

It's All About Reciprocity

You've all seen them, here and there on the side of the road, in front of people's houses, along the sidewalks, in town commons, little boxes with doors and lots of books inside with signs that urge, take a book, share a book. They all look different. Some are made to look like little houses, churches, and even rocket ships. They are all very colorful and inviting. They're called Little Free Libraries.

Little Free Library is a nonprofit organization based in St. Paul, Minnesota. Their mission is to be a catalyst for building community, inspiring readers, and expanding book access for all through a global network of volunteer-led, Little Free Library book-exchange boxes. Their vision is a Little Free Library in every community and a book for every reader. They believe all people are empowered when the opportunity to discover a personally relevant book to read is not limited by time, space, or privilege.

ValleyCAST, the arts and culture arm of Open Sky Community Services at the Alternatives' Whitin Mill, 50 Douglas Road, Whitinsville, has wanted to install a Little Free Library on the complex grounds for years, but life gets busy, and it just kept getting pushed to the back burner. Until one day, an email set it



British telephone booth replica turned Little Free Library with (left to right) Maintenance Technician, Coleen Fournier, new Stewards, Ashley Bathrick and Eric Pogorzelski, and Director of ValleyCAST, Cristi Collari at the Alternatives' Whitin Mill, 50 Douglas Road, Whitinsville.

all in motion. Heather Elster, Executive Director of the Whitin Commu-

Douglas Sense of Community Is Strong

BY LYNN PARESKY
Douglas Common Preservation Society, Inc.

One of the things that makes living in a small town like Douglas so special is the strong sense of community displayed by its residents. Three local business owners, Matt Hadley of Hadley Electric, Chris Staruk of Staruk Trucking and Excavation, and Ryan Leshinski of Clear Factor Co., all come to mind as shining examples while supporting the Douglas Common Preservation Society, Inc.

When the Douglas Common Preservation Society, Inc., a Douglas-based nonprofit organization, hired Matt Hadley to do an electrical job at the Common, Matt offered his labor as a donation, greatly reducing the cost to the Society. Between his donation and the donations of many others in the community who responded to the Society's Spring Fund Drive, this project was able to be completed this year. The project entailed running the electrical wire in piping underground, installation of hardwired



Chris Staruk, photo submitted

LED spotlights to illuminate the Soldiers Monument as well as the flag, and installation of new plugs and timers.

When discussing his quote for the project, Matt said "I live in Douglas and would like to do something to benefit our town." His kindness and generosity was a huge help to us and shows the sense of community that makes Douglas a special place to live.

Local business owner, Chris Staruk of Staruk Trucking and Excavation, is another shining example. Last year when the Society reached out to the community to ask for help getting mulch for the Common gardens, Chris came forward and offered his help. And he helped in a huge way, donating and delivering 25+ yards of hemlock mulch to be spread in all the Common garden beds.

Chris said, "I want to give back by helping out with my donation." This past spring the Society contacted Chris to see if he would be willing to help out with mulch again this year, and he very generously supplied us with the 20 yards we needed to get the job done. His continued kindness and generosity show the community spirit evident in Douglas.

Ryan Leshinski of Clear Factor Co. and Bright Factor, showed his willingness to support the community when he was hired by the Society to add the holiday lights to the trees and on the gazebo roof at the Common. Ryan threw in more than \$1,000 of extras beyond what we were able to pay for, saying "I want to do what I can to

LIBRARY

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nity Center, sent Cristi Collari, the Director of ValleyCAST, an email

last December with a picture of a bright green, reproduction British telephone booth asking, "Can you use this?" The tourist company in Boston where Elster's son Jordan

works was offering it for free. The catch? It must pick it up before the end of the year.

When Collari saw the picture, she immediately thought "Little

Free Library!" Collari responded to Elster with a resounding "Yes!" Then Open Sky's Property Services Supervisor, Roseanna Lamontagne, scrambled to arrange transport before the deadline, no easy task during the busy holiday season.

Then the real magic happened. Coleen Fournier, one of Open Sky's Maintenance Technicians, took on the project. Fournier built side by side shelves for the inside out of scrap wood and refinished and weatherproofed the whole thing with exterior paint in the authentic red of British telephone booths. Fournier even created a sign that reads "ValleyCAST Little Free Library" for the inside. Collari then registered their Little Free Library and purchased and installed their charter sign #191805 which reads "Take a book. Share a book" at the top of the door.

ValleyCAST and two individuals who attend the Open Sky Employment Program at the Whitin Mill, Eric Pogorzelski and Ashley Bathrick, have volunteered to be stewards of the library going forward. Eric and Ashley will work with ValleyCAST and the community to keep the library clean and well stocked.

Collari encourages the community to get involved by donating books, art supplies, and small works of art. Collari also encourages anyone interested to stop by and find a book to read, art supplies to create with, and/or small works of art to bring home. "Little Free Libraries are all about reciprocity and the Alternatives' Whitin Mill was

LIBRARY

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DOUGLAS

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make this special."

With his help, our Common looks truly fabulous during the holidays. Ryan extended his support this past spring to include power washing the roof and floor of the gazebo at no expense to the Society. His kindness and generosity will continue as we move forward with preparations for the fantastic holiday lights later this year.

Comprised completely of volunteers, The Douglas Common Preservation Society itself is another example of people from the community working together to benefit the town by beautifying and main-

taining the town-owned Douglas Common. Only with funding from the community is the Society able to offer the seasonal beauty at the Common each year, finishing up the year with the magical holiday lights and decorations. If you would like to support our efforts, please send your tax-deductible donation to Douglas Common Preservation Society, Inc., 76 NW Main St., Douglas, MA 01516. We will be acknowledging all donors on the banner posted in December. Memorial Donations will also be acknowledged, so please include your Memorial Message as well. Together we can show the sense of community that makes Douglas such a special Town.



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- 2nd Friday:** Blackstone Valley South: Douglas, Northbridge & Uxbridge
- 4th Friday:** The YankeeXpress North: Auburn, Oxford
- 4th Friday:** Blackstone Valley North: Grafton, Millbury & Sutton

