book on Type 1 Diabetes with an understanding of the subject based on her own diagnosis and realizing the need for age appropriate information. Sophia's book explains Type 1 Diabetes in easy to understand terms and an corresponding piece of art she designed to go with it is installed in the Pediatric Ward and Child Life Room at the Joslin Diabetes Center in Boston.

Sophia a member of Troop 30939 is shown at the Gold Awards Ceremony held in June at Mechan-

ics Hall, Worcester with Amanda Hellyer, District Director for state Sen. Ryan Fattman.

CAR DOCTOR

continued from page 20

just more powerful that the little six-cylinder. Two questions is it easy, and some people have told me to watch out for "marketplace-rebuilds." What does that mean?

Easy is somewhat relative. The car was designed for a A.V-8 engine, so there is not a lot of modification to mounting the engine. Still, you will need to upgrade the cooling system, front springs (to carry additional weight) and some wiring and fuel line modifications. A marketplace rebuild sometimes refers to an engine that is listed for sale, that may have some new valve cover gaskets and a fresh coat of paint but hiding a lot of sins. A true rebuild includes at least the following: the engine was disassembled, parts

checked for wear, timing chain/gears, bearing and rings replaced, cylinder heads inspected, valves re-ground and properly reassembled with new gaskets.

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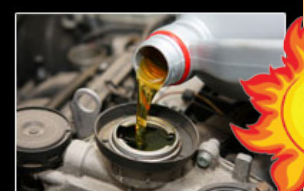
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NOTE: Community bulletin board-type items are welcome for inclusion in the *Happenings!* section of the Xpress newspapers. Please allow enough lead time for publication. Email your calendar or event

notice to news@theyankeeexpress.com.

SATURDAYS, THROUGH AUGUST 31

• Douglas Farmers Market from 9 a.m. – noon. Rain or Shine. Held at the historically significant E. N. Jenckes Store Museum, 283 Main Street, Douglas. Explore various vendors and support local businesses. Visit the museum and learn about preservation

SATURDAY, AUG 10

• Willard House & Clock Museum will host a car lawn event on Saturday August 10th (a rain date of Sunday, August 11th) from 11:00 AM to 3:00 PM. Times are approximate as the cars will be touring the countryside. The event is open to the public and free

admission was made possible by the generous support of UniBank. Willard is also pleased to announce the return of Joey's Wingz & Thingz food truck and Rushford & Sons craft beers of Upton. Guests are encouraged to register at <https://willardhouse.org/events/calendar/2024/8/10/antique-car-24> More than 40 beautifully curated and restored Ford Model T's and Model A's will be on display at Willard. "Last year's event was a success, drawing nearly 200 attendees", says Robert Gierschick, Director of Development at Willard House & Clock Museum. "The interest in the show came down to the beauty and innovation of these timeless, collectable automobiles gathered at

the museum."
 • Enjoy an afternoon of acoustic music with Cameron Sutphin from 2-4 p.m. at Booklovers' Gourmet, 72 East Main Street, Webster. Cameron is a guitarist and will perform original material as well as classic country and folk cover songs. Donations accepted at the door. Call 508-949-6232 or email deb@bookloversgourmet.com to reserve a seat. CD's will be available for purchase.
 • Rock n Roll Yard Sale at Blackstone Valley Music - Live Music, Family Fun and up to 40% off Sale. Come celebrate Blackstone Valley Music in its 16th year of operation at 6 Mendon St. in Uxbridge! On Saturday Aug 10th (rain date of Aug 11th), BVM will hold our first Rock n Roll Yard Sale, from 8am-2pm with live music presented by students and staff, childrens' activities, a store-wide sale of new/used musical instruments, equipment, and much more. Tour BVM, meet teachers who will be demonstrating a variety of instruments, and take advantage of a huge summer sale of our existing inventory. Food options will be available right around the corner by Mendon St. Kitchen and if you've not yet visited the new coffee shop nearby, Honeysuckle, make this a day to support local businesses right in the heart of downtown.

Trust. Pre-registration is required and admission times will be staggered. Visit <https://samuelslaterexperience.com> to register for Oxford Community Day. Entry times are every half hour for up to 10 people. The Samuel Slater Experience is located at 31 Ray Street, Oxford. The Samuel Slater Experience museum, which opened in March 2022, uses immersive digital uses technology and interactive exhibits to tell the story of Samuel Slater, the early American Industrial Revolution, and the creation of economically thriving mill towns like Webster.

WEDNESDAY, AUGUST 14

• The Blackstone Valley Chamber of Commerce invites members and prospective members for its signature event, "Steamers at Sunset" held at The Barn at Blissful Meadows Golf Club, 801 Chockalog Road, Uxbridge. The event runs from 5:30-7:30 p.m. Lobster, steak, chicken or vegetarian options. Prices range from \$75 - \$110 for members, higher for prospective members. Passed hors d'oeuvres, choice of steamers or corn chowder. Garden salad, baked potato, summer vegetable and light dessert. Cash bar. RSVP by August 7.
 • Alexanders Jazz Time Band will be at Mendon Town Beach, 45 Taft Ave, Mendon at 6:30 p.m. performing a concert of jazzy

SATURDAY AUGUST 10 AND SUNDAY AUGUST 11

• Oxford residents get free admission at the Samuel Slater Experience this weekend, courtesy of the Janet Malsler Humanities


HAPPENINGS!
 continued on page 23



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 <p>AUGUST 23 • 7PM</p>	 <p>AUGUST 24 • 1PM</p>	 <p>AUGUST 31 • 12PM</p>	 <p>SEPTEMBER 29 • 1PM</p>
 <p>SEPTEMBER 7 • 1PM</p>	 <p>SEPTEMBER 22 • 12PM</p>		



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SUNSET CRUISE	AUG 16 • 7:15PM
CHILLIN IN THE 90'S CRUISE WITH CHUCK PERKS	AUG 17 • 6:30PM
LAKE TOUR CRUISE	AUG 18 • 10AM
LAKE TOUR CRUISE	AUG 23 • 4PM
LAKE TOUR CRUISE	AUG 24 • 10AM
MARGARITAVILLE CRUISE	AUG 29 • 6:30PM
SUNSET CRUISE	AUG 30 • 6:45PM
LAKE TOUR CRUISE	AUG 31 • 9:30AM
SUNSET CRUISE	AUG 31 • 6:45PM
SUNSET CRUISE	SEP 6 • 6:45PM
LAKE TOUR CRUISE	SEP 7 • 10AM
SUNSET CRUISE	SEP 7 • 6:30PM
BOOGIE NIGHTS/DISCO DANCE PARTY CRUISE WITH CHUCK PERKS	SEP 18 • 6:30PM
LAKE TOUR CRUISE	SEP 22 • 9:30AM
MARGARITAVILLE CRUISE	SEP 26 • 6:30PM
LAKE TOUR CRUISE	SEP 29 • 10AM
HALLOWEEN BOOS CRUISE WITH CHUCK PERKS	OCT 18 • 6:30PM

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HAPPENINGS!

continued from page 22

popular tunes for the 1920's and early 1930's. An 11-piece period-style band will present a program of familiar standards - as well as some forgotten gems - by Irving Berlin, Cole Porter, Hoagy Carmichael, and others - all in authentic Jazz-Age arrangements. Free and open to the public. We hope to see you there! Email questions to alexandersjazztimeband@gmail.com.

FRIDAY, AUGUST 16

• View the night sky at River bend Farm from 8-9:30 p.m. at River Bend Farm, Blackstone River and Canal Heritage State Park, 287 Oak Street, Uxbridge. Telescopes will be on hand to view the moon, stars and neighboring planets. Free and open to the public. Sponsored by the state DCR. Call 508-278-7604 for more information.

SATURDAY, AUGUST 17

• The Charlton Helping Hand Society Inc. is holding a Yard Sale at the Dodge Chapel & Meetinghouse, 81 Hammond Hill Road Charlton, from 8 am to 12 p.m. Our theme is "Beach Party". Fun, fellowship, selections and beach balls await! After more than 100 years, our mission remains the same-to help the residents of Charlton and continue to be good guardians of the Dodge Chapel

WEDNESDAY, AUGUST 21

Booklovers' Gourmet will present the Eight Annual Blackstone Valley Art Association Sunflower Show from 5:30 - 7 p.m.. See artists' interpretations of sunflowers in watercolor, acrylic, oils, photography and more. Light refreshments will be served. Booklovers' Gourmet is located at 72 East Main Street, Webster. The show may also be viewed during regular business hours, Tuesday through Saturday 10 a.m. - 5 p.m. and Wednesday, 10 a.m. - 6 p.m.

SUNDAY, AUGUST 18

"The Rhode Island Rednecks" will play the New England Country Music Club Dance at the Progressive Club, 18 Whitin Street, North Uxbridge. Doors open at 12:15 p.m. and music plays from

SATURDAY, SEPT 14

The St. Vincent de Paul Society at St. Mary's of Uxbridge will host their annual fundraiser "The Friends of the Poor Walk" at 9 a.m. at St. Mary's Church 77 Mendon Street, Uxbridge. Walkers will meet at the handicapped entrance and then walk or run the town loop at 9:30 a.m. For more information, call 508-278-2226.

SATURDAY, SEPTEMBER 21

• The Sixth Annual Lions Club Car Show will be held from 10 a.m. - 2 p.m. at Valley Chapel, 14 Hunter Road, Uxbridge. All cars, motorcycles and trucks are welcome. The event benefits the Lions Club's many community programs. Music, picnic fare, local vendors and Sweet Wise Ice Cream Truck will also be on hand. Registration fee for vehicles is \$15. Admission is free. More than 100 vehicles entered last year. Registration is available in advance by sending a check to Uxbridge Lions Club, P.O. Box 455, North Uxbridge MA 01538. Include name, phone number, vehicle make and model.

• Dog Orphans Inc., 90 Webster Street, Douglas is holding an Open House from 10 a.m. - 2 p.m. Stop by with your formerly orphaned dog to say Hi!

There will be raffles, nail trimming for dogs and cats, professional photos by Brielle, hamburgers and hotdogs and a watermelon-eating contest for dogs.

MONDAY, SEPTEMBER 23

• The 18th Annual Uxbridge Senior Center Gold Outing sponsored by the Uxbridge Elderly Connection at the Whitinsville Golf Club. The event will begin at 12 p.m. with a

shotgun start. Teams of four may sign up to play for \$100 per golfer and nine holes including greens fees, cart, gift bad and buffet supper. A full sponsor package includes green fees for a foursome, cart, gift bag, additional four dinners at your reserved table, tee sign, special recognition on golf program and event press and announced recognition at the awards supper. The event benefits the Uxbridge Senior Center.

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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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