

## Covering Racial Issues in a White Classroom

BY PATTY ROY

Teaching, even at the elementary school level, is a complex subject these days. Not only do you have to instill the three R's, but you may find yourself addressing a fourth one: Race.

How to do that with empathy when you're a white teacher in a classroom full of white students can be tough to manage. Dr. Jackie Boivin, a Douglas resident and assistant professor of elementary Education at Bridgewater State University, has written what she calls a "field guide" for grade school teachers in predominantly white environments to address this challenge, "Unpacking Privilege in the Elementary Classroom: A Guide to Race and Inequity for White Teachers."

In the years before her professorship, Boivin taught fifth grade in predominantly white classrooms.

"I was really awestruck by elementary students not really having a conceptualization of race. Fifth graders coming into my classroom not even knowing there were enslaved people. That was shocking to me," she said.

It was the inspiration for her

doctoral research: how to support teachers in having these conversations when everyone is white.

Heading off to Smith College was the first time Boivin interacted with persons of color in significant numbers. It was a learning curve, she said, and moved her towards writing a book that to help teachers in white classrooms feel like they can open up these conversations to equip their students to meet enter the world in a society that's increasingly diverse.

In her book, Boivin suggests different avenues of approach. To begin with, a teacher needs to address their biases on a personal level. Once that journey gets underway, they can bring their understanding to their professional work.

As far as classroom practices go, it can mean taking different academic disciplines to open up a conversation.

"For example, we have a gateway academic area - Social Studies - in which we're looking through an historical lens of bringing in the truthful narratives of the past and not sheltering students from knowing what has occurred in our nation," she said, adding that the



Douglas resident and author, Dr. Jackie Boivin. Courtesy photo

accurate narratives include white travesties against indigenous people and slavery.

"It's important for students to understand that these actions are in the past and there is an opportunity for growth. It's not a way of casting guilt or shame on white students; it should be a statement about moving forward to change this narrative," Boivin said.

Text books cover the civil rights

**CLASSROOM**  
continued on page 2

## Holiday Lighting on the Common

The fun will continue at the Douglas Common in November as the Fall decorations are replaced with holiday lights and decorations. The Douglas Common Preservation Society, Inc. is planning a Holiday Lighting Celebration at the Common on Saturday, November 30, from 6 - 7 p.m. This free event will feature caroling performed by The Very Merry Dickens Carolers, photo opportunities with Santa or the reindeer, and refreshments. And, of course, the lights and decorations will be fantastic and sure to put you in the holiday mood.

The Common has not had a lighting celebration for many years, and the Society is

excited to be able to respond to your requests and bring back this popular event for the community's enjoyment. This festive event is made possible thanks to generous donations from our major sponsors, UniBank and Bright Factor, in addition to a grant awarded to the Society from the Mass Cultural Council. This

year the reindeer "herd" will be enlarged thanks to the handiwork and generosity of the Blackstone

Valley Regional Vocational Technical High School, increasing the decorative appeal of the Common and offering more opportunities for family photos. The Society hopes you mark your calendars and come join us for this hour-long holiday celebration.

The Common will also be a stop on the 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 from 5 - 6:30 pm -- and use this opportunity to take some beautiful family photos.

Follow the activities and events of the Douglas Common Preservation Society on our Facebook page (Douglas Common Preservation Society, Inc.) Beautifying, 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 months of December and January. 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. All donations are tax-deductible and are used 100% for the Douglas Common. Together we can make our Common a source of pride for our Town and a location where the community can come together to celebrate the seasons.

**CABINET DEPOT**  
*Quality at Warehouse prices!*

Call Margaret to get your Free Measurement Free Design & Quote and ask how you can get **FREE GRANITE!\***

\*Does not include install  
833 Providence Road (Rte. 122) Whitinsville, MA  
508-372-9023

Exceptional Price & Great Quality at  
**CABINETDEPOT.COM SHOWROOM OUTLET**  
Marscott.CabinetDepot@gmail.com

"I loved my kitchen so much that I remodeled my bathroom to!"  
Peggy F.

**Expert Project Consulting**  
on Saturdays (11-2) with 30 minute sessions (appt. needed) Call for more info.

**STREET CAR SOLUTIONS**

- Engine and Transmission Swap-Outs
- Internal Engine Repairs

290 Providence Rd. S. Grafton, MA  
**StreetCarSolutions.com**  
**508-839-7071**  
Kris Sutton kris@streetcarsolutions.com

**AdviniaCare**  
Northbridge

85 Beaumont Drive Northbridge, MA 01534

508-234-9771  
www.adviniacare.com

Exceptional Care Every Resident, Every Day

*Healthcare Professionals...*

**WE WANT YOU!!!**

**FULL TIME & PART TIME**

CNA's	\$20-25 / hr
LPN's	\$31-40 / hr
RN's	\$36-45 / hr

- Tuition reimbursement
- Supportive, knowledgeable team environment
- Unlimited Employee referral bonus program
- Comprehensive benefits package including 401k match

Weekend & Shift Differentials  
Flexible schedules

APPLY ONLINE:

**GET NOTICED!**

Contact Bill at 774-289-5564 or by email at bcronan@theyankeeexpress.com to learn how you can reach 172,000 households and businesses each month!



**Primitive Goods**  
 146 Mendon Street  
 Uxbridge, MA  
 (508) 278-2700

- Home & Garden • Handmades
- Primitives & Country
- Antiques to Farmhouse
- Village Paint • Candles
- Upholstered Furniture

**CHRISTMAS OPEN HOUSE**  
**NOV. 14-NOV. 17 (THURS.-SUN.)**

**We have something for everyone!**  
**Christmas Items Arriving Now!**

Hours: Thurs.-Sun. 10 a.m.-5 p.m.

email us on facebook

**CLASSROOM**

*continued from page 1*

movement but it's more in the manner of an action was taken and it fixed the problem, she continued.

"As adults we know the true rhetoric is 'of course, it didn't. There's much more to be done.'"

With Social Studies being just one avenue, other subjects like English Language Arts can incorporate texts that talk about differences through the lens of sexual orientation, or gender identity. These are all the different identities that make our students who they are, she said.

The class can then work on any biases that they have because biases form very early, Boivin said. "Kids are often open minded because biases haven't been solidified in their perspective yet. That's why they're a great canvas for working with."

Teachers should take the opportu-

nity to have these conversations because they are taking place already on the playground and the school bus, she said. In the classroom teachers can thoughtfully direct the conversation.

Boivin explained that an area that often gets overlooked is social/emotional learning, a program that helps students develop skills to manage emotions, set goals and build relationships with others.

Her BSU colleague Kevin McGowan and co-chair of the committee that is dedicated to culturally responsive teaching classes for educator preparation wrote the book's forward. He is an associate professor and a scholar of color who did a sensitivity read for every chapter of her book to assure that as a white person, she took stock of her perspective.

She hopes to approach school systems with the book when it comes out in December. She hopes to provide some professional development. She is very passionate about supporting the rural, mostly white school systems in Worcester County.

Anything I can do to bring this to schools, I'm all for it, particularly since this is where I live.

"I hope it inspires policy reform and I do a call for action in the book."

The work needs to be structured and not a band aid approach, she said, adding that Massachusetts is lucky in terms of having policy making its way into practice. Not every state is on that path.

"I try to give some insight in how to get on that pathway if you are an educator in Florida, for example. It could mean staring small. Take a look at the books in your library, for

JACQUELYNNE BOIVIN WITH KEVIN MCGOWAN

**Unpacking Privilege in the Elementary Classroom**

A GUIDE TO RACE AND INEQUITY FOR WHITE TEACHERS



instance. Do they have lots of different races?"

Other supports can come from administrators who provide funding to substantiate your curriculum, as well as guidance or adjustment counselors. It can be as simple as professional development or administrators saying it's ok to tweak your curriculum to adjust to these topics, she said.

The book outlines step by step ways to implement change and gives starting guidelines.

"It's going to take you a year to evaluate where you can start and there is no endpoint. Ask, is my curriculum culturally responsive? It's starting a journey that's never going to end."

The book will be out on December 9 and is available at: [www.routledge.com/Unpacking-Privilege-in-the-Elementary-Classroom-A-Guide-to-Race-and-Inequity-for-White-Teachers/Boivin-McGowan/p/book/9781032491219?srsId=AfmB0oqkxCO8RV2Q11epdJqVT\\_yyDL06yq3nrwAswyVNIcg-SrH-PII7rC](http://www.routledge.com/Unpacking-Privilege-in-the-Elementary-Classroom-A-Guide-to-Race-and-Inequity-for-White-Teachers/Boivin-McGowan/p/book/9781032491219?srsId=AfmB0oqkxCO8RV2Q11epdJqVT_yyDL06yq3nrwAswyVNIcg-SrH-PII7rC)

**FOPPEMA'S FARM**  
 "Family Owned & Operated Since 1983"  
 Over 20 Varieties of Apples

Happy Thanksgiving

**Open Fridays and Saturdays until Thanksgiving**

Winter Squash, Potatoes, Onions, Gourds, Lettuce, Tomatoes, Pumpkins, Swiss Chard, 50 lb. bags of Winter Keeping Potatoes, Beets, Radishes, Carrots, Corn Stalks and MORE arriving every day.

Also featuring: Gifts, baked goods, ice cream, local honey, candy, frozen meat products, specialty gourmet foods and much more....

1605 Hill St., Northbridge • 508-234-6711  
[www.foppemasfarm.com](http://www.foppemasfarm.com)

Massachusetts grown... and fresher!

**connections**  
 PHYSICAL THERAPY

**NOW OPEN!**  
**CALL TO SCHEDULE YOUR APPOINTMENT NOW!**  
 40 Douglas St.  
 Uxbridge, MA 01569

Connections Physical Therapy is a family, locally owned and operated company with 19 clinics throughout Massachusetts and Rhode Island! Connections PT is committed to providing the highest quality of care for our patients in a one-on-one setting. We are thrilled to be joining the Uxbridge community this August. Call us now to set up an appointment!

**Services:**  
 Orthopedic Physical Therapy  
 Post-Surgical Rehabilitation  
 Neck and Back Pain Relief  
 Manual Therapy • Sports Injury Treatment  
 Vestibular Rehabilitation And More!

**Contact Us:**  
 508-501-5008  
 508-501-5009  
[Uxbridge@ConnectionsPT.com](mailto:Uxbridge@ConnectionsPT.com)  
[Connectionspt.com](http://Connectionspt.com)

**BLACKSTONE VALLEY Xpress**

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

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

**Contact us:**

Patty Roy, Editor: [proy@theyankeeexpress.com](mailto:proy@theyankeeexpress.com)  
 Submit business news and community events to [news@theyankeeexpress.com](mailto:news@theyankeeexpress.com)  
 To request advertising info, please email [ads@theyankeeexpress.com](mailto:ads@theyankeeexpress.com)  
 Jen Schofield, Advertising Director: The Yankee Xpress, Blackstone Valley Xpress, Local Town Pages, Milford and Upton Mendon Free Press; [jenschofield@yankeeshopper.net](mailto:jenschofield@yankeeshopper.net)  
 Bill Cronan, Blackstone Xpress North and South (Douglas, Uxbridge, Northbridge; Millbury, Grafton, Sutton); [bcronan@theyankeeexpress.com](mailto:bcronan@theyankeeexpress.com)  
 Christine Hodecker, The Yankee Xpress North and South (Auburn, Charlton, Dudley, Oxford, and Webster); [chrishodecker@yankeeshopper.net](mailto:chrishodecker@yankeeshopper.net)  
 Susanne Odell Farber, Upton, Mendon, Hopedale: [sue@sodellconsult.com](mailto:sue@sodellconsult.com)  
 Laura Gleim, Billing & Sales: [lgleim@theyankeeexpress.com](mailto:lgleim@theyankeeexpress.com)

Kimberly Vasseur, Production Manager  
 Sally Patterson, Graphic Artist  
 Contributing Writers and Columnists: Tom D'Agostino, Christine Galeone, Amy Palumbo-LeClaire, Mark Marzeotti, John Paul, Janet Stoica, Christopher Tremblay

Blackstone Valley Xpress/©2024  
 74 Main St., Medway, MA 02053 • 508-943-8784 • [www.theyankeeexpress.com](http://www.theyankeeexpress.com)



# QCC receives grant from Greater Worcester Community Foundation

## QCC to fund wraparound support for math and English readiness

Quinsigamond Community College has received a \$12,500 grant from the Greater Worcester Community Foundation (GWCF). QCC will use the funds for its Bridges to College program, a support program

in college-level math and English. The success rates in credit classes for students who participated in a Bridges to College program are compelling," said Dean of College & Career Pathways Carol King.



to prepare students for college-level math and English courses.