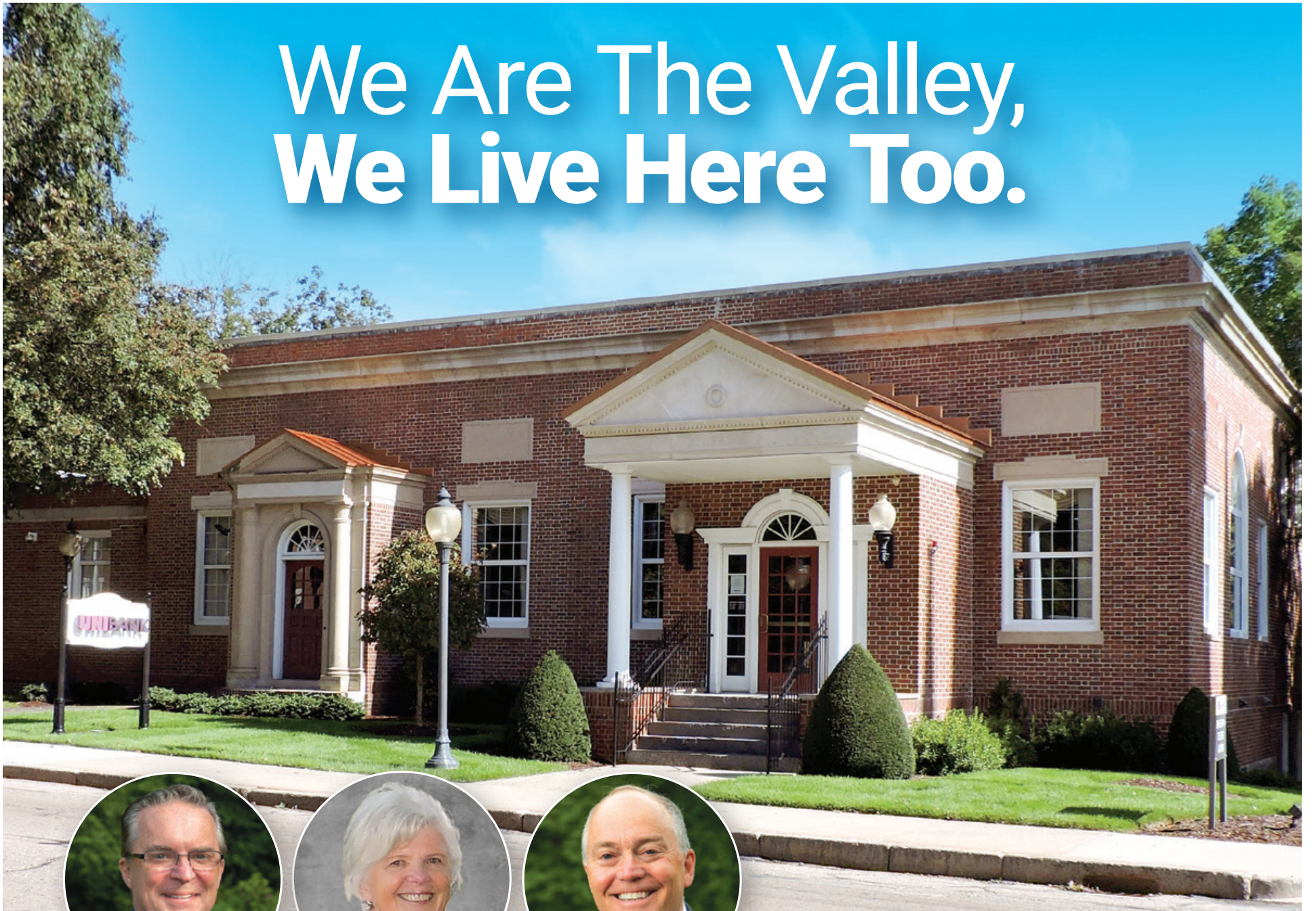
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Douglas Scarecrow Contest Announced

There's going to be more fall fun in Douglas this year with the start of a new October

tradition. The Douglas Common Preservation Society, Inc. is excited to announce the First Annual

Douglas Scarecrow Contest and hopes the community comes out to participate by entering their origi-

nal handcrafted scarecrows. This is a perfect project for families, individuals, groups, organizations and businesses to show off their creativity by entering scarecrows into the contest. For more information, guidelines and entry form, email the Douglas Common Preservation Society at lynnnparesky@aol.com – entry deadline is October 6. Flyers with entry forms will be available at some local businesses. The Douglas Common Facebook Group Page can also be visited to view the flyer.

the season. Participants will put their scarecrows on display at the Douglas Common on Saturday, October 12, where they will remain on display through October 31 to be enjoyed by the entire community.



Scarecrows will be judged on October 26 for Most Creative, Funniest and Scariest, and the lucky winner of each category will

be awarded a \$50 Amazon Gift Card. Don't forget to enter by the October 6 deadline to be part of this new Douglas tradition. The more entries, the merrier.

This free event, sponsored by The Slovak Catholic Sokol, will be a fun way to celebrate

LIBRARY

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created on that same principle, so it just makes sense to have a Little Free Library on the property," says Collari. "It's also another nice way to give back to the community."

More than 400 million books have been shared through registered Little Free Libraries across the country, profoundly increasing book access for readers

of all ages and backgrounds. To find more Little Free Libraries in your area download the Little Free Library mobile app and check out their map.

To learn more about the Little Free Library and/or how to start your own Little Free Library visit: www.littlefreelibrary.org.

To learn more about Open Sky Community Services visit: www.openskycs.org.

To learn more about ValleyCAST visit: www.openskycs.org/valleycast.



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How should you respond to market cycles?



Mark Freeman

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The movement of the financial markets can seem mysterious — and yet, if we look back over long periods, we can see definite patterns that consistently repeat themselves. As an investor, how should you respond to these market cycles?

To begin with, it's useful to know something about the nature of a market cycle and its connection to the business or economic cycle, which describes the fluctuations of the economy between periods of growth and contraction. Issues such as employment, consumer spending, interest rates and inflation can determine the stage of the business cycle. On the other hand, the market cycle refers to what's happening in the financial markets — that is, the performance of all the different types of investments.

The market cycle often anticipates the business cycle. In other words, the stock market may peak, or hit bottom, before the business cycle does the same. That's partially because the financial markets are always looking ahead. If they foresee an event that could boost the business cycle and help the economy, such as the Federal Reserve lowering interest rates, they may become more "bullish" on stocks,

thus driving the market up. Conversely, if the markets think the business cycle will slow down and the economy will contract, they may project a decline in corporate earnings and become more "bearish" on stocks, leading to a market drop.

Once you're familiar with the nature of market cycles, you won't be surprised when they occur. But does that mean you should base your investment strategy on these cycles?

Some people do. If they believe the market cycle is moving through a downward phase, they may try to cut their perceived losses by selling stocks — even those with strong fundamentals and good prospects — and buying lower-risk investments. While these "safer" investments may offer more price stability and a greater degree of preservation of principal, they also won't provide much in the way of growth potential. And you'll need this growth capacity to

help reach your long-term goals, including a comfortable retirement.

On the other hand, when investors think the market cycle is moving upward, they may keep investing in stocks that have become overpriced. In extreme cases, unwarranted investor enthusiasm can lead to events such as the dotcom bubble, which led to a sharp market decline from 2000 through 2002.

Rather than trying to "time" the market, you may well be better off by looking past its cycles and following a long-term, "all-weather" strategy that's appropriate for your goals, risk tolerance, time horizon and need for liquidity. And it's also a good idea to build a diversified portfolio containing U.S. and foreign stocks, mutual funds, corporate bonds, U.S. Treasury securities and other investments. While diversification can't protect against all losses, it can help protect you from market volatility

that might primarily affect just one asset class.

Market cycles often draw a lot of attention, and they are relevant to investors in the sense that they can explain what's happening in the markets. Yet, when it comes to investing, it's best not to think of cycles but rather of a long journey — one that, when traveled carefully, can lead to the destinations you seek.

Contact Mark for assistance with your personal finances.

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Simon Fairfield Library Soccer Tickets Drawing

Are you interested in watching a Revs game? Thanks to a generous donation, the

Friends of the Library are raffling off three sets of 4 tickets for the New England Revolution vs. Nash-

ville SC soccer game on Sept. 27 at 7:30 p.m. in Foxborough. These four-seat blocks have a cash value of \$168 each! Take your family, your friends, or go by yourself and enjoy the extra room to stretch out.

Raffle tickets are available for purchase at the circulation desk. The price for a single ticket is \$5.00, or you can get 3 for \$10..All raffle proceeds will go into the Library's building fund.

Raffle tickets will be available for purchase until 1pm on Saturday,



September 21. We will draw 3 separate winners at 9 a.m. on Sept. 23. If you are a winner, you must be able to electronically accept the e-tickets (they cannot be printed).

The first name drawn will get Section 205 -- Row 8 -- Seats 21-24.

The second name drawn will get Section 205 -- Row 9 -- Seats 21-24.

The third name drawn will get Section 205 -- Row 10 -- Seats 21-24.

If your name gets drawn twice, we will pass it over the second time so that all blocks go to different winners. Free parking is available at Gillette Stadium.



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Mass Teen Choice Book Award Ballot at Simon Fairfield Library

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You've spent your summer

reading and rating one, some, or all of our nominees. Now we want your opinion on which ones you enjoyed the most. Visit <https://mysfpl.org> or stop at the library and pick up a paper ballot to vote for your top three choices. Voters

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Northbridge Awarded Community Development Grant

State Sen. Ryan Fattman (R-Sutton) has announced that the Executive Office of Housing and Livable Communities has awarded Northbridge \$950,000 through its FY24 Community Development Fund from the Massachusetts Community Development

Block Grant Program. "With our current housing needs, grants like these are essential to towns in my district like Northbridge," said Sen. Fattman. "I'm glad to see that Northbridge can use these funds to improve parts of the town like Rockdale's

Church Avenue to make the area more residential and commercial friendly."

"On behalf of the town of Northbridge and the board of selectmen, we wish to thank all of our state officials including Secretary Augustus, Sen. Fattman and Rep.

Muradian for all their support with funding the town's FY2024 CDBG application. This award will help us invest over \$1 million of state and town funding towards Phas 1 of our Rockdale Village Infrastructure Improvements plan with the upgrade of Church Avenue, a heavily

used route that provides access to the commercial center, recreational spaces and rural housing in this active historic mill village section of our town. These funds will greatly benefit many residents and visitors in this area," said town manager Adam Gaudette.

UniBank Sponsors Activities on the Common

Showing its tradition of strong community support, UniBank is once again a Major Sponsor of the Douglas Common Preservation Society, Inc. Targeted for the expense of eight new reindeer decorations, as well as a repeat of

costs of other maintenance and decorations throughout the year, including this year's electrical project, expanded Fall decorations and the purchase of tulip bulbs for the new garden beds being installed around the two new replacement

Preservation Society Committee Members Kathy Sugrue-Richards, Bonnie Lepage, Lin Ives and Lynn Paresky on September 5th at the Common.

Michael Welch, CEO of UniBank said, "The Town of Douglas has been integral in the growth of UniBank, and we are grateful for the consumers who bank with us, businesses who place their trust in us, and to the entire community that allows us to give back, as that's the true core of our mission. Karen Yacino and her team at our Douglas branch understand the needs of the town as many of our employees live there too and are in tune with the pulse that beats prosperity into Douglas. We are more than grateful for this opportunity to donate to the overall well-being of the town. When local people,

businesses and communities do business with other local businesses that is when the magic happens and all prosper."

Come visit the Common with your family and friends to view its Fall decorations, including the entries in the 1st Annual Douglas Scarecrow Contest (being displayed October 12th thru October 31st), as well as to view the magical holiday display during the month of December. The Common will be a stop on the 2nd Annual Winter Stroll scheduled for December 14. As you Stroll through Douglas, stop in at the Common for hot chocolate and caroling hosted by the Sunshine Club between 5 and 6:30 pm -- and use this opportunity to take some beautiful family photos.

Beautifulizing, maintaining and

decorating the Common is the year round work of volunteers who make up the Douglas Common Preservation Society. The Society relies on the support of many members of the community, both businesses and individuals, to make this possible. All sponsors who donate between July and Thanksgiving will be recognized on a second Recognition Banner placed at the Common during the month of December. Your tax-deductible donations should be mailed to Douglas Common Preservation Society, Inc., 76 NW Main St., Douglas, MA 01516 if you would like to support this worthwhile cause. Memorial Donations will also be recognized on the Recognition Banner with a memorial message.



Pictured are Kathy Sugrue-Richards, Bonnie Lepage, Karen Yacino, Lin Ives and Lynn Paresky

lighting up the trees and gazebo with holiday lights and spritzers, their donation will make the holiday season shine magically again this year at the Douglas Common. Their donation will also assist with

cherry trees. Karen Yacino, Vice President and Manager of the Douglas Branch, was happy to present UniBank's \$6,350.00 sponsorship check to the Douglas Common

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or a special event with a themed luncheon. If you have signed up for a program or have purchased a ticket for a special event and are unable to attend, please call and let us know, so that we may offer your spot to someone else on the waiting list for our programs. If it is a ticketed event, please return the

ticket to the front office.

The Honeybee and its Relation to Man: A Presentation by Ken Warchol

Wednesday, September 25, 9:30-10:30 a.m.

Ken Warchol is a 6th generation beekeeper and a life-long resident

of Northbridge. He has kept honeybees since 1955. He was a social studies teacher in the Northbridge Schools from 1974-2009, past president and current member of the Worcester County Bee Club, and worked as a state bee inspector during the summer months checking bee hives all over the state. Ken also was the beekeeper who ran the 40 beehives for the USDA bee research study from 2008-2012 and was part of the Harvard University study on why the honeybees are dying. Ken will be here to talk about honeybees and the hobby of beekeeping with a visual presentation. He will also bring a few kinds of honey for tasting!

"Has Anyone Seen \$25 Million in Art Lying Around Boston?"

Thursday, September 26, 10-11 a.m.

In 1990, two men dressed as Boston police officers entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. Not any of the priceless items have been found. Numerous suspects have been named over the years, but no one has been arrested and many are now dead. Bob Ainsworth, the author of "Duped," a fictional account of the robbery, will review the actual details of the the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime.

Frauds and Scams – Discussion with the Northbridge Police Department and the FBI

Wednesday, October 2, 10:30-11:30 a.m.

Join members of the FBI and our Northbridge Police Department

ment for an informative roundtable discussion on fraud abuse and national and local scams targeting the senior population.

Medicare Healthcare with Joseph Best

Tuesday, October 15 at 9:30 a.m.

Joe, is a licensed, independent Medicare Agent, specializing in personalized guidance, tailored to meet your unique healthcare needs whether it's a Medicare Advantage plan, Medicare Supplement Insurance (Medigap), or Medicare Part D prescription drug coverage. There will be a question and answer period following the presentation.

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Halloween Sweet an Scary Crafts with Carol and Ginny

Thursday, October 17 at 1 p.m.

Join Carol and Ginny for a creative afternoon and Halloween fun. \$5 per person (cash only on the day of the event). Bring your own sharp scissors. Space is limited, sign up soon!

Halloween Harvest Party

Thursday, October 31 12-1:30 p.m.

Davis Bates celebrates Hal-

PLUMMER
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Uxbridge Needs Assessment for Residents Aged 55 and Over

The Town of Uxbridge is asking residents aged 55 and over to complete a Needs Assessment Survey and share their views to assess the needs of the Town's older adult population.

The Town of Uxbridge has partnered with the Gerontology Institute at the University of Massachusetts Boston to conduct a needs assessment of the experiences, interests, and long-term needs of residents aged 55 and over. The study, led by the Council On Aging (COA) and supported by the Town of Uxbridge, will inform plans to build programs and services that support Uxbridge's growing population of older adults.

The linked survey is one piece in the assessment process which includes qualitative and quantitative

methods of study. By completing the survey, you can have your voice heard about living in Uxbridge. Your heartfelt feedback is appreciated and essential for the Town to effectively respond to the community's needs. Your responses to the survey are anonymous.

All residents aged 55 and older will receive a printed survey in the mail along with a postage paid return envelope.

Use the QR Code to access the survey via your phone.

The survey will also be available online at www.uxbridge-ma.gov/council-aging. Residents who need assistance are also welcome to complete the survey via telephone by calling 617-287-7413. It should take about 15 minutes to complete.

Please complete the survey and

return it by October 11, 2024. Together, we will maintain

Uxbridge as a strong, vibrant community for people of all ages.

Sincerely,
Lisa Bernard, COA Director

The East Blackstone Quaker Meeting House

The East Blackstone Quaker Meeting House, 197 Elm Street, Blackstone, will hold a series of ecumenical services at 2 p.m. on Sunday, Sept. 15. This second is a series of services is sponsored by the East Blackstone Quaker Meeting House and Cemetery Historical Association, Inc. Annika Bangma will serve as the guest speaker. Music will be under the direction of organist John Staples.

From Whitinsville, Annika is passionate about relationships, discipleship, and journeying with students and young adults as they become part of the body of Christ. She is a graduate of Fuller Seminary's Marriage and Family Therapy program, a youth pastor for eight years in the Christian Reformed Church in North America (CRCNA) and now a coach, project manager and resource developer for CRCNA's "Generation Spark," intergenerational mentoring initiative. Annika enjoys combining ministry, psychology and family systems knowledge to help

those around her to live into their calling to be God's family. Annika and her husband have a spirited six year old here on earth and a beloved child in heaven.

In her spare time, she enjoys being outdoors, coaching track and field,

PLUMMER

continued from page 8

loween at Plummer Place! Come ready to sing along, share true life stories about spirits and have some ghoulish fun! \$10/person with a two ticket limit per person. Northbridge residents

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New food pantry open for Veterans! Central Mass Veterans Support Inc has opened a food pantry at 135 Worcester Providence Turnpike (Route 146) Millbury. It is opened Tuesdays – Thursdays from 10 a.m. – 3 p.m. Please bring proof of service i.e. military ID, DD-214, etc. The senior center van will offer transport on Thursday, Sept. 16 at 1:30 p.m. Call the senior center if

you'd like a ride.

PROGRAMS:

What's New in Joint Replacements – Wednesday, Sept. 18 at 12 [..m. Erin Culross OTR/L from Milford Regional will present on new treatments and surgical methods for joint replacements.

History of the Underground Railroad – Friday, Sept. 20 at 12 p.m.

Susan Franz will present a history of the Underground Railroad in Uxbridge.

Pop-Up Library – Friday, Sept. 27 at 11:30 – 12:30 p.m. Chris from the Library will be at the Senior Center during lunch with a great collection of books to check out.

Quarterly Talk with the Uxbridge Fire Department – Friday, Sept. 27 at 12 p.m. An educational program from the Uxbridge UFD.

SHINE program 9 a.m. – 12 p.m. by appointment only. Wednesday, Sept 17

Ask the Nurse Blood Pressure Clinic – Tuesday, Sept. 24 with Nancy Favulli, Salmon Health

VNA

“Ask the Attorney” with Attorney Ralph Tepper – Monday, Sept. 30 at 1:30 p.m.

Hannaford Shopping every Tuesday. Pick-up begins at 8:30 a.m. Call the Senior Center in advance.

Knitting Group every Tuesday at 1:30 p.m.

Walk and Talk exercise group every Tuesday at 9:30 a.m. Meets at River Bend this month.

Canasta Knee and Foot Card Game at 1-3:30 p.m. Join us for a fun afternoon of Canasta.

Scrabble every Wednesday at 1 p.m.

State Sen. Ryan Fattman staff office hours: Wednesday Oct. 9 and Nov. 13 from 10:30 -11:30 a.m. with District Director Amanda Hellyar.

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Crop Hunger Walk

The Blackstone Valley Crop Hunger Walk will be held on Saturday, October 26, 2024. The walk will start at 9 am at the Village Congregational Church

in Whitinsville with registration at 8:30 am. For more information contact the Blackstone Valley United Methodist Church office at 508-234-2275.

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Legendary Band America to Perform at The Big E

The iconic multi-platinum-selling group AMERICA, and special guest Jim Messina, will perform a night of timeless hits at Big E Arena, Sunday, September 22, as part of AMERICA's Ride On Tour. Concert tickets, and a limited number of passes for the AMERICA Meet and Greet Experience with Dewey Bunnell, went on sale

April 5. Concert tickets include admission to The Big E when purchased online prior to show date.

Known for their timeless magic and powerful performances, the Grammy Award-winning perennial classic-rock favorite will draw on their deep catalog of hits including signature song "A Horse With No Name," a Number One hit on

Billboard's Hot 100 in 1972.

For more information on America with special guest Jim Messina at The Big E Arena, visit TheBigE.com.

The Big E, the largest event on the East Coast and fourth largest Fair in North America, returns to West Springfield, Mass., Sept. 13-29. Stay up to date on year-

round events and programs taking place at Eastern States Exposition by joining the email newsletter list

at TheBigE.com or connecting on social media.

Milford Regional Addiction Care

Milford Regional Medical Center recently announced a new Milford Addiction Care Team (MACT) to provide assessments, resources, counseling, and recovery coaching to better care for and treat patients who suffer from alcohol dependency or substance use disorders while they are in the hospital.

The MACT was funded through a grant from the Massachusetts Executive Office of Health and Human Services, Department of Public Health's Bureau of Substance Addiction Services (BSAS). Milford Regional was one of 15 hospitals awarded grant funding from the statewide Opioid Recovery and Remediation Fund, which is subsidized through legal settlements with opioid manufacturers.

Like healthcare systems throughout the country, Massachusetts hospitals continue to grapple with the addiction crisis. According to the BSAS, Worcester County hospitals had 12,694 substance-related emergency room visits in 2023. In relation to that, in 2023, the state recorded its eighth consecutive year of more than 2,000 deaths due to opioid overdoses, per the Department of Public Health.

However, studies continue to show that interventions through a team of addiction care specialists within a hospital reduces readmission rates and increases participation in treatment.



"Programs that treat people with addictions typically operate outside a hospital setting," explained Milford Regional Chief Quality Officer and Vice President Bert Thurlo-Walsh, MM, RN, CPHQ. "The creation of Milford Regional's addiction care team will play a significant step toward providing immediate treatment measures to our patients through compassion, support and respect."

The MACT consists of a licensed mental health counselor

or social worker, recovery coaches and a program analyst. The team is managed by Milford Regional Director of Care Management Ann Wilkins, MSW, LICSW, CPUR, and reports directly to Milford Re-

gional Manager of Behavior Health Jill MacCormack, LICSW. Joining the MACT are Substance Abuse Clinician Lisa Antonio, LMHC, and Substance Abuse Counselor/Recovery Coach Don Canova.



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Oompah, Oompah, Time for Oktoberfest

Each year, hundreds of folks come out to celebrate the town of Douglas at the annual Oktoberfest. This year, it will be held on Saturday, Oct. 5. There will be lots of food, vendors and entertain-

ment to enjoy throughout the downtown area.

The fun will happen from 9 a.m. – 4 p.m. on Main Street.

A beer garden will be available serving locally crafted brews from Greater Good. Jon Short will provide live music at the garden site.

Work off some excitement at the popular little dog races down Main Street. Four entertainment stages will provide something for everyone.

Lots of games and activities will keep the kids happy. Ed the Wizard will amaze with his illusions and balloon animals.

Over 100 vendors will provide fabulous shopping and eating experiences.



The Douglas Oktoberfest is an annual event that brings the community together for a day of fun and celebration. It is the highlight of the autumn season for the town.

Volunteers and vendors are welcomed. Please reach out to douglas_oktoberfest@yahoo.com or visit www.douglasoktoberfest.com.

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Northbridge Cultural Council Seeks Grant Applications

The Northbridge Cultural Council (NCC) is accepting grant applications from local artists, performers, teachers, and nonprofit organizations through October 16, 2024. Potential funding (usually ranging from \$250-\$1,000) will be awarded for events or workshops supporting the arts, humanities, and applied sciences in the Northbridge community, to take place throughout 2025. The



application and the NCC's funding priorities can be found on both massculture.org and at northbridgemass.org/cultural-council. The NCC is a local agency funded by the Mass Cultural Council, a state agency. The NCC is part of the largest grassroots cultural funding network in the nation, the Local Cultural Council (LCC) program of the Mass Cultural Council. The LCCs enrich the cultural life of all cities and towns in Massachusetts. Led by municipally appointed volunteers, LCCs award \$7.5 million every year, supporting 7,500 cultural programs that include everything from field trips to lectures, festivals, and dance performances.

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The People First Food Pantry of Uxbridge would like to thank Premer Real Estate employees and their children for volunteering their time to fill backpacks. On 8/12 these wonderfully dedicated volunteers spent their time making sure each backpack was full of the necessary tools our children need for a successful school year! They filled 64 backpacks in 2 ½ hours!! We would also like to thank everyone who donated school supplies and backpacks during our recent Back to School Supply drive!! We are blessed to live in a community that comes together to support those in need!



From left: Oliver Marshall, Kaylee Whitten, Isaiah Whitten, Chris Whitten, Michaela Emerich, Amy Marshall. Photo submitted

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National Bike Your Park Day

Blackstone Heritage Corridor staff and volunteers will celebrate National Bike Your Park Day on Saturday, Sept. 28 with a guide bike ride along the Blackstone River Greenway between Blackstone and Uxbridge. Meet at the Depot parking area at 85 Canal Street in Blackstone with your bike

and helmet at 10 a.m. The round-trip distance will be seven miles over a flat paved surface. Learn about efforts to complete the bikeway greenway, one of the top priorities for the Corridor and the Legacy Campaign at Preser-
vetheCorridor.org.

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Girl Scouts Love State Parks Weekend September 14-15

MA Department of Conservation and Recreation and Girl Scouts of Central and Western Massachusetts Team Up

The annual Girl Scouts Love State Parks Weekend will be hosted in state parks nationwide on September 14 and 15. Locally, the Massachusetts Department of Conservation and Recreation (DCR) will provide exclusive opportunities for Girl Scouts and their families in eight state parks in central and western Massachusetts with nine different programs over the two days. Programs are specifically tailored to assist Girl Scouts with earning nature based badges.

The State Parks include:
 Blackstone River Canal Heritage State Park, Uxbridge
 Blackstone River Valley Heritage Center, Worcester
 Great Falls Discovery Center, Turners Falls
 Holyoke Heritage State Park, Holyoke
 Mount Greylock State Reservation, Lanesborough
 Purgatory Chasm State Park, Sutton
 Quabbin Reservoir, Belchertown
 Wachusett Mountain State Reservation, Princeton

“We’re excited to partner with the Girl Scouts again for this fun annual initiative that provides Girl Scouts with free programming opportunities in our parks to help them earn their nature-based badges,” said Mass. DCR Commissioner Brian Arrigo. “Our beautiful spaces are great spots for Girl Scouts to learn about and connect with our environment.”
 Girl Scout members, friends, and family are encouraged to also participate in self-guided tours, hikes, watersports, stargazing, and many more fun outdoor activities in parks during Girl Scouts Love State Parks Weekend.

“Getting girls outdoors is a unique part of the Girl Scout Leadership Experience and an important part of our mission,” said Theresa Lynn, Girl Scouts of Central and Western Massachusetts CEO. “With a partner like DCR and so many incredible spaces in our own back yard it’s a great time to get outside.”

Not a Girl Scout yet? You can sign up at <https://www.gscwm.org/en/get-involved/join.html>
 More information, registration for programs and free download of a Girl Scouts Love State Parks passport activity can be found on the Girl Scout’s website at [Girl Scouts Love State Parks \(gscwm.org\)](http://GirlScoutsLoveStateParks.org)

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LIVING WITH LUKE

amyleclaire@hotmail.com

Luke Travels Upstream at New Hampshire's Doggie Dive

BY AMY PALUMBO-LECLAIRE

The New Hampshire motto, "Live Free or Die" couldn't have been more relevant this past August. Luke's annual trip (of two) to the White Mountains, NH was full of all that he loved about the great outdoors. There was so much to see and smell and hear.

He especially loved sleeping at the foot of our bedside in a charming cottage that smelled of wood and honey. Who would have guessed that the tide of our trip would turn?

We took Luke to the Basin, a sought-out New Hampshire destination full of lavish attractions. The experience was both primal and positive for Luke. Rugged trails frosted with sticks and stones whet his palette, though his mind remained doggishly one-

track. "THERE'S WATER DOWN THERE!! I'M NOT KIDDING YOU!" There was no denying the scent of glistening streams down below. Even if we could manage to deter Luke, how would we sleep at night knowing that we pulled him away from one of mother earth's natural wonders? We tightened our bootstraps and trucked downhill.

Shades of green and gold shimmered like a desert of shiny pennies in the natural pool before us. Rays of sunlight beamed down on the water's surface. Ripples of light danced. We were in heaven, it seemed. Luke shot a glance at the water then—sold—pulled us forward like a drug-sniffing canine. "Luke. Easy!" He was euphoric, high on the prospect of immersing himself in one of New Hampshire's greatest treasures, the wondrous basin. He stretched. He sniffed. He darted this way and that, barking at rushes of water. "I'm not afraid of you! I've fought the hose water rush for one-point-five years now!"

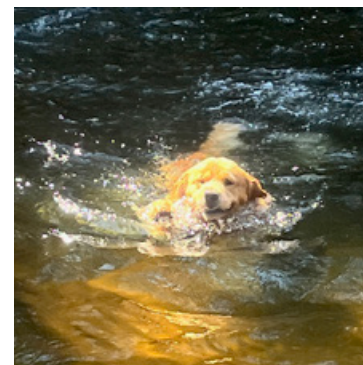
Luke may have been fearless, but we were not. My husband's knees knocked to the cry of Luke's water passion. What if he was swallowed up and taken down stream? I worried that he might tear an ACL, given so many slippery rocks. "What a beautiful dog!" We buried our fears in the comfort of fellow hikers—that and Luke's research.

My dog proved a careful observer. He crouched down low. He sniffed out what did and didn't make sense, even for an expert swimmer. He noted the intensity and force of water explosions at certain sections. His big head creased in awareness. He backed off. He tested the waters with a tentative paw. Luke was determined to make informed choices. Survival was in his genes. He may not be the fittest, but he was certainly the fluffiest. Moreover, this pedigree descended from a long line of thinkers. He looked up at us for a verdict. "You're being such a good boy, Luke." We unhitched him and allowed him to swim in the baby pool on the opposite side of the falls.

"Look at the doggie learning to swim, honey!" Every Dog Mom has experienced that moment—when her dog's behavior falls somewhere between being cute and bizarre. "He's making his own fun with the bubbles!" Indeed, he was. "It's his thing." I responded, while an oblivious Luke paddled like an unathletic seal. He flapped at the water to create bubbles, then chased them down with a biting mouth. Perhaps we should have cut our losses and settled on one dynamic swim for Luke.

New Hampshire, ever outdoorsy, held more water opportunity.

The Bretton Woods River had been a historic hideaway spot, a



nook in the back end of the woods with flat rocks situated between two natural pools. The expansive landscape offered a perfect means to sit on a towel, sunbathe, or, in the case of this Friday, take your dog to a water park. Our private beach had apparently gained notoriety.

"This is Luke," I hollered down from the high incline leading to the beach. "He's friendly, but occasionally shows same-sex aggression." My voice became the echo of a mickey mouse game. Owners tightened their grips on dog leashes and gossiped about Luke. Oblivious, he puffed his mane out like Mufasa of the Lion King and stood like a statue on a high ledge. Big dogs pinned their ears back. Small dogs closed their tiny, barky mouths.

"Let's go." We bumbled clumsily down the trail leading to the natural beach. Elena, a happy-go-lucky silver lab, mouthed a tennis ball and greeted me with a full body shake and shower. "Sorry about that," her owner apologized. "No worries! I was hot anyway," I lied. Dog People have learned from their dogs to not sweat the small stuff. Elena eyed Luke adoringly, but he ignored the opposite sex. In fact, he ignored every sex on the dog beach.

"I haven't swum in twenty-four hours." Unleashed, the stud melted into the water and paddled gracefully. Then, something changed. As though wanting to separate himself from the hype of the Doggie Dive, he began to paddle further down the river. We all raised a brow. "Where's Luke headed?" The scene falls on me now like a 35-millimeter slide shot of my childhood. "Remember the time when we visited the river and Luke..."

The current takes him by surprise. I can see him whimper upon discovering that the water resists his paddle. He's learned that he's not able to freely swim back in the direction he came from. He's suddenly nervous. Dogs need to sense exactly how to return home. At the same time, he boasts a side of himself

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LUKE
continued on page 17

REAL ESTATE

Today's Biggest Housing Market Myths

Have you ever heard the phrase: don't believe everything you hear? That's especially true if you're thinking about buying or selling a home in today's housing market. There's a lot of misinformation out there. And right now, making sure you have someone you can go to for trustworthy information is extra important.



BY MARK MARZEOTTI

If you partner with a real estate agent, they can clear up some common misconceptions and reassure

you by backing them up with facts. Here are just a few misconceptions we can help disprove.

1. I'll get a better deal once prices crash: If you've heard home prices are going to come crashing down, it's time to look at what's actually happening. While prices vary by local market, there's a lot of data out there from numerous sources that shows a crash is not going to happen. Back in 2008,

there was a dramatic oversupply of homes that led to prices crashing. Across the board, there's an undersupply of homes for sale today. That makes this market a whole different scenario.

So, if you think waiting will score you a deal, know that data shows there's not a crash on the horizon, and waiting isn't going to pay off the way you'd hoped.

	Then	Now
Existing Homes	10.4 month's supply	4.1 month's supply
Newly built home	1.6 million	1 million
Foreclosures	1.7 million	300k

2. I won't be able to find anything to buy: If this nagging fear about finding the right home if you move is still holding you back, you probably haven't talked with an expert real estate agent lately. Throughout the year, the supply of homes for sale has grown. Data from Realtor.com helps put this into context. While there are still fewer homes on the market than in a more normal year like 2019, inventory is still above where it was at this time last year.

The supply of homes for sale is improving. Pre-pandemic inventory was -28.7%. Today year over year we are at 35.6%. That is a lot to choose from.

So, if you're remembering all that media coverage about record-low supply during the pandemic, you can rest a bit easier. While the market isn't back to normal just yet, inventory is moving in a healthier direction and that means as your options improve, you can let go of this now outdated myth because finding a home to buy won't feel quite so impossible anymore.

3. I have to wait until I have enough for a 20% down payment:

Many people still believe you need a 20% down payment to buy a home. To show just how widespread this myth is, Fannie Mae says: Approximately 90% of consumers overstate or don't know the minimum required down payment for a typical mortgage. First-time homebuyers are typically only putting down 6%. That's far less than the 20% so many people think they need. Repeat buyers are closer to 20% at 17% because they have so much equity built up in their current house that can be used to make a larger down payment for their next move.

This goes to show you don't have

to put 20% down, unless it's specified by your loan type or lender. Many people put down a lot less. Not to mention, depending on the type of home loan you get, you may only need to put 3.5% or even 0% down. So, if you're buying your first home, you likely don't need nearly as much for your down payment as you may think.

If you put your move on pause because you heard one or more of these myths yourself, it's time to talk to the Marzeotti Group or another trusted agent. An expert agent has more data and the facts, just like this, to reassure you and help break through any misconceptions that may be holding you back.

Maribeth Marzeotti
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LUKE

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that is hugely strong. His big head bobs over the water while his paws and full body operate like a small motor. My pup, a playful swimmer, is literally traveling upstream. He cannot go with the flow, lest he be taken by the river's current. I've been navigating these rivers for over forty years. I've got to lure Luke away from panic. I climb onto an island of smooth stones and stand perpendicular to him. "C'mon, Luke. Swim this way." I can tell that he's working towards me, but it's not easy. A woman stands above us at the cliff bordering the river. Her fingers rest on her chest. "We are all praying for him."

The moment is both redundant and significant. I've been here before. I've done this before. "You can do it, Luke." By this time, I'm side-stroking my way in the direction he needs to follow. His wet bear cub face bobs above the water. He's paddling against the current with his chunky paws until, finally, something clicks. "I gotta go get Momma."

Luke makes his way out of the flow.

"Yayyyyy, Luke!! The entire Dog Park had been watching an episode of The Day Luke Got Stuck in a Current. Dogs sat still and stared. Smokers paused between puffs. Elena dropped her ball. One dog lover stood ankle deep at the shore with a bag of Doritos. "Can I give him one?"

My mind's eye traces over the casual manner by which Luke munched the chip, shook off the

incident, and went back in the water with better understanding of how the river works. He even found a boulder to climb upon to regroup if needed.

My dog would rather die than live without freedom. I couldn't agree with him more.

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TALES FROM BEYOND

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The Ghost Of Giles Corey

BY THOMAS D'AGOSTINO

The Howard Street Cemetery in Salem, Massachusetts is a regular stop on ghost tours. The many ancient graves are worth the trek alone, but it is another eerie

sighting that the tour goers want to see, yet most Salem residents shudder at the thought of. The graveyard, dating back to 1801 was the field where Giles Corey met his tragic end during the Salem witch hysteria of 1692. Sheriff George

Corwin condemned him for witchcraft. When asked to enter a plea, he used the legal tactic of "standing mute" and therefore his land could not be confiscated. With no plea entered, Corey technically remained innocent, and his property could not be legally seized.

On September 19, 1692, in an attempt to get a plea from the 81 year old man, Giles Corey was placed in the field under great boulders where the Howard Street Cemetery now sits. It is right behind the old Salem Prison which recently became apartments. When asked to enter a plea, he just said, "more weight." This went on for three days.

Before he died from the immense weight of the boulders that were placed upon him, he cursed the village of Salem and all sheriffs who would ever preside in the little hamlet. The personal curse he placed on Corwin went to the effect that he would someday choke on his own blood. It seems that his curse has had some sort of influence on the town. Records reveal that every sheriff of Salem has since suffered the same illness resulting in death or an early retirement due to a heart or blood

related malady. Corwin died at the age of 30 from a heart attack on April 12, 1696.

There is a legend that Giles Corey's ghost always appears before something tragic happens. His ghost was seen roaming the cemetery just before the Salem fire of June 25, 1914 that destroyed 1,376 buildings and made over 18,000 people homeless or jobless. Corey's ghost has been reported just before other smaller but significant terrible events in the Witch City. Many tourists have taken photographs of what appears to be either Corey's ghost or one of the many others that are said to roam this active burial ground.

Giles Corey's burial site remains unknown to this day. George Corwin's remains were hidden in the cellar of the family home out of the fear that the angry people of Salem who were wronged by his hand would tear his corpse to shreds. He was later buried in the Howard Street Cemetery in the family plot.

One more interesting note; the cemetery was opened in 1801 and the first interment was a 2nd mate aboard the Belisarius named Benjamin Ropes who died tragically, oddly enough, after being crushed

to death by the foretopmast of the ship.

After meandering through the Howard Street Cemetery, take a trip to the Charter Street Burial Ground where the Salem witchcraft memorials are. This is actually the most popular of the Salem graveyards. It is here that the memorial to the people who were executed for the crime of witchcraft sits. Stone slabs mark the memory and death of each of the nineteen victims. There are claims that the place is haunted. People have seen apparitions and heard unearthly screams from the cemetery. Perhaps the spirits of those who perished due to the witch trials either at the gallows or in jail still wait for revenge and restitution. If you visit the graveyard you will see that the memorial is not accessible from the burial ground. Even in death long after the persecutions have ended, these individuals are still kept apart from their peers. Infamous witch judge Jonathan Hathorne is buried there. His descendant, Nathaniel Hawthorne added a "W" to his name in order to separate himself from the horrible family legacy.

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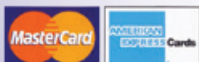
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SPORTS

From walking to wheels for cancer research

BY CHRISTOPHER TREMBLAY, STAFF SPORTS WRITER

join her family members in the region's most prestigious fundrais-

able to walk it was something that I could do and it was an awesome way to be able to back them. The Dana Farber Jimmy Fund walk is very similar to the PMC just with different routes."

Parella rode along with her family members this past August and while they were much quicker than she was, the Douglas resident was able to finish the 182-mile ride from Sturbridge to Provincetown despite being much slower.

"Riding the PMC was much more different than I ever thought," she said. "I had bought a stationary bike and a used bike to ride when I could and get ready for the PMC. I probably should have done more in terms of training, but a lot of nay sayers gave me all the motiva-

ing event. "Growing up in Wellesley, the marathon was a big part of my life and we watched it every year," Parella said. "I knew that I could never run a marathon, but being

For eight years, Douglas' Lisa Parella participated in the Dana-Farber Jimmy Fund walk; 26.2 miles from Hopkinton to Boston in memory of her father who had passed away and her mother who had gone through chemo and radiation for cancer. Unfortunately, last December Parella had to go through her sixth foot surgery and there would be no more long distance walking in her future.

Four years ago, her daughter-in-law lost her mother to cancer and two years later her daughters-in-law's father rode the Pan-Mass Challenge (PMC) in his wife's memory for the first time. This year the two would ride together. Being the 25th anniversary of her father's passing and the 12th year of her mother's remission Parella decided that she would



ing event. "Growing up in Wellesley, the marathon was a big part of my life and we watched it every year," Parella said. "I knew that I could never run a marathon, but being

SPORTS

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THE CAR DOCTOR

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Irregular Starts? Voltage Test the Battery

Q. My Ford Taurus has a problem that if the car sits for three or four days it will not start. If I get a jump start it fires right up. My battery and starter were fine and everything else tested okay could it be a sensor or fuel pump?

A. If the car starts with a jump and the battery is fully charged, I would look for an electrical problem. On some Ford vehicles the battery ground cable has been known to cause intermittent no-start problems. A technician with a voltmeter will perform a "voltage-drop" test to determine the cause of your car's intermittent no-start problem. If you cannot get the car to a garage look for dirty/corroded connections. Start with the battery and work as far as you can, cleaning on the way.

Q. I have a 2018 Acura RDX with only 29,000 miles on it. When applying the brakes there is a thumping sound from the right front. I checked

the tire and there is no visible damage. The brake rotor also looks okay. The warranty has long expired what could be wrong?

A. A thumping sound is typically a loose component or an out of round brake rotor. The issue could be a loose caliper mount, pad moving or even a suspension part. At this point, the only thing to do is take the car to a repair shop and demonstrate the problem and have them perform an inspection of the braking and suspension system.

Q. I added about a half-gallon of blue window washer fluid to my coolant by mistake a couple of days ago. This is a new car to me (I have had it six months) and I feel like an idiot, did I do any damage? Do I need to have the system flushed and new antifreeze added or is it okay to leave it as is?

A. This is actually a fairly common occurrence - you are not an idiot. Window washer fluid is mostly alcohol and water so there shouldn't be any engine harm. What I would be more concerned about is that you needed to add that much fluid to the engine cooling system in only six months. You should have the cooling system checked for a possible leak.

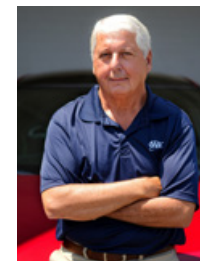
Q. I recently purchased a five-year-old Lexus and took it to my own mechanic to have it checked after I

bought it. When she scanned the computer, she found a dozen fault codes. Now the car ran great, and the check engine light was off. When I went back to the dealer, they checked it over and replaced the battery. Could the battery really be causing all those codes?

A. A good battery is critical to the proper operation of newer cars. Battery voltage that is low or varying can cause all kinds of mischief with computer-controlled systems. My suggestion is drive the car for a couple of hundred miles and then rescan the computer.

Q. I have heard you mention WORX tools on your radio program, are they really any good?

A. I have several WORX tools, from a weed trimmer, leaf blower to an impact wrench and light duty angle grinder and been quite happy with the overall performance. One reason I like them is they all share the same 20-volt battery. So, the chances of always having a fully charged battery are



BY JOHN PAUL

CAR DOCTOR
continued on page 21

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SPORTS

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tion that I needed.”

As she hopped on her bike alongside some 6000 plus other riders she found herself somewhat nervous as she was unsure of what to expect and if she could even make it to the first water station taking part in the 182-mile two-day excursion through several Massachusetts towns and onto the Cape.

Not only did she not know what was going to happen as she began her first PMC ride, she and the other riders were finding out it was going to turn out to be a rather hot day one.

“A lot of the people along the routes were saying that it was a difficult year with the heat and humidity, but I was able to make it to the first water stop and was very impressed with myself. It was here that I said to myself ‘you can do this,’” she said. “The next leg of the ride had a lot of hills and was very difficult and I started to slow down, but I didn’t stop and kept pushing.”

By the time that she pulled into Bourne concluding the end of day one, Parella said that she was not feeling bad leg wise and her body was still strong; the only thing she wishes she could have done differently was consume more calories that night.

“It was so hot that I really didn’t want to eat and didn’t eat too much that night in Bourne,” she said.

“Come Sunday, I would find that was a mistake as I was dragging, but I ended up making it and despite all the rumors about the Cape being flat, that’s a lie, there were a lot of hills.”

Overall, Parella was glad that she took part in the Pan-Mass Challenge to help all those people inflicted with cancer.

“It was wonderful and awful; amazing but torture, but I loved being a part of the PMC culture,” Parella said. “There were so many people on the route very supportive and over the top, everyone was absolutely tremendous. A lot of the riders that passed by me would see my name on the back of my jersey and that it was my first year and they too would give me support – the entire event was amazing.”

While she did make it the entire 182-miles Parella is not saying that she will be getting on her bike again come next August, at least not yet.

“I can’t say yes or no at this time,” she said. “I’d have to be a lot stronger than I was this year and be able to train more than the three months I did this year, due to my surgery.”

That sounds like a “yes” to becoming a part of the PMC, an event that raises funds for cancer research and treatment at the Dana Farber Cancer Institute. Together they will all help the foundation get closer by the mile to a world without cancer. According to the PMC, this is what a bike was meant to do and Parella will most likely be a part of it.

CAR DOCTOR

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quite good.

Q. I just inherited a 2014 Honda CRV with only 52,000 miles on it. When I am accelerating normally from 25 mph to around 40 mph, sometimes I feel the engine bogging down and have this shuddering/vibration. Other times the car runs great. Since the car did not cost me anything I am willing to put money into it. Is this a

known issue and what can I do to fix it?

A. If the engine is running properly, I would be looking at a possible transmission issue. Honda did issue a technical service bulletin (not a recall or warranty extension) with a computer update and transmission fluid replacement. In some cases, the transmission may need to be replaced. I would try changing the transmission fluid (use only Honda fluid), in many cases this cures this symptom.



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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.
- Pasta & Meatball Dinner at St. Peter Parish in Northbridge on Saturday, September 14th starting at 5:30 pm in the Parish Hall. Bring you family and friends for a wonderful meal and meet some new friends. Tickets are \$15 per dinner and include salad and dessert. To go meals will be available for pick up at 5:00pm and all orders must be purchased in advance. Please call the parish office at 508-234-2156 or email parishoffice@stpeterrockdale.org to purchase tickets or if you have any questions.

WEDNESDAY, SEPTEMBER 18

- The Douglas Sunshine Club is planning a trip to explore the British Landscapes in Sept. 2025! We will be traveling with Collette Travel for an adventure starting in Edinburgh, Scotland, and then down through England completing our tour in London. Anyone interested is welcome to join us for a special travel presentation on September 18 at 6:30 pm with a Collette representative who will describe the itinerary and travel arrangements at 6:30 pm at the Douglas Adult Social Center located at 331 Main St., Douglas. This will be a 10 day tour September 7-16, 2025 with a pre-night option in Edinburgh, a post-night option in London and a tour extension in Paris. Please call the center to sign up for this presentation at 508-476-2283 and for more information about the tour call Pam at 508-476-4474.

FRIDAY, SEPTEMBER 20

- Paul D'Angelo set to headline Comedy night at Slater's at 7:30 pm With special guests Dave Rattigan & Jim Ruberti. Doors open at 6:30 PM; show starts at 7:30 PM. Tickets are on-sale now at www.samuelsslater.com. Samuel Slater's Restaurant is located at 200 Gore Road in Webster.
- View the Night Sky at River Bend Farm, 287 Oak St., Uxbridge. Gather with local astronomers to view the night sky. All events are on Friday evenings. Details on what you'll see are on our events calendar. September 20 at 7 p.m.; October 25 at 6 p.m.; November 15 at 5:30 p.m.

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.

SEPT. 21 - OCT 31

- The Pumpkin Patch at the First Congregational Church, 128 Central Street, Auburn will be open daily 10 a.m. 'til dusk September 21st through October 31st. There will be gourds and pumpkins of all sizes and prices – one for every need; be it for your fall decor, carving, baking – you name it! The pumpkins are raised and harvested by the Navajos on their reservation in New Mexico. The money they receive helps their schools and other programs and a percentage of the sales helps our church as well. Thank you in advance for your support. If you have any questions, feel free to call the church office at 508-832-2845.

SUNDAY, SEPTEMBER 22

- The New England Country Music Club will sponsor a dance with live classic country band Rachel & Western Partners at the Progressive Club, 18 Whitin St., N. Uxbridge. Doors open at 12:15 p.m., music 1-5 p.m., \$11 for non-members. Snacks may be brought in, cash bar for beverages. FMI: <http://www.Facebook.com/NECountryMusicClub>.

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HAPPENINGS!
continued on page 23

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OCTOBER 5

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MARGARITAVILLE CRUISE..... SEPTEMBER 26 • 6:30PM

LAKE TOUR..... SEPTEMBER 29 • 10AM

HALLOWEEN BOOS CRUISE WITH CHUCK PERKS..... OCTOBER 18 • 6:30PM

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The Indian Ranch Box Office is open Monday, Wednesday, Saturday, Sunday (10AM - 3PM), and Friday (10AM - 5PM). Tickets are also available by phone: 1-800-514-ETIX (3849). All events are rain or shine. No refunds. For ticketing and group sales, contact tickets@indianranch.com or call 508-943-3871. For information on private events, banquets and renting the Indian Princess Paddlewheel Boat, contact banquets@samuelsslater.com. Indian Ranch is less than an hour's drive from Boston, Providence, Hartford and Springfield. Indian Ranch is located at 200 Gore Road in Webster, MA.

HAPPENINGS!

continued from page 22

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 bag 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.

SATURDAY, SEPTEMBER 28

Upton's Annual Heritage Day Festival will take place beginning at 9 a.m. Activities will take place in and around Upton center. The Society is grateful for Unibank's

continued sponsorship of our annual event. Mark your calendar. This event is always a great time and the variety of events offer something for everyone. If circumstances require that it be cancelled a decision will be announced on or before September 25

SATURDAY, OCTOBER 12

• St. Patrick's Church Autumn Recycling Event. 8am - 1pm. 7 East St, Whitinsville. We will be accepting gently used books (no encyclopedias) & media; gently used textiles/clothing & accessories; electronics for a fee (no propane, batteries, lightbulbs); rinsed bottles/cans returnable in MA (no glass). Please keep items for each station separate. For more information & pricing, email officesupport@mystpatricks.com or call 508-234-5656.

THIRD WEDNESDAY OF EACH MONTH

• Coin Show at the VFW Post 1385. 13 Cross Road, Uxbridge. 3-7 p.m. Free Admission, Free Appraisals

Simon Fairfield Library Auction

The Friends of the Simon Fairfield Library in Douglas are holding their annual online sale coming up and your donations are welcomed. Household items, handcrafted wares, antiques, vacation packages and useful services.

Search through your garages and attics to see what you find and can donate!

The auction will run online Wednesday, Oct. 9 through Wednesday, Oct. 23. Items will be accepted through Sept. 15. To

donate, please email your donation description and images to friendssimonfairfieldlibrary@hotmail.com or visit the Friends page at mysfpl.org. Please email before any drop-offs.

Uxbridge Senior Golf Outing 2024

The 18th Annual Uxbridge Senior Center Gold Outing sponsored by the Uxbridge Elderly Connection will be held at the Whitinsville Golf Club in

Whitinsville on Monday, Sept. 23, The event will begin at noon with a shotgun start. This is an annual fundraiser that benefits the programs and activities of the

Uxbridge Senior Center. Teams of four may sign up to play for \$100 per golfer for nine holes including greens fees, cart, gift bag and buffet supper.



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Jesus

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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Saturday, October 12, 2024

October's theme: **Wizard of Appl-Oz**

Featured artist: **Nat Needle & Chuck Demers**

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Questions? Michelle.Benjamin@openskycs.org or visit openskycs.org/openmic



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