"I'm excited that the college has the opportunity to deliver more Bridges to College classes to prepare students for success

According to King, after taking the math Bridges to College class, 93% of students passed a college-level math class. Of the students who participated in an English Bridges to College class and

subsequently enrolled at the college, 88% passed ENG 101 or 102.

The Bridges to College program provides non-credit programming in English and math for students considering college. The program includes support from a case manager, who offers guidance with higher education processes such as interacting with professors and reading a syllabus. Case managers also connect students to resources such as tutoring, counseling and the college's food pantry.

"Students considering this program should know that they will be fully supported and gain the skills and confidence to succeed at QCC and beyond.

Our staff takes the time to get to know the students and make them feel comfortable," said Director of Mentoring and Special Programs Kalan Lewis.

"As a new college student, it can be intimidating to ask for help and

get connected with all the support services. Bridges to College offers a sense of belonging through building a relationship with students

and making them feel comfortable in a college setting," Lewis continued.

# Uxbridge Veterans Day

The Uxbridge Veteran Day parade will take place on Sunday, November 10 at 2 p.m. The parade will step off from the Cornerstone Church (across from CVS) at East Hartford Avenue and follow the traditional parade route. Participants should meet in the church parking lot from 1 - 2 p.m. Any veteran from any town is welcome to participate, whether you have served in a conflict or not.

There will be vehicles to ride in, if you are unable to march.

Parade organizers are inviting any civic organizations, churches, clubs, and townspeople to participate in this Uxbridge tradition.

The parade will step off at 2 p.m. and proceed left onto Elm Street, stopping at Memorial Square, then

continues south down North Main Street to the Uxbridge Town Com-

mon. A ceremony will follow on the Common.



OVER 60 YEARS EXPERIENCE

## BIRCHWOOD LANDSCAPE & TREE

Spring/Fall Cleanups  
Pruning - Weekly Maintenance - Tree Work  
Seeding - Plantings Irrigation - Masonry

**Sign Up NOW for Snowplowing & SAVE!**

**NOW SCHEDULING FALL CLEANUPS**

CONTACT BRENT TEWKSBURY FOR AN ESTIMATE  
**508-416-0580**  
BirchwoodLandscapeTree@gmail.com

**BUYING OLD TOYS**

**HIGHEST PRICES PAID**

For Your Childhood Toy Collections from **1980s - 1990s**

STAR WARS, He-man, Garbage Pail Kids, etc.

Please Call 860-933-5549

**Jeff Inman**  
GENERAL CONTRACTOR

Handyman Services to  
Landscaping / Snow Plowing  
New Construction & Additions  
Gravel Driveways, Remodeling

Licensed General Contractor • Fully Insured  
**(774) 772-9599**  
jeff@JBInmanConstruction.com

**J.B. INMAN CONSTRUCTION**

DOUGLAS, MA  
CSL #CSFA-106551 / HIC #198675

**JBInmanConstruction.com**

Introducing

# TRIM™

The Rate Improver Mortgage

Get a great 30-year fixed-rate **MORTGAGE NOW**, and if rates drop, **JUST TRIM IT LATER...**


with **NO FEE!**

msic.website/TRIM-it  
TRIM@msic.org

Participating credit unions are NMLS Approved Lenders and Equal Housing Lenders

MASSACHUSETTS CREDIT UNION  
**MSIC**  
SHARE INSURANCE CORPORATION





# YAMA FUJI

**Japanese Hibachi Steakhouse**  
900 Victory Hwy., Suite 3, North Smithfield, RI  
401-597-0885 • www.yamafujiri.com

- Sushi Bar
- Full Bar
- Lounge

**SEASONAL DRINK SPECIALS!**

**Open Tues.-Sun. Noon to 9 p.m.**

**Gift Certificates Available**

**Gift Card Special**

**\$300 for just \$250**

**\$100 for just \$85**

**\$50 for just \$45**

Expires 12/31/24

# THANKSGIVING DINNER

## TO GO AT YOUR HOUSE

*All birds are cooked fresh Thanksgiving Day!*



### New England Steak and Seafood

RT. 16, MENDON, MA • 508-478-0871

#### Thanksgiving Dinner with all the Fixins

Fresh birds never frozen • Cooked with reheating directions.

**Approx. 20 LB. TURKEY**  
Feeds approx. 12 people.  
**\$345**

INCLUDES: Stuffing, Mashed Potatoes, Gravy, Peas, Pearl Onions, Cranberry Sauce and 2 Pies.

- Cinnamon Rolls \$16.99 doz.
- Onion Rolls \$16.99 doz.
- Pumpkin Bread \$16.99 doz.
- Apple Pie \$19.99
- Pumpkin Pie \$19.99

**LET US DO THE WORK FOR YOU!**

**ALL ORDERS MUST BE IN BY NOV. 25 AND PICKED UP ON NOV. 28 BETWEEN 11 AM & 2 PM**  
"NOTE PLEASE ORDER EARLY"!!!! Please look for our Christmas Dinner to go special.

# OPEN THE DOOR To A New Look



**SALE BUY ONE GET ONE 50% OFF**

## CALL NOW TO BOOK YOUR APPOINTMENT

### BUDGET BLINDS

*Book Today*  
508-865-9300

Style and service for every budget.™

BLINDS | SHADES | DRAPERY | AUTOMATION

\*Sale does not include shutters or Lutron products

## People First Food Pantry Winter Coat Drive

Help keep a child warm this winter by donating new winter coats, gloves, mittens, hat and scarves. Infant sizes through adult large are needed. These donations will be distributed to children age 0 – 18 served by the food pantry. Donations are being accepted at the People First Food Pantry, 19 Douglas Street, Uxbridge on Tuesday nights from 6:30 – 7:30 p.m. Donations are also being accepted at the Uxbridge Police Station and the Hannaford Supermarket.

## Enrollment Now Open for Massachusetts Home Energy Assistance Program

The Massachusetts Executive Office of Housing and Livable Communities today announced that the Home Energy Assistance Program (HEAP) enrollment period for the 2024-2025 winter heating season will open on October 1. This critical program provides financial relief to eligible households to help them pay their winter heating bills, ensuring they can keep their homes safe and warm during the colder months.

HEAP is a free, statewide resource that assists eligible renters and homeowners by paying a portion of their winter heating bills directly to their heating companies. Starting Oct. 1, homeowners and renters can apply online or through local administering agencies across the state. The assistance period runs from Nov. 1, 2024, to April 30, 2025. HEAP offers grants that do not need to be repaid; however, households must meet specific eligibility requirements to qualify.

"No resident should have to worry about heating their home during the winter," said Secretary

of Housing and Livable Communities Ed Augustus. "With high costs continuing to strain household finances, the Home Energy Assistance Program is more critical than ever. We urge anyone in need of heating assistance to explore their eligibility by applying online or visiting the nearest administering agency. Please share this valuable information with loved ones or neighbors who could benefit from this support during the colder months."

Eligibility is determined by several factors, including household size and the combined gross annual income of residents 18 and older. Qualifying households, including those with the cost of heat included in the rent, can receive assistance for all heating sources, including oil, electricity, natural gas, propane, kerosene, wood and coal. Households do not need to be on public assistance or have unpaid heating bills to qualify.

For more information on applying, visit: [www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance](http://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance)



**STAND OUT WITH OUR UNIQUE TEES!**

Let us help you create the perfect look for all your apparel printing needs!

**Choice 100 Graphics**  
508-949-2024

505 South Main St.  
Webster, MA 01570  
[www.choice1graphics.com](http://www.choice1graphics.com)



## ADVANCED GUTTER SYSTEMS, INC.

- Carpentry • Siding Repairs
- Aluminum Seamless Gutters
- Copper Gutters • Gutter Guard
- Ice Dam Removal
- Roof Snow Shoveling
- Replacement Windows
- House Cleanouts
- Handyman Services

*Installations • Repairs • Cleaning*

**(508) 278-2202**

FULLY INSURED • FREE ESTIMATES • RESIDENTIAL & COMMERCIAL  
[www.gutters-downspouts.com](http://www.gutters-downspouts.com)

MASS. REG.#128580 CSL #104402



# How can business owners plan for an exit?



Mark Freeman, CEPA

## FINANCIAL FOCUS® Provided by Edward Jones

If you're a business owner, you always have a lot to do and a lot to think about. But have you put much thought into how you'll eventually leave it all behind?

Even if you're a few years away from that day, it's a good idea to create an exit strategy. If you're like most other owners, most of your net worth may well be tied up in your business — so how you

exit that business can have a big impact on your finances and your retirement.

As you begin the exit strategy process, you'll need to examine some basic questions, such as how much you want for your business and how much it's worth. But you'll especially need to plan for the mechanics of your exit — that is, just how you're going to sell or transfer ownership of it.

Essentially, you have three main options:

• **Internal sale or transfer** – You could sell or transfer your business to someone affiliated with the company, such as a family member, business partner or even a group of employees. The advantages of this method are that you'll have greater control over the timing of your exit, and you'll be able to provide greater continuity for your employees, clients and suppliers. One potential disadvantage is that your net sales proceeds

may be less than what you'd get from selling the business to an unrelated third party.

• **External sale or transfer** – The biggest benefit of selling or transferring your business to an unrelated third party is that you can potentially maximize your net sales proceeds. But you'll need to consider some tradeoffs, too. For one thing, a sale to an outside person or business usually requires a long and possibly expensive due diligence process. Also, you'll have less control over the timing of your exit than you would if you sold the business to an internal source.

• **Liquidation** – If you liquidated your business by selling all your assets and shutting down operations, you could end up with far fewer net proceeds than if you sold the business to an internal or external source. However, you could raise cash pretty quickly.

But if you chose to liquidate or dissolve your business, it could potentially be disruptive for your employees, clients and suppliers.

Because everyone's situation is different, there's no clear-cut formula for deciding which of these exit options is right for you. And it isn't simply a matter of numbers, either, because you'll need to consider some intangible factors, too. How will your family be affected by your choice? How would you feel if your business was in someone else's hands, or no longer existed? You'll need to work out these issues, along with the financial ones, before you decide on your business exit strategy.

Fortunately, you don't have to go it alone. You may want to consult your financial, legal and tax advisors, and possibly work with a commercial banker and a business evaluation expert. By drawing on several sources of expertise, you can feel more confident that you'll make a decision

that's appropriate for your needs.

One final suggestion: Don't wait too long before you begin putting together your exit strategy. Time goes fast — and when the time comes for you to say goodbye to your business, you'll want to be prepared.

Contact Mark today to discuss this topic or any of your financial goals.

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

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

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

**FREE:** 100 gallons of home heating oil or propane\*

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

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

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

**Be Sure to Ask About our New Customer Program**



**Happy THANKSGIVING**

**Your neighbors have voted us GOLD MEDAL WINNERS!**

Call today to learn more about our services!



**Fuels**

- Heating Oil
- Propane
- Diesel
- Bagged Coal

**Installations**

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

**MEDWAY OIL & PROPANE**

"Your Total Home Comfort Company"

**Family owned and operated since 1954**

**Service**

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

**Programs**

- Flexible pricing and budget programs
- **Ask about our Veteran, Military, First Responders discount**

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



## Uxbridge Veterans Combine Forces

The Veterans of Uxbridge have combined forces in order to better serve their community, state and nation. The Charles A. Rice Post 33 of the American Legion and the Veterans of Foreign Wars (VFW) Post 1385, both of Uxbridge, now jointly own the VFW building at 13 Cross Road at the intersection of Route 16 and Cross Road, next to the Uxbridge Police Station.

Both organizations have been an integral part of Uxbridge for many years. The Legion held its first meeting May 19, 1919 and the VFW began meeting on August 26, 1945.

As the number of Veterans in our country continues to decline

(less than one percent of American citizens have served in the military), it is more challenging to maintain two buildings. With the majority of Uxbridge veterans belongs to both organizations, the Legion decided to sell their beloved Post 33 Building just down the street on Route 16. With a portion of the proceeds, they purchased a 50 percent ownership in the Cross Road property.

The Legion members now hold their meetings there on there at 7 p.m. on the fourth Wednesday of each month. The VFW meets at 6:30 p.m. on the second Monday of each month. All Veterans are invited to join.

Both organizations are chartered

by Congress and membership is open to all honorably discharged veterans. Legion membership requires service during a time of conflict while VFW membership requires physical participation in the theater of conflict.

For more details about joining, visit [www.legion.org](http://www.legion.org) or [www.vfw.org](http://www.vfw.org).

A capital campaign will soon be launched to raise building improvement funds in order to better serve the community with an improved rental hall, kitchen, lounge and grounds. The VFW has a large function hall available for rent to help you celebrate the milestones of your lives.

## Project Just Because

Project Just Because is a 501(c) non-profit that wants families in the Blackstone Valley to know they are welcome to visit for groceries, clothing and school supplies.

The 16,000 square foot warehouse is located at 77 South Street, Hopkinton, but don't let the short ride deter you from making the trip

"We have families coming from all over the state," says Karen Regan, chief fundraiser and operations manager for the non-profit.

grocery needs increased by leaps and bounds during the Covid pandemic,

"In October 2019, we gave out 1146 bags of groceries. By October 2023, that increased to 46,741 bags."

That number requires staffing by 40-50 volunteers a day to serve the 950 families a week that visit Project Just Because. Volunteers are often from organizations doing team building exercises or "giving back" projects.

Corporate donations from busi-

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

**SMALL LOAD CONCRETE, LLC** OPEN YEAR ROUND

**Custom Concrete - Metered Pours**

**CONCRETE APPLICATIONS**

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

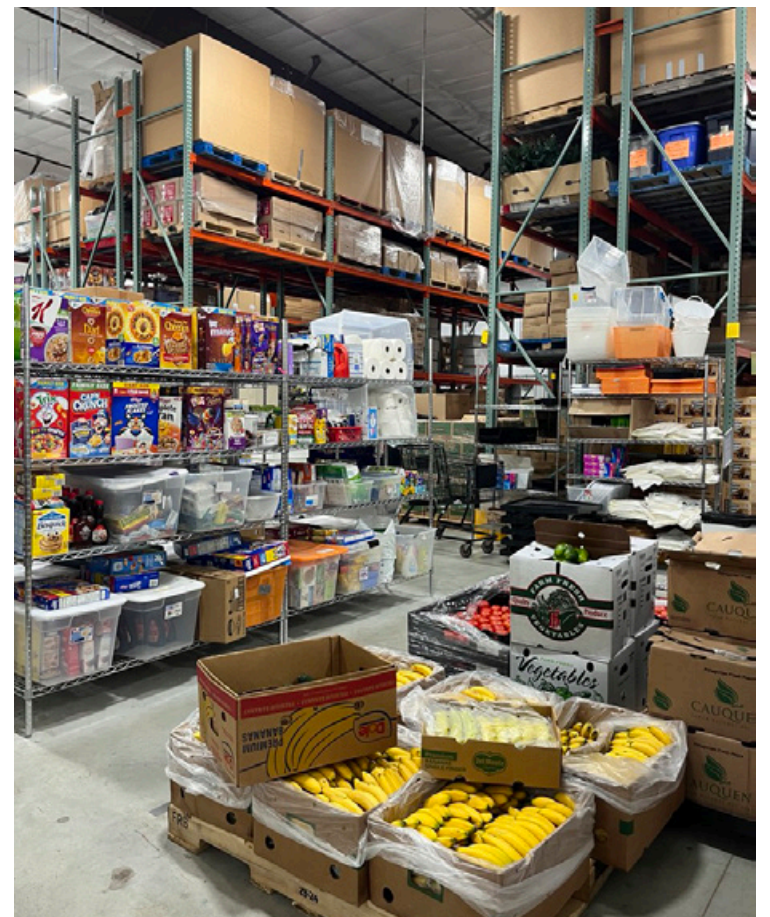
Saturday pours available

**WHY SMALL LOAD CONCRETE?**

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

Call to schedule your pour today  
**508-770-1200**

34 Providence Road, Sutton, MA  
[www.smallloadconcrete.com](http://www.smallloadconcrete.com)



Besides operating a free grocery store, Project Just Because provides diapers, cancer care items, toiletries, holiday gifts and even birthday packets. New underwear and toys are also available.

Regan, a Millbury resident, said

businesses such as Fidelity and EMC are welcomed, but there is a chance to help out that will enjoyable for all.

A Comedy Night fundraiser will be held on Saturday, November 23 at the Millbury VFW, 16 South Main Street, Millbury. Doors open at 7 p.m. and the show takes place from 8-10 p.m. and tickets are \$30. Comedians are Mike Koutrobis, Justin Huff and Matt Brown. For tickets, visit <https://bit.ly/3zM4JAJ> or contact Karen Regan at 617-899-2504. A cash bar will be available and a 50/50 raffle will put money in the pocket of some lucky audience member.

Visit for grocery shopping once a week: Monday, Tuesday and Thursday

9:30 a.m.-3:30 p.m. and Wednesday 9:30 a.m.- 6:30 p.m. Senior hours are Monday and Thursday 9:30 - 10:30 a.m.

For more information, visit [www.projectjustbecause.org](http://www.projectjustbecause.org).

**QUALITY BUILDING MATERIALS**  
FOR ALL YOUR NEW CONSTRUCTION AND REMODELING NEEDS

PROFESSIONAL SERVICE • FREE DELIVERY • ESTIMATING

Lumber & Plywood • Windows • Doors • Millwork • Roofing • Insulation • Decking • Rail Systems • Siding • Hardwood • Fasteners • and Much More!

**C S LUMBER** Family Owned And Operated Since 1952  
124 Main St., Millbury  
[cslumberco.com](http://cslumberco.com) • 508-865-4822  
Mon.-Fri. 7:30am-3pm • Sat. 7:30am-noon

VISIT US FOR YOUR NEXT PROJECT!  
HOMEOWNERS WELCOME!



# A Note from the Douglas Common Preservation Society

We hope as you consider which nonprofits to support this year for Giving Tuesday, that you will select us (as one of the nonprofits that does good right where you live) to receive your donation. Since we are volunteer run, 100 percent of all donations received are used for the Common, whether it's for gardening, maintenance, improvements, decorating or other seasonal beautification and activities – such as the recent Scarecrow Contest and upcoming Holiday Lighting Celebration.

This year, Giving Tuesday is recognized on December 3, and we are accepting Giving Tuesday donations now through that date.



Your tax-deductible donations may be made by check payable to Douglas Common Preservation Society, Inc. sent to 76 NW Main St, Douglas, MA 01516 or via Venmo @Kathleen-Sugrue-Richards. Together we will do good and make a positive difference in our own community.

All donors will receive recognition on the Recognition Banner hung at the Common in December. If you would like your donation to be a Memorial Donation, please indicate your memorial message and that will appear on the Recognition Banner as well.

Giving Tuesday is a global generosity movement unleashing the power of generosity. It was

created in 2012 as a simple idea: A day that encourages people to do good by supporting nonprofit organizations that make a difference. Since then, it has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity. Please be part of that movement by supporting the Douglas Common Preservation Society, Inc.

The Douglas Common Preservation Society, Inc. is participating in its first Giving Tuesday since it became a 501(c)(3) nonprofit organization with a mission of beautifying and maintaining the Town-owned Douglas Common.

## Simon Fairfield Library November/December Schedule

The Simon Fairfield Public Library's November/December 2024 Schedule. Please note that some events do require registration. If you have any questions regarding any events, please do not hesitate to contact the library at 508-476-2695 or email at us at douglas@cwmar.org.

### CHILDREN'S BOOK CLUBS

(Registration Required)  
 Thu, 11/14 @ 4:00 : Book Wizards (Grades 5-7), Hatchet by Gary Paulsen  
 Tue, 11/19 @ 4:00 : Book Bunch (Grade 2-5), Violet and Jobie in the Wild by Lynne Rae Perkins  
 Tue, 12/03 @ 4:00 : Young Reader's (Grades K-2), Book TBD  
 Thu, 12/12 @ 4:00 : Book Wizards (Grades 5-7), The Secret Zoo by Bryan Chick

### CHILDREN'S PROGRAMS

Tue, 11/19 @ 11:30 : Music & Movement with Deb Hudgens  
 Wed, 11/13 @ 11:30 : "Young Scientists" STEM Program Ages 3-6 (Registration Required)  
 Wed, 11/13, 12/11 @ 3:30 : Lego Club II (Registration Required)  
 Wed, 11/13 @ 6:00 : Owls and their Prey (Registration Required)  
 Wed, 11/20 @ 3:30 : Lego Club III (Registration Required)  
 Wed, 11/20 @ 6:00 : Reading to Gabby (Registration Required)  
 Thu, 11/21 @ 5:30 : BVT Robotics STEM Night (Registration Required)  
 Wed, 12/04 @ 3:30 : Lego Club I (Registration Required)

Wed, 12/04 @ 6:00 : Illustrator Ralph Masiello

### ADULT BOOK CLUBS

Tue, 11/12 @ 6:30 : Intrepid Readers, The Tattooist of Auschwitz by Heather Morris  
 Mon, 11/18 @ 6:30 : Plot Twisters Book Club, The One by John Marrs  
 Tue, 11/19 @ 6:30 : Sci Fi Book Club, The Murderbot Diaries, Books 3, 4 & 6 by Martha Wells  
 Thu, 12/05 @ 6:30 : Greatest Book Club Ever, Book TBD  
 Tue, 12/10 @ 6:30 : Intrepid Readers, Book TBD

### ADULT PROGRAMMING

Wed, 11/13 @ 12:00 : Senator Ryan Fattman Office Hours  
 Thu, 11/14, 12/12 @ 5:45 : Fiber Arts Friends  
 Thu, 11/14 @ 6:00 : Community Skills Program II (Registration Required)  
 Sat, 11/16 @ 10:30 : Douglas Homeschool Network  
 Wed, 12/11 @ 6:30 : Short Cuts Film Club (Registration Required)  
 Sat, 12/14 @ 4:00 : Douglas Winter Stroll

**CAPITOL SIDING & HOME IMPROVEMENT COMPANY, INC.**  
 Custom Exteriors • Vinyl Siding • Roofing Replacement Windows • Seamless Gutters

TONI FACCHINI  
 toni@capitolsiding.com  
 www.capitolsiding.com

30 Auburn Street  
 Auburn, MA 01501  
 Tel. 508-832-5981

## Checking with all the benefits.

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

### e by UniBank Checking

2.99%<sup>APY</sup><sup>1</sup>

Balances less than \$15,000

2.99%<sup>APY</sup><sup>1</sup>  
 -1.20%<sup>APY</sup><sup>1</sup>

Balances \$15,000 and above

### Basic Rate of Interest

0.01%<sup>APY</sup><sup>1</sup>

On entire balance when minimum requirements are not met

Open an account online at [unibank.com](http://unibank.com) or visit any UniBank branch!

**UNIBANK**

[www.unibank.com](http://www.unibank.com)  
 800.578.4270

MEMBER FDIC <sup>1</sup>Annual Percentage Yields (APYs) effective as of 11/1/2024 and subject to change at any time after the account is open. The interest rate and annual percentage yield for your account depend upon the applicable rate tier. The interest rate and annual percentage yield for these tiers may change. The APY range assumes a maximum deposit of \$50,000 for illustration purposes only. Fees may reduce earnings. The account does not have a maximum deposit limit. Refund of domestic ATM surcharge transaction fees are capped at \$25.00 per statement cycle. Non-UniBank ATM Surcharges are those fees charged by the bank that owns the non-UniBank ATM used. If the eligibility requirements are not met the account will earn a lower interest rate and corresponding APY and will not be eligible for refund of ATM surcharge transaction fees. Minimum balance of \$10 to open the account. Limit one account per customer holding position of primary account holder. Other restrictions may apply.

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



## Scouts Contribute for Birthdays

Cub Scout Pack 2 – Den 5 Webelos completed their service project requirement by creating birthday boxes for the People First Food Pantry in Uxbridge. Each box contains cake mix, frosting, can of Sprite (with directions for making the cake without eggs, oil or water), candles, birthday card, birthday decoration and cake pan to bake the cake in. The boys assembled the cake pans with all the needed supplies. A donation helped pay for the necessary purchases.



From left to right Jensen Carney, Harrison Pominville, and Gavin Trottier. Den Leaders Stacy Pominville and Laurel Trottier.

## Fattman Announces \$500,000 Tax Incentive Awards to Eyepoint

State Sen. Ryan Fattman (R-Sutton) announced that Massachusetts Life Sciences Center (MLSC) has awarded a tax incentive award in the amount of \$500,000 to EyePoint Pharmaceuticals, Inc. in Northbridge. EyePoint will use these funds to create 20 jobs to bolster the local economy and continue the important work of life sciences in the Commonwealth.



State Sen. Ryan Fattman

“Economic growth is essential to the success of our local towns and business which is being highlighted by this award announcement for EyePoint Pharmaceuticals,” said Senator Fattman. “This is a wonderful opportunity for this company and the growth that it will bring to the Blackstone Valley.”

“It was great news to learn EyePoint Pharmaceuticals, Inc., was recently awarded a grant through the MLSC’s Tax Incentive Program,” said State Rep. David Muradian. “The company will be looking to expand their workforce with the use of this grant funding, and I cannot wait to see all the good they do for our region.”

“We are incredibly proud of this year’s companies for their commitment to job growth and also their world-leading visions to transform patient lives on a global scale,” said MLSC President and CEO Kirk Taylor, M.D. “The team at the Life Sciences Center

remains an unwavering partner to the life sciences industry in our shared pursuit to turn groundbreaking ideas into reality, made possible by our commitment to innovation, better health, and equity.”

The MLSC Tax Incentive program is offered to companies engaged in life sciences research and development, commercialization, and manufacturing in Massachusetts, providing incentives to companies of all sizes looking to expand their efforts by creating new, long-term jobs in the state. This year’s Tax Incentive Program award recipients represent a diverse cohort of companies working on drug discovery and development, medical devices, diagnostics, and manufacturing.



**430 Main St., Oxford, MA**

We repair all makes and models of Garage Doors and Electric Openers  
- Commercial and Residential -  
**Sales • Service • Installation**

**800-605-9030 508-987-8600**  
www.countrysidedoors.com email: countrysidedoors@aol.com



*Renew your home's appeal with a new garage door.*  
Many new styles and colors to choose from.

Visit our display by appointment

**We've been a Family Business for over 75 Years!**  
**...And We Plan On Many More!!**

**FULL HEATING SYSTEM SERVICE & INSTALLATION**

BUDGET PLANS • HEAT PUMPS • ON & OFF ROAD DIESEL SR. & MILITARY DISCOUNT • OIL TANK INSTALLATION & REMOVAL



**NYDAM OIL GO.**  
*Since 1948*

“WHERE QUALITY & SERVICE PREVAIL”

**(508) 234-7002 Northbridge, MA (508) 234-5193**

## OFFICE SPACE FOR RENT

Available March 1

**Store front in Uxbridge, MA**  
Great location for hair salon or office.

Easy access off Route 146.

Space is 20x40, newly painted, plumbed for salon, new flooring.

\$1500.00 per month.

**Call 401-692-0780**  
**for more information**



# Plummer Place

20 Highland St., Whitinsville  
508-234-2002

Monday – Thursday 8:30 a.m. – 4 p.m.

Friday 8:30 a.m. – 1 p.m.

All programs, unless noted, require signing up at the main office to save your place. Light refreshments will be served at all events unless it is a lunch or special event with a themed luncheon.

Lunch and Learn with Tracey Mosher. Wed. Nov. 13 at 12 p.m. A Jeopardy style game will tell you all you need to know about Senior Living option at the Whitcomb House in Milford.

Thurs., Nov. 14 – 10 a.m. -12 p.m. Create a holiday card with Jean and Friends. \$5 in cash the day of the event. Make beautiful

cards with friends. Bring your own small, sharp scissors.

Mon: Nov. 18 and 25; Dec. 2 and 9 at 2 p.m. “Understanding Grief,” a complicated emotion that can affect physical and mental health if not addressed. Join this four week class to explore and understand grief in a safe environment.

Wed., Nov. 20 – 2:30 p.m. Join the Plummer Place Pluckers with their leader Raianne Richard for a ukulele sing-a-long of classic songs from musicals, movies and TV favorites.

Thurs., Nov. 21 – 10:30 a.m. An Art Appreciation class that looks at a delicious work of art painted in 1935 and leads to a lively conversation about the foods that provide us comfort and tradition.

Tues. Dec. 3 – 2 p.m. Oh, Come

All Ye Crafters. Join Carol and Ginny for Christmas Crafts. \$5 in person, payable in cash on the day of the event. Space is limited.

Wed., Dec. 4 – 1-3 p.m. Beginner Painting class with Sue. An easy beginner class. Paint a holiday tree using acrylic paints. Learn a new technique to create stars using a toothbrush, make ornaments using cotton swabs and learn how to create twinkling stars. \$5 in cash day of the event.

Thurs., Dec. 5 – 1-2 p.m. Author event and book signing. North-bridge journalist and author Rod Lee will discuss his book, “Danny Dear.” It is a memoir of a son’s addiction and a father’s love as they battle his illness together to its tragic ending.

Thurs., Dec. 12 – 1:30 p.m.

“Margaritas and Mistletoe” Join the tropical holiday celebration. Live music, catered lunch, Margarita mocktails. \$10 per ticket with two – ticket limit per person. North-bridge residents have priority.

November ongoing events:

Mondays : Pitch 9 a.m.; Chair exercise 9 a.m. ; Scrabble 9:30 a.m. ; Tai Chi 11 a.m. ; Cribbage 11 a.m.; Mahjong 1 p.m.; Aqua at WCC 1:30 p.m.

Tuesdays: Shuffleboard 9 a.m.; Painting 10 a.m.; Muscle Mix 11 a.m.; Pokeno 12:30 p.m. Bridge 12:30 p.m. (11/12 Cribbage 1 p.m.)

Wednesdays: Low Impact Exercise 10 a.m.; Strummers 10 a.m.; Ukulele 2 p.m.; Tap 2:30 p.m.

Thursdays: Meditation 9:30 a.m.; Chair Yoga 11:15 a.m. ; Mah-jong 12:30 p.m.

Fridays: Stretch & Strength 9 a.m.

Monday, Nov. 11 – Closed for Veterans Day

Tech Support appointments as needed. Call the front desk and ask for Sue Letscher.

Tri-Valley Assistance – Katelynn Wackell, Care Manager at Tri-Valley will be at Plummer Place the third Tuesday of every month from 1-2 p.m. She can assist with information regarding public benefit resources and options like applications for SNAP, CHAMP, MRC, RAFT and MassHealth. Also with housing questions including subsidized housing applications, tenancy preservation, rental assistance and congregate housing. Call the Senior Center to make an appointment.

## DESE Office of Public School Monitoring to Conduct Integrated Monitoring Review at BVT

The Department of Elementary and Secondary Education (DESE) Office of Public School Monitoring will conduct an integrated monitoring review of Blackstone Valley Regional Vocational Technical High School (BVT) during the week of December 9. Each school district, charter, vocational, and virtual school undergoes an integrated Monitoring Review every three years. The areas addressed are according to either Group A Universal Standards or Group B.

BVT will undergo a Group B monitoring review that addresses licensure and professional development for special education teachers and related service personnel, parent, student, and community engagement, including compliance with Child Find requirements, facilities and classroom observations, implementation and oversight of Individualized Education Programs, time and learning, and equal access. The review includes interviews with staff and administrators, policies and procedures, and school building visits. It may also include parent/caregiver, student, and teacher focus group meetings to gather additional information. Interpretation will be provided if needed.

BVT will host an orientation about the review process in collaboration with the Special Education Parent Advisory Council. The Department will also send a survey, in multiple languages and

formats, as needed, to parents/guardians of special education students to gather key information on the special education processes and procedures.

Parents/guardians and other stakeholders may call Moses Nduati, Monitoring Review Chairperson, at 781-338-3767 to request a telephone interview. If anyone requires an accommodation, such as translation, to participate in an interview, the Department will make the necessary arrangements.

Approximately 60 business days after the onsite visit, the Chairperson will provide the school with an informational report that may require further actions. A public report will be accessible at [www.doe.doe.mass.edu/psm/tfm/default.html](http://www.doe.doe.mass.edu/psm/tfm/default.html)

**Open Thanksgiving Day**

*Featuring traditional Turkey Dinner with all the trimmings*

**Special menu options including**  
**Roast Prime Rib of Beef**  
**Stuffed Pork Loin**  
**and Harvest Turnover**

**We can accommodate large parties**  
 Seatings from 12:00 – 4:00. Please call for reservations

**The Post Office Pub**  
 Rt. 140 & Ray Street, North Grafton, MA  
**508-839-6106**

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

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

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

**TOM BERKOWITZ**  
 Est. 1980  
**TRUCKING, INC.**

279 Douglas Road • Whitinsville, MA 01588  
 508-234-2920  
[www.tomberkowitztruckinginc.com](http://www.tomberkowitztruckinginc.com) • [info@berkowitztrucking.com](mailto:info@berkowitztrucking.com)

Hours of Operation:  
 Monday-Friday 8am-4pm • Saturday: 8am-12pm



# Frances Perkins Returns to the E.N. Jenckes Store Museum

Frances Perkins has been described as one of America's most influential women of the first half of the 20th century. Yet, she sits in the back seat of American history.

On Wednesday, November 13 at 7 pm the Douglas Historical Society will host the second chapter of this incredible woman's history. The portrayal of the country's first woman cabinet secretary, Frances Perkins, will be given by Janet

Parnes of Historical Portrayals by Lady J, Millis. Meet the Unsung Heroine Behind the New Deal will take place at the E.N. Jenckes Store Museum at 283 Main Street in Douglas. Guests will learn about the trials and triumphs of Miss Perkins' career as the first female Secretary of Labor during the tumultuous years of Franklin Delano Roosevelt's administration.

Guests will hear stories about this Worcester woman who de-

fied the conventions of her middle-class upbringing to become a driving force behind workplace laws we take for granted including fire-safety codes, the 40-hour workweek, the enactment of Social Security and much more. Come learn about how she her strategies and ability to get things done took her



from the political machines of New York to become the nation's Secretary of Labor and a champion of the New Deal.

Guests will learn about Miss Perkins' later personal and professional life as the wife of an untreatable, mentally ill husband and as

a mother and woman who forged her way through a man's world. They will gain access to her secrets to building alliances and staring down bullies along her rocky road to Washington to help make government an ally for working adults, children, and retirees.

Janet Parnes of Historical Portrayals by Lady J, Millis will portray Miss Perkins. (www.women-history.com). This program is supported by a grant from the Douglas Cultural Council and is free and open to all. Seating is limited.

## FRED the FOOT GUY

Call Fred Gibson • Foot Care Nurse

508-844-7534

Providing in-home Senior Toenail and

Foot Care Services for 13+ years.

Trust your feet to Fred!

Fully Insured / Flexible Schedule



## Gabby and Bryce at the Douglas Public Library

Over the last ten years, the Douglas Public Library has provided a welcoming space for our young readers who struggle with reading to practice in a non-judgemental environment by reading to dogs. Reading to dogs provides a non-judgemental comfort to children so that they feel less nervous about reading aloud. These pups sit quietly by and listen without criticism as your young reader works their way through the book of their choice. Right now, the Douglas Library is fortunate that Jean Riganati is kind enough to share Gabby and Bryce with us.

Gabby is a 14-year-old whippet



Dogs love stories, too!



has won the GRAND Champion title. His gentle nature has been an asset to becoming a good library dog. He also will never turn down a cookie.

So if you have any young readers who struggle and are looking for a non-judgmental ear to read to, we have four time slots on the third Wednesday of each month: 6:00, 6:15, 6:30, and 6:45. Sign-ups are on a first come, first serve basis. If Gabby/

Bryce's schedule is full for the current month, we will sign you up for the following month. Contact Debbie at the library for more information or to register. (dsoderman@cwmar.org or 508-476-2695)

Bryce is a 3-year-old show whippet, who

MA Certified Arborist

Since 1989

Full Circle

TREE CARE

- Expert Pruning
- Planting/Fertilization
- Insect & Disease Control
- Tick & Mosquito Control

Nick Bristowe  
774-280-2281  
fullcircletree@yahoo.com

# REICHERT And SONS

"THERE WHEN YOU NEED US!"

We offer HVAC service and installation, Diesel, Heating Fuel and Propane

24hr Emergency Service

Family Owned and Operated for over 35 years in Chepachet, RI

Mention this ad when calling to schedule your next delivery or service and receive \$25.00 off!

www.heatwithoil.com

401-568-2130

CT Lic# H.O. D 1312

MA Lic#BU-320138

RI Lic# 312

## JOHN THE ROOFER CO.

MA HIC # 111318

MA CSL # 97139



Is There Any Real Competition After Being In Business For Over 7 Decades!??

"Hire the BEST, because you live under that roof!"

- Asphalt - Metal Shingles
- Rubber & TPO
- Standing Seam Metal
- Repairs
- Chimney Services
- Free Estimates

Autumn Deals Abound!

TOLL FREE 866-906-ROOF (7663)

www.johntheroofco.com



# Christmas by Candlelight Returns to Old Sturbridge Village

Experience the Magic of the Holidays

Old Sturbridge Village announces the return of Christmas by Candlelight, a cherished celebration of New England's festive holiday traditions. Tickets are now on sale to the public for

a celebration of the cherished traditions that make the season truly special," said Rhys Simmons, Director of Interpretation at Old Sturbridge Village. "Our goal is to transport you back in time with

forward to it as the highlight of their holiday season," continued Simmons. "We invite everyone to experience the joy of the season, relish in classic traditions, and create new memories with loved

ones this winter at Christmas by Candlelight."

Christmas by Candlelight is made possible by generous sponsors: Cornerstone Bank, Country Bank, G&F Precision Molding,

and Southbridge Credit Union. For more information on tickets and full event details, visit the Old Sturbridge Village website, www.osv.org.



select dates in November and December.

The Village will transform into a stunning winter wonderland beginning November 29, featuring over 85 beautifully decorated trees on the Christmas Tree Trail, over 80 wreaths, hundreds of candles illuminating the pathways, and more than a mile of garland used to adorn the historic buildings. Each evening of the program will kick off at 4:30 p.m. with a magical lighting ceremony.

Visitors can experience a variety of activities, including knitting Christmas stockings and baking traditional holiday treats. Guests can stroll through the picturesque village and cross the enchanting Christmas Wish Bridge, a scenic path lined with trees along the Quinebaug River. Children will have the chance to meet Santa and Mrs. Claus in their new cabin, where they can share their holiday wishes. Visitors are also encouraged to participate in the annual Gingerbread House contest, where creative entries will be displayed for public voting.

"Christmas by Candlelight is

an experience that delights all the senses. Picture twinkling lights adorning the trees, the enticing aromas and flavors of mulled cider and freshly baked gingerbread, and the familiar sounds of holiday carols echoing all around."

This year's Christmas by Candlelight will feature an array of live entertainment, including historical performances and readings of Christmas tales for children. New this year is "Upon a Midnight Clear - An Acoustic New England Christmas," a musical journey showcasing local artists reinterpreting classic carols.

In addition to the festivities, guests can explore the origins of classic traditions such as nutcrackers and gingerbread, along with a remarkable miniature nativity scene featuring over 600 pieces. The Richardson House will showcase Italian Christmas customs. There will also be plenty of opportunities for holiday shopping at the Miner Grant Store and the Ox & Yoke Mercantile.

"This event has become a tradition for so many guests year after year, and many families look

## Actually, Homelessness Does Exist in Your Backyard

November is National Homelessness Awareness Month

They are disheveled, un-showered, pushing a shopping cart full of belongings asking for handouts. These are the stereotypical images we have of the homeless. Yet the reality is that there are thousands of unhoused in the state who are not so easily visible and likely living in your community.

Massachusetts, like much of the country, has seen a surge in homelessness over the last year. Overall, the latest state count reveals there are more than 29,000 homeless in the state; a

### Thousands of 'Hidden Homeless'

Despite the number of homeless individuals accounted for, there exists a population of unhoused individuals—unlikely part of any statistics—they are known as the "hidden homeless," who number in the thousands in Massachusetts.



**29,000+**  
**Homeless in MA**  
**54% Increase**  
**from 2023**

They are experiencing homelessness out of sight by sleeping in temporary spaces such as their cars or on the floors or couches of family and friends.

An increasing number are seniors on fixed incomes who can no longer afford their rents or mortgages. Because these individuals are



*"Because I stayed one night in a motel and then had to sleep in my car, I was still considered not homeless enough to receive emergency shelter services."*

*~ Woman in her 20s evicted by her landlord\**

"hidden," from national or local statistics, they lack access to housing support resources.

Central Mass. Housing Alliance Executive Director Leah Bradley provides additional insight into the state's homelessness and what can be done to help with this crisis. To read the Q&A:

Scan the QR Code



or visit [milfordregional.org/about-us/community-benefits/](http://milfordregional.org/about-us/community-benefits/)



*"All I need for the winter is a pot to melt snow in for drinking water."*

*~ Man in his 40s living in a tent in the woods\**

54% increase from 2023. Statewide data indicates this crisis touches EVERY community in the state.

\* Quotes are from local individuals who have spoken to members of the Community Benefits Committee. They are not identified for safety and privacy reasons.

## Thanksgiving Project Needs Your Help

The Uxbridge Senior Center is organizing our annual Thanksgiving lunch distribution to over 275 seniors and homebound. We are looking for assistance from volunteers to make this project a success. The amount of organization and preparation is surmountable, but with many hands, the work is attainable and rewarding.

This project takes place on Monday, November 25th at the Uxbridge Senior Center. Volunteers can help by donating monetary donations made payable to the Uxbridge Senior Center at 36 South Main Street, Uxbridge. Others may help by volunteering their

time to help package or deliver the meals. Your time would consist of a few hours between the hours of 10am-2pm, depending on the assignment.

In addition, the senior center is accepting names of Uxbridge residents that would like lunch, please call the center and indicate if you would like the meal delivered to your home or if you would like to pick it up at the senior center.

If you can help in anyway, please reach out to the Uxbridge Senior Center by November 12th, contact Lisa Bernard, Director, at 508-278-8622. Thank you for your consideration and support.



UMass Memorial Health - Milford Regional Medical Center's Community Benefits Committee is bringing awareness to the homelessness crisis that many in our service region are facing.



# Uxbridge Senior Center Events

36 South Main St., Uxbridge  
508-278-8622

Lisa Bernard – Director  
Gail Boutiette – Outreach Coordinator  
Donna Oncay – Transportation Coordinator  
Omer Boucher – Van Driver  
Sally Selvidge – Activities Coordinator  
Pat Ordway – Chef

## Welcome to November and the start of the holiday season!

The Senior Center will carry on the annual Thanksgiving meal distribution for Uxbridge residents. This year's meal will be held on Monday, November 25th. At your request, the lunch can be delivered to your home between the hours of 11:30am-1:30pm, or, if you prefer, you can drive by the senior center to pick it up. Lunch will consist of hot, sliced, turkey with gravy dinner with mashed potatoes, stuffing, vegetable and a roll, and cranberry sauce on the side along with a personal sized Table Talk Pie for dessert. We are accepting monetary donations to the Center to help support this project. The

lunch is free and open to all seniors and the disabled. Please call the Center if you would like lunch or if you would like to donate. Once again, this year, the Senior Center received a Fallon Health Mini Grant to cover for some of this project. We appreciate their continued support!

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

Appointments are available to help folks with Fuel Opportunity Council). This program begins on November 1, 2024. Please call the senior center for more information and schedule your appointment.

Tara Hammes from MCOA (Massachusetts Council on Aging) visited us on October 3rd at McCloskey School (our satellite site) to host the MCOA ActiveAgers Program. Councils on Aging (COAs) are essential in promoting healthy aging by offering diverse programs and services that keep older adults active, eating well, managing chronic conditions, and staying socially connected. The Ux-

bridge Senior Center was awarded a \$100 grant to sponsor this event, and we had 2 lucky drawing winners for the ActiveAgers Program who each won a \$25 VISA gift card, and the door prize was raffled which consisted of a gym bag with lots of extras inside! The Uxbridge COA focus is on fitness programs, namely our Zumba, Low Impact and Walking Groups which our Wellness Coordinator, Doreen Cedrone, supervises. Thank you to all our participants and to MCOA for a spectacular day! P.S.--Stay tuned for another exercise program coming soon to McCloskey School for our older adults!

## In Home Vaccinations Available

Call (833) 983-0485 In-Home Vaccination Central Intake Line or Go to: In-Home Vaccination Program (COVID-19/Influenza) | Mass.gov

## Get COVID Free Test Kits

Stop by the Senior Center or order them by calling 1-800-232-0233 (TTY 1-888-720-7489).

Happy Thanksgiving to All!  
Lisa

The Uxbridge Senior Center has been chosen, again, as a Shaw's GIVE BACK WHERE IT COUNTS Reusable Bag Program Nonprofit Partner! The senior center will receive \$1 for each \$3.00 GIVE BACK WHERE IT COUNTS Reusable Bag sold during the month of November 2024 at Shaw's, 1177 Providence Road, Whitinsville MA!

Also, The Uxbridge Senior Center has been chosen, again, as a Hannaford Bloomin' 4 Good Program Nonprofit Partner! The senior center will receive \$1 for each specially marked Bloomin' 4 Good bouquet sold during the month of November 2024 at 158 No. Main Street, Uxbridge MA!  
**FRIDAY, NOVEMBER 8<sup>TH</sup> - 11:30 AM - 12:30 PM**

"PopUp Library." Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program is being offered by the Uxbridge Free Public Library.

## MONDAY, NOVEMBER 11<sup>TH</sup>

The Senior Center will be closed in observance of Veterans Day. We will re-open on Tuesday, November 12th at 8:00 am.

## TUESDAY, NOVEMBER 12<sup>TH</sup> - 1 PM

Uxbridge Library Book Club. They will be discussing "Vera Wong's Unsolicited Advice for Murders" by Jesse Q. Sutanto. You are welcome to join us for lunch on this day, just be sure to call ahead to "book" yours! Next book club meeting is on Tuesday, December 10th and they will be discussing "The Secret Book of Flora Lea" by Patti Callahan Henry.

## TUESDAY, NOVEMBER 12<sup>TH</sup> - 1 PM

Benefit Enrollment Specialist - Tri-Valley, Inc. Call the senior center to book an appointment with Gina. Next date will be December 10th.

## TUESDAYS, NOVEMBER 12<sup>TH</sup>, 19<sup>TH</sup> & 26<sup>TH</sup> - 9 AM - 1:30 PM

SHINE Appointments - Pat Nectow, our SHINE Counselor, will be here to help you with your health insurance questions. Please call 508-278-8622 to schedule.

## TUESDAY, NOVEMBER 19<sup>TH</sup> - 1:30 PM

Make Clay Christmas Ornaments with Christine Tansen! Onetime cost is \$10.00, and class is limited, so sign up early! We will make the ornaments on the 5th and then glazing them on the 19th. Please stop by the senior center to sign up.

## WEDNESDAY, NOVEMBER 13<sup>TH</sup> - 10:30 - 11:30 AM

Senator Ryan Fattman Staff Office Hours. Meet with District Director Amanda Hellyar. The purpose of staff office hours is to give constituents a chance to meet with their office to seek guidance on issues related to a state agency, find out about upcoming events, and learn more about legislative affairs on Beacon Hill.

## THURSDAY, NOVEMBER 14<sup>TH</sup> - 1:30 PM

"New" Fall Soups & Stews with Therapy Gardens. This is sponsored by The Uxbridge Elderly Connection Inc. Come explore recipes perfect for the season like Butternut Squash & Apple & Sage, Roasted Pumpkin & Ginger, Creamy Mushroom with Tarragon,

Roasted Red Bell Pepper Soup and more! Learn the ingredients, techniques, and tips to create these fantastic dishes. Get Therapy Gardens latest recipes! Whether you're an experienced cook or just starting, this presentation will inspire you to bring the flavors of fall into your home. Space is limited so sign up early! Taste samples will be provided!

## THURSDAYS, NOVEMBER 14<sup>TH</sup>, 21<sup>ST</sup> & DECEMBER 5<sup>TH</sup> - 2:45 - 3:45 PM

8-session Low Impact Exercise Classes Continue. Please stop in the senior center to sign up. Enrollment and waiver forms are required prior to the start of class. Cost: \$25.00 donation.

## THURSDAYS, NOVEMBER 21<sup>ST</sup>, DECEMBER 5<sup>TH</sup>, 12<sup>TH</sup> & 19<sup>TH</sup> - 1:30-2:30 PM

8-session Zumba Classes Continue. Please stop in the senior center to sign up. Enrollment and waiver forms are required prior to the start of class. Cost: \$25.00 donation.

## MONDAY, NOVEMBER 18<sup>TH</sup> - 1:30 PM

"Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment.

## THURSDAY, NOVEMBER 21<sup>ST</sup> - 12 PM

November Birthday Cake Celebration. Come Celebrate all the birthdays this month!

## FRIDAY, NOVEMBER 22<sup>ND</sup> - 12 PM

Annual Thanksgiving Celebration with Bob Moon here to entertain us! This is Sponsored by the Uxbridge Elderly Connection Inc. Sign up early as space is limited!

## MONDAY, NOVEMBER 25<sup>TH</sup> - 11:30 AM - 1:30 PM

Meal Distribution. No lunch at the center this day.

## TUESDAY, NOVEMBER 26<sup>TH</sup> - 11:00 AM - 12:00 PM

Ask the Nurse Free Blood Pressure Clinic with Nancy Favulli, Salmon Health VNA. RSVP to participate and to join us for lunch.

The senior center will be closed on Wednesday, November 27th, Thursday, November 28th & Friday, November 29th in observance of Thanksgiving. We will re-open on Monday, December 2nd at 8:00 am.

Card Game played during lunch on Mondays. No Games on 11/11 or 11/25.

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

## UXBRIDGE SENIORS

continued on page 13



**Who Cut The Cheesecake**

**If you love cheesecakes then come and check us out!**

We offer over 30 flavored cheesecakes that are made from scratch.

We also offer coffee, espresso, and other desserts

1195 Putnam Pike  
Chepachet, RI  
(401) 762-9240  
Open Tues.-Sat. 11am-7pm  
Sunday 11am-5pm  
www.whocutthecheesecakekellc.com

26 N. Main St.  
Millbury, MA  
(508) 581-4080  
Open Tues.-Sat. 11am-7pm  
Sunday 11am-5pm



**Attic • Basement • Garage • Shed  
Single Item or Whole Building Cleanouts**

**LOCAL GUYS TRASH REMOVAL**

Call / Text / Email Today • 508-713-5696  
localguystrashremoval@gmail.com

**Junk/Trash Removal**  
Licensed & Insured

like us on facebook



**CHARRON Tree Service**  
Quality Timely Service!  
BELLINGHAM, MA  
508-883-8823  
FREE ESTIMATES • FULLY INSURED

**RESIDENTIAL & COMMERCIAL**

- Tree Removal
- Pruning/Trimming
- Storm Damage
- Land Clearing
- Stump Grinding

KEVIN LEMIRE, OWNER  
All employees are covered under Workers' Comp Ins.  
CharronTreeService.com



# Local Residents Named to Simmons University Dean's List

The following local residents have been named to the 2024 spring semester dean's list at Simmons University in Boston.

- Eva Llopiz, Douglas
- Leah Callahan, Oxford
- Ella Staltare, Oxford
- Grace MacSween, Uxbridge
- Naleigha Evans, Webster
- Victoria Lavelle, Webster

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

### About Simmons University

Located in the heart of Boston, Simmons is a respected private university offering nearly 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats, or entirely online in nurs-

ing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a model of higher education that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields

with the intellectual foundation of the liberal arts. The result is a Simmons graduate prepared not only to work, but to lead in professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life's work. Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at <https://www.linkedin.com/school/simmons-university/>.



Above, Tina of Bemis Farms directed seniors on creating an Autumnal Birch Log Centerpiece.

Left, The Sunshine Club at the Douglas Adult Social Center celebrated the spooky season with a Halloween Bash.

## UXBRIDGE SENIORS

continued from page 12

Knitting Club every Tuesday @ 1:30 pm - Come join the creative fun!

Walk & Talk Exercise Group every Tuesday @ 9:30 am - Join Doreen Cedrone, our Wellness Coordinator. For the month of November, we will walk the Town Loop in Uxbridge and meet up at McCloskey School parking lot, 62 Capron Street at 9:30 am. If you haven't already signed up, please stop by the senior center for your enrollment & waiver forms. The program is weather permitting. Don't forget to wear comfortable shoes and bring a water bottle. This is a Free Event!

Every Wednesday - 9 am - 3 pm - The Uxbridge Senior Center Transportation Program Community Shuttle. This shuttle is for seniors and individuals with disabilities to destinations such as post office, pet care appointments, hair salon or barber, bank, pharmacy & shopping anywhere

in the Uxbridge/Northbridge area. Note: this replaces the weekly bank/pharmacy and Shaw's Ocean State rides. Call 508-278-8622 for more information and to book your FREE ride. Requests require a 48-hour notice. NOTICE NEW DATE: November 26th for this month only!

Wednesdays - "Canasta" Hand, Knee & Foot Card Game - 1:00 pm - 3:30 pm. No Canasta on November 27th.

Wednesdays - Play Scrabble! - 1:00 pm - Come by for an afternoon playing Scrabble. Boards are supplied by the senior center. Let us know if you'd like to join us for lunch! No Scrabble on November 27th.

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

The senior center is in need of the following donations: Lysol wipes, newly packaged napkins, paper towels, tissues, toilet paper, tea (regular and caffeine free), ground regular & decaf coffee. We thank you for your support!

Feel free to contact us at 508-

278-8622 or visit us on our web page at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa) or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

[www.youtube.com/channel/UCNh\\_RIq99rucmFH-UO7VFBw](http://www.youtube.com/channel/UCNh_RIq99rucmFH-UO7VFBw)  
[www.uxbridgetv.org/schedule/192](http://www.uxbridgetv.org/schedule/192)

## You are invited to attend the Mendon Mennonite Church Evangelistic Meetings

At: 70 Cape Road, Mendon, Massachusetts

**November 18 to 24, 2024**

Monday through Friday - 7:00 p.m.

Saturday and Sunday - 5:00 p.m.



**Evangelist - Clifford Nolt, Kutztown, PA**

For further information, Call Julian Martin (774) 291-6054, Mark Haldeman (508) 353-4250, or Glenn Auker (508) 473-0905

*"Seek ye the LORD while He may be found, call ye upon Him while He is near." Isaiah 55:6*



- One Topping Personal Pizzas \$9.99
- Game Day Appetizer Sampler
- Sliders • Jumbo Whole Chicken Wings!



**Discounts on Draft Beer and House Margaritas!**



1402 Victory Hwy., No. Smithfield, RI • 401-769-2220

Everyday 11a.m.-1a.m. • [www.gatorspubri.com](http://www.gatorspubri.com)



CELEBRATING 5 YEARS!

**LuLu's**  
GEMS • JEWELRY • CRYSTALS • GIFTS

GIFTS FOR ALL AGES!  
IN-HOUSE JEWELRY REPAIR • CUSTOM JEWELRY DESIGN  
THERE'S SOMETHING FOR EVERYONE AT LULU'S!

1223 PROVIDENCE ROAD • WHITINSVILLE, MA 01588  
[LULUGEMSGIFTS.COM](http://LULUGEMSGIFTS.COM)



# Fattman announces \$750,000 One Stop for Growth Grant for Northbridge

Grant will increase child care slots

State Sen. Ryan Fattman (R-Sutton) announced that Executive Office of Economic Development has awarded a One Stop for Growth grant through the Underutilized Property Program (UPP) in the amount of \$750,000 to the town of Northbridge. The Town will use these funds for HVAC system work in the Aldrich School renovation to create 85 new childcare slots.

“One Stop for Growth grants are critical to economic development for towns in my district,” Senator Fattman said. “I’m glad that Northbridge has been awarded this grant to continue its renovation of the historic Aldrich School to provide childcare for 85 children which allows families to work and pursue goals while their children are in a safe, educational environment.”

“I am enthused to hear the Town of Northbridge was recent-

ly chosen as a recipient for the FY25 round of Community One Stop for Growth grant program,” said State Rep. David Muradian (R-Grafton). “This funding will be instrumental in supporting increased childcare services within the town, and I am excited to see all the progress to be made in the future.”

“On behalf of the Town of Northbridge and the Whitin Community Center, we are honored to partner up with MassDevelopment on the former Aldrich School Early Childcare Expansion Project. This \$750,000 UPP grant award is truly appreciated and will help with much-needed renovation costs as we seek to tackle the need for available and affordable childcare. The ability to provide such care will allow parents to go back to work post-COVID and is not just a childcare project, but an

economic one as well. Finally, thanks to Sen. Fattman and Rep. Muradian for their unwavering support to find state dollars that can be invested into the Town of Northbridge and Blackstone Valley Region,” said Town Manager Adam Gaudette.

Executive Office of Economic Development’s streamlined application process for communities and other eligible entities seeking to access various economic development grant programs. There are 12 different state grant programs within the portal that fund economic development projects related to community capacity building, planning and zoning, site preparation, building construction, and infrastructure. The popular MassWorks program is the largest grant program in the One Stop portfolio.

# Douglas Historical Society November Events

At the E.N. Jenkes Store Museum  
283 Main St., Douglas

Nov. 10 – Quilts of Valor on display 2-4 p.m. We celebrate our Veterans through the Quilts of Valor made by the Freedom Quilters of Millbury.

Nov. 13 – The Life of Francis Perkins, part 2 from 7-9 p.m. Born in Boston, raised in Worcester, she was FDR’s Secretary of Labor and the first woman to serve as a cabinet secretary. Perkins was

the driving force behind the New Deal. Listen to Janet Parnes retell the historic moments in her life.

Nov. 19 – Come for our Annual Membership Meeting at 6:30 p.m. Become a member or renew your membership. Your opinion matters, cast your vote on events, become a volunteer!

Christmas Tree Raffle – Brand-new pre-lit Christmas tree raffle. Tickets are \$10 each. Drawing will be held Dec. 7 at Photos with Santa event. For more information, call Susan at 508-566-5039.

# BVT Annual Admissions Open House Nov. 13

Blackstone Valley Regional Vocational Technical High School will hold an Open

House for prospective students and their families on Wednesday, November 13, from 5:30 – 8 p.m. No registration is needed.

The evening is a chance to make a self-guided tour of the state of the art school located at 65 Pleasant Street, Upton. Each department will offer insight into the curriculum, projects and career paths in each vocational area.

Informational displays and staff will be available to answer your questions pertaining to academics, student support services, student activities and admissions.

Information sessions will run from 5 – 5:30 p.m. about the Special Education program in the cafeteria. The Spanish Immersion program will be hosted at the same time in the cafeteria annex and have information on how to enroll your child.

To learn more, visit [www.valleytech.k12.ma.us/admissionso-penhouse](http://www.valleytech.k12.ma.us/admissionso-penhouse).



**GREGORY'S**  
restaurant & pizzeria

ONLY Location is Douglas, MA

**ORDER ONLINE**  
at [www.gregorys-restaurant.com](http://www.gregorys-restaurant.com)  
or you could use Gregory's restaurant app

303 Main Street, Douglas, MA  
508-476-2552

MasterCard VISA

**VICTORY SUPPLY**

**Landscape & Masonry Materials**  
Homeowners & Contractors Welcome!

- Bulk Loam • Mulch • Stone • Compost
- Garden Fertilizers • Controls • Repellants
- Grass Seed • Drainage Pipe • Fire Pits
- Bluestone • PA Fieldstone • Granite
- Flagstone • Cobblestone • Palletized Stone
- Wood Pellets • Chimney Supplies
- Concrete & Mason Sand
- Concrete & Mortar Products
- UniLock Pavers and Walls

2677 Broncos Highway,  
Nasonville, RI  
(Former Roots & Shoots)  
401-766-7333

Monday - Friday 7am - 4pm • Delivery Available

UNILOCK Authorized Dealer

**MOURA SERVICES** Call Tiago  
857-236-3122

Painting & Carpentry ★ Power Washing  
Deck Refinishing ★ Exterior & Interior

FULLY INSURED

Follow us on Social Media

**Economy Canvas & Awning Co.**

Retractable & Stationary Awnings  
Boat & Truck Covers and Related Products

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

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

[www.EconomyCanvasAndAwning.com](http://www.EconomyCanvasAndAwning.com)

Pool Cover Repairs  
Over 34 years of service in the community



# CARLINO LANDSCAPING

## WINTER SNOW SERVICES

Residential & Commercial

***Plowing • Shoveling • Snow Blowing  
Sand & Salt • Straight Salt • Calcium  
Snow Pushing • Snow Haul Away  
Skid Steer Snow Pushing***



**24 / 7 SNOW PLOW EMERGENCY HOTLINE!**

*We also provide...*

**SNOW SHOVEL SERVICES FOR WALKWAYS, STEPS,  
DECKS, PATH TO OIL FILL, ETC.**

**SAND & SALT APPLICATIONS FOR DRIVEWAYS,  
CALCIUM FOR WALKWAYS, STEPS, DECKS, ETC.**

(PLEASE REQUEST A QUOTE IF NEEDED)

**508-234-6227**

**TIRED OF YOUR SNOW PLOW DRIVER NOT SHOWING UP?**

info@carlinolandscaping.com

www.carlinolandscaping.com

**24 Hr Service  
7 Days A Week**

***Licensed & Insured***







LIVING WITH LUKE

amyleclaire@hotmail.com

# Luke Has a Relaxing Spa Day

BY AMY PALUMBO-LECLAIRE

We weren't necessarily looking for a new groomer. But sometimes the best things happen when you're not looking. "I think I know that dog." The owner of a pet grooming service not far from my home noticed Luke behind the front desk at the local gym where I teach. A hectic morning (with no one available to watch our most loyal family member) inspired the decision to take Luke along to my Tuesday morning Zumba class.

"How do you manage to bring your dog to work?" I've been asked. "I grab his leash and go," I've said. I'm someone who concentrates on all that can go right, versus all that could go wrong. On that Tuesday morning, the odds were stacked in my favor. Coloring outside of the



lines proved worthwhile.

"My ancestors may be from Scotland, but I swear I'm part Latino. These rhythms are in my bones." A leashed Luke laid down comfortably, head over paws, while my Zumba students danced in the group fitness room. I winked over at him every now and then as though to say, "thank you for being patient," and he broke into a smile. "Do the Ricky Martin song, Momma." Dogs know who we are and love us uncondi-

tionally. Little did Luke know that he was about to meet a person from his past.

"Luke? You're at Zumba?" the groomer asked.

"Hey! What's going on?" Luke wiggled and whimpered while he pretended to work behind the front desk. Dog Groomer and Happy Client reunited while I learned about the dog grooming salon located close to my gym. My mind connected convenient dots.



Luke experiences Shear Love with his groomer, Rachel Nieminen

I could drop Luke off, teach class, then come pick him up afterwards! This new dog groomer would be extremely compatible with my schedule!

I wanted to acclimate Luke to the new place before his first Drop Off, so stopped in after class. "Look! A dog bed and stuffed animals!" Luke found the break room. "There are even pillows on the couch, just like at home!" Gone were the quivers of the past as he stepped into a dog-scented salon

and buried his face in my lap. "I don't want to go."

Still, had Luke grown a bit too comfortable with the cozy climate of this particular pet parlor? He hopped up on the shaggy pink couch designed, perhaps, for a freshly groomed poodle.

"Be easy, Luke," I commanded while he exposed a more confident side, thrashing a pillow back and forth.

The friendly groomer whose canine expertise dates back nearly 25 years, took Luke's behavior in stride. "Do you want to see the grooming studio?" Luke stared up at his friend, a decorative pillow stuffed in his mouth. "I thought you'd never ask!"

The prospective client sniffed around the floor, smiled and assumed his signature move, putting on the brakes when something felt wrong. "Your shop meets my standards, but I don't want anything to do with that high table. I have a height trauma, triggered by a time when my parents, though well intentioned, allowed me to jump off the deck stairs. I wasn't develop-

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

- Grooming
- Daycare
- Boarding

by Kelly Hauk

**BEST OF CENTRAL MASS**  
Best Pet Groomer 2016 & 2017

[www.barknbubblesmillbury.com](http://www.barknbubblesmillbury.com)

**UXBRIDGE ANIMAL HOSPITAL**

*We offer quality care for your pet in a friendly, family-oriented atmosphere.*

**AAHA ACCREDITED**

**JOCELYN COWAN, DVM  
DEBORAH VEO, DVM  
ALI O'HAGAN, DVM  
CAITLIN MCHUGH, DVM  
JESS MACHO, DVM**

Preventative Medicine, Surgery, Dentistry, In-House Laboratory, Digital Radiography, Acupuncture, Chiropractic and Laser Therapy for Dogs and Cats.  
Ultrasound & Surgical Specialists Available for Consultation.  
Specialty Services available as well as night and weekend appointments.

510 Hartford Ave W, Uxbridge, MA 01569  
P. 508.278.5869 | F. 508.278.9384 | [info@uxbridgeanimalhospital.com](mailto:info@uxbridgeanimalhospital.com)  
**WWW.UXBRIDGEANIMALHOSPITAL.COM**

**LUKE**  
continued on page 17



REAL ESTATE

# Planning to Sell Your House in 2025? Start Prepping Now

If your goal is to sell your house in 2025, now's the time to start prepping. Even though it might seem like there's plenty of time between now and the new year, you should get a head start on any updates or repairs you want to make now. Now is the time to start thinking about what you need for your next home and



BY MARK MARZEOTTI

then taking those steps to prepare to list. Survey data exists that says 47 percent of sellers are taking longer than a month to get their home ready to sell, so starting that process early can mean more flexibility. By starting your prep work early, you'll give yourself plenty of time to get your house market-ready by the end of the year. But be sure to partner with a great agent before you get started, so you have expert insight into what repairs are worth it based on your local market.

Starting early is key: To get the best price and sell quickly, it's important that your home looks its

best. That means it's up to you to make the necessary repairs, declutter, and even consider updates that could add value as part of getting your house ready to list. By starting now, you can tackle things one task at a time. Whether it's fixing that leaky faucet, refreshing your landscaping, or painting a room, getting an early start gives you the flexibility to do the job right and with as little stress as possible. Because, if you wait to knock items off your list later on, they could quickly stack up and get overwhelming. There are some important repairs to make before selling a house, so don't be in too much of a hurry to get your home listed, if you move too fast, buyers see right through the fact that you skipped important home renovations. This might end up costing you time and money.

What should you focus on: Feeling motivated to start chipping away at that to-do list, but not sure where to start? Marzeotti Group is trained to identify home inspector items so these can be done before they are called out after you are under agreement. They range in order from: paint, improve the kitchen, bath, landscaping, worn carpet or flooring, touch-up paint outside, replace non-working appliances to name a few. While that data gives you a starting point, it shouldn't be

seen as a comprehensive list. What buyers want in your area may be different, and only a local agent will have this in-depth understanding. For example, if homes in your area are selling quickly with updated kitchens, your agent might suggest focusing on minor kitchen improvements rather than spending money on other areas that won't offer as much return. They'll also help you figure out if tackling larger projects, such as replacing your roof or upgrading your HVAC system, is worth it based on other recently sold homes.

It's not just big-ticket items that can have an impact. Your agent will also speak to some of the smaller details – like cleaning up your yard, adding fresh mulch, or painting your front door to make a real difference in how buyers feel about your home. This type of expert eye is crucial to help your house sell fast and for top dollar.

Thinking of selling your house next year? Don't wait until the last minute to get it ready. By getting a head start now, you can ensure everything is in place by the time the new year rolls around. Call The Marzeotti Group for a free consultation today or your trusted Realtor.

LUKE

continued from page 16

mentally ready.”

Thankfully the groomer, who reportedly has been “bit, peed on, barked at and pooped on,” comes to the grooming table with several years of experience. She studied



Animal Science at Becker College, worked at Tufts University and, more recently, has spent time in the brush, bathe, shampoo, cut and nail trimming trenches.

Luke, a happy client, thoroughly enjoyed his spa day experience, which included a blueberry bath, a traditional Golden Cut, specialized attention, and the Autumn patterned scarf which barely fit around his big head.

My two-year-old Golden received an excellent report from his groomer. “Luke was a chill dog who goes with flow,” she said. “He’s very smart. He has a stubborn side, but he knows that haircuts and baths are part of life.”

What does Luke have to say about the diva treatment?

“It feels like home. And I highly recommend the shaggy sofa.”

Write to Amy  
amyleclaire@hotmail.com

Visit Luke @IG  
livingwithlukevalentino



TALES FROM BEYOND

tomdagostino.com

# Assonet Ledge and the Phantom Fires

BY THOMAS D'AGOSTINO

Within the Freetown/Fall River State Forest, many strange occurrences related to King Philip's War and the Wam-

panoag people that once called the area home can be witnessed. The forest covers over 5,000 acres within the city of Fall River, the town of Lakeville and one-third of Freetown. The publicly-owned

preserve has over fifty miles of unpaved roads and trails. The forest is also home to a 227-acre Wampanoag reservation. Author and historian Christopher Balzano has written extensively on the area called the Bridgewater Triangle and the Freetown Forest which lies within the triangle.

What can be seen on occasion in different areas of the woods are what witnesses call phantom fires. When the beholder of the phenomenon investigates, they find that the fires give off no sound, smoke or heat. The glow of the fire is contained to a small area above the ghostly flame. As soon as they appear, they vanish, leaving no trace of a blaze in the spot. In some cases, the woods are so thick or difficult to navigate that it would be improbable or senseless to set up a camp in the particular spot where

the fire is seen.

Many believe the phantom fires are a residual haunt, a moment in time recorded long ago and replaying when the conditions are right. The fires are replays of the past when Indigenous people camped on the land. They tend to appear randomly within the forest, giving the illusion that someone or something has set up camp for the night.

One of the most haunted places within the Freetown State Forest is a rocky outcropping called Assonet Ledge. The cliff one sees today was mostly formed by the Fall River Granite Company in the 1800s. For years, local youths have used it as a gathering place for parties. Not so for the Wampanoags, who shunned it due to the negative energy surrounding the precipice. It is not recorded how much of a ledge or

rocky outcropping existed before the company began quarrying, but there had to have been some sort of cliff for them to discover and commence digging the granite from the earth. The presence of an existing ledge of some sort gives credence to the Wampanoags relating the fear of a ledge before the company began taking the granite from the area.

Shadow people are often seen in the surrounding forest. Reports of hideous-looking creatures flitting among the trees and brush have scared many a visitor to the preserve. Some people who climb to the top of the Assonet Ledge report a very heavy feeling of sadness suddenly overcoming them. The feeling becomes so intense that they are compelled to leap off the edge to their possible demise.

Several people have died from falling over the ledge or drowned in the waters below. Some who have taken the plunge claim they were pushed by an unseen force—which may be a mystical creature called a Pukwudgie, known to entrance people to the top of the cliff before pushing them over. Pukwudgies are small creatures of Indigenous lore. They can appear and disappear at will. They reside predominantly within the area called the Bridgewater Triangle, where they remain mostly unseen. Many people in the region of the triangle, either residing there or visiting, have witnessed Pukwudgies roaming about. They are said to be very dangerous. When seen, do not approach or attempt to communicate with them, as they will surely lure you to your death.

One of the main theories about why the ledge may hold such negativity dates to King Philip's War. Many of the Natives, knowing that capture by the English meant torture, dishonorable death or being sold into slavery, chose to climb to the top of the ledge and jump off rather than face the indignity of surrender.

To this day, visitors roaming the area of the ledge hear what sounds like war whoops and see the ghosts of warriors moving about the trees and rocks of the ledge. The area where the state forest sits is obviously magical, whether it be positive or negative energies permeating the land. Legends, haunts and strange tales abound in the forest. It is obvious the Indigenous people were aware of the unworldly powers the woods held—and still do.

**NORTHBRIDGE**  
**COIN & GOLD**  
 68 Church St., Whitinsville, MA  
 (508) 266-0265  
 Store Hours: Wednesday and Thursday 10-5  
 Friday 10-7; Saturday 10-2

Shop our always changing inventory

**BUYING**

**Gold & Silver  
 Coins & Currency  
 Jewelry & Diamonds  
 Comics & Cards**

Stop by or make an appointment

*The Tole Booth*  
 Treasures for the Home from the Heart



Join us for our 23rd  
**Annual Holiday Open House**  
**Saturday, Nov. 9 from 10-5**  
**Sunday, Nov. 10 from 12-5**  
 • Refreshments • Raffle  
 • Shopping • Fun!

**COUNTRY • PRIMITIVE • DECORATIVE**  
**HOLIDAY ITEMS ARE ARRIVING!**  
 Santas & Snowmen  
 Trimmings & Ornaments  
 Candles & Lanterns  
 Trees, Wreaths & Garlands  
 Locally Handmade creations

Hrs: Wed.-Sat. 10-5;  
 Sundays 12-5

Follow us on Facebook and Instagram for updates!

129 Main St. (Rte. 122) • Blackstone, MA • (508) 876-8900

**FROM YOUR LOCAL FAVORITE GROOMER**

HAPPY Thanksgiving DAY

Dog Grooming Services

**The Bark ARK**

Family Owned & Operated For Over 50 Years!

**3 YEARS in a ROW!**



**COUNTRY HILLS PLAZA Rt. 16, MENDON • 508-473-4744**



## SPORTS

# Northbridge Looking To Avenge Last Year

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Two years ago, the Northbridge girls' soccer team made a phenomenal run through the Division 4 State Tournament only to lose to Cohasset in the finals. When they returned to school the following year, they were ready to learn from their loss and get back to the State Championship game. Entering the tournament, the Rams were seeded seventh and were to square off against the number 26 seed. Unfortunately, Ipswich was primed for the upset and defeated Northbridge in the first round 2-1 on penalty kicks.

"Last year we had really high hopes but we underperformed and lost on penalty kicks," Rams Coach Kristin Strazzulla said. "The girls were disappointed and thought that they were going to walk through the tournament like they did the year prior so needless to say they are anxious to get back into the tournament this year."

Making it to the state finals was a first for the Northbridge girls' soccer team and after not being able to capture the title that year, this year's squad wants to be the first Rams team to raise a State Championship banner.

At the time of this writing, the Northbridge team was 13-1-3 with one game remaining in their



Northbridge girls soccer captains, from left, Madison Thibeault, Alison Reese, Kate Leonard and Sienna Mastroianni  
Courtesy photo

the Rams are seeded seventh in the Division 4 State Tournament and, depending on what they do against Nipmuc, they could move up or down in seedings.

Leading Northbridge back to the state finals have been the team's four captains: Madison

arrived to play with the varsity team.

"When our goalie went down, Madison decided to step in and try the position out and has never looked back," the coach said. "After that first year she started training, played on the club level and worked really hard on her own to become a huge leader for us."

Through the team's 17 games this season the senior stopper has only allowed 11 goals for a 6.47 goals against average on the year.

The other senior captain position belongs to Reese, who came to Northbridge last year via Ohio as a wrestler. The "gift", as Strazzulla calls her, stepped into the center back position and although she doesn't put up the flashy stats, she is a key contributor in the Rams success. The Ohio native had a huge goal for the Rams in the Whitinsville-Christian contest earlier in the year.

Junior Mastroianni has been the team's leading scorer over the past two seasons. Last year she notched 20 goals while adding 7 assists, this season she currently

has 20 goals and 1 assist and has become Northbridge's go-to player up top.

"We have a lot of different girls scoring for us (43 total goals as a team), but Sienna is by far our number one scorer," Strazzulla said. "She is a great kid, doesn't argue with the refs, is always positive and doesn't allow anything to bother her."

Rounding out the captains is Leonard, a junior center midfielder. Along with Mastroianni, the duo made their way onto the high school team as an eighth grader. She has played every single minute of every single game since her freshman campaign.

Kate is another that flies under the radar in terms of award recognition," the coach said. "She is a work horse; has 3 goals and 4 assists and against Hudson in the semi-finals was head and shoulders the best player on the field."

Strazzulla went on to say that the center midfielder has improved her soccer IQ over the years along with her strength

and quickness. She has become a tenacious and matured player for the Rams as they look to avenge their losses over the last two years in the State Tournament.

According to the Coach, the team is just about where she expected them to be, although they did finally beat Grafton this season for the first time in the sport's history.

The team, as a whole, had a few goals in mind as they began the season a few months ago. After coming up short on senior night last fall, the girls wanted to win this year on senior night as well as homecoming. They also were looking to defeat Leicester, but were unable to do that as the two teams tied.

The biggest goal was to improve upon last year's stunning upset in the first round of the tournament and while they are accomplishing that goal, they would also like to become the first team to win a State Championship for the school in girls soccer.



Northbridge girls soccer team. Courtesy photo

regular season. The Rams had defeated Hudson 2-1 in the Central Mass Tournament semi-finals to earn themselves a spot in the finals against Nipmuc. Currently,

Thibeault, Alison Reese, Kate Leonard and Sienna Mastroianni.

Thibeault is the squad's senior goalie, a position that she was not sure of taking on when she first



**Bank LOCAL. Borrow LOCAL.**

CONVENTIONAL • JUMBO • REFINANCE • CONSTRUCTION

UniBank mortgages<sup>1</sup> are funded locally. Decisions are made locally. Our lenders will put their expertise to work for you and help you to find the right fixed or adjustable rate mortgage for your unique needs.

Get started today! Contact your local UniBank branch or view rates and apply online today!



**UNIBANK**

Connecting all offices:

1.800.578.4270 • [www.unibank.com](http://www.unibank.com)




Member FDIC • NMLS #583135 <sup>1</sup>Homeowners insurance required. Subject to credit approval. Other terms, fees, and conditions may apply.



THE CAR DOCTOR

jpaul@aanortheast.com

**ABSOLUTE AUTOGLASS** 

MOBILE SERVICE • ADAS CALIBRATION SERVICE  
LIFETIME WARRANTY  
• MASSACHUSETTS INSURANCE APPROVED

ABSOLUTEAUTOGLASSRI.COM  
401-766-2600  
473 ST. PAUL ST., N. SMITHFIELD, RI 02896

**10-GEAR** TRANSMISSION SPECIALISTS & AUTOMOTIVE SERVICES (508) 476-3926

- Brakes
- Tires
- Shocks
- Exhaust
- Alignments
- Tune-Ups
- All General Repairs

Specializing in **Transmissions**

**Classic Car Service and Repair**  
151 Davis St., Douglas MA (508) 476-3926

Located 1.5 miles off of Route 146 exit 6 on Route 16 in Douglas

**VALLEY GASOLINE / ZEUS GARAGE**

Complete Auto, Truck & Motorcycle Repair

- **Tire Special -** Call for quote and we will beat any written repair facility quote by 10%
- **Repair Work Special -** We will beat any written repair facility quote by 10%

194 CHURCH STREET  
WHITINSVILLE, MA  
**508-266-7220**

**OPEN 7 DAYS A WEEK**

INSPECTIONS AVAILABLE  
7 DAYS A WEEK  
MON.-FRI. 7AM-6:30PM  
SAT. 7AM-5PM  
SUN. 8:30AM-4PM

Foreign & Domestic Car Sales

U-Haul Rentals

Vehicle & Motorcycle Inspections

**Bloem's Auto Repair**



Diagnostics • Tires • Brakes • Batteries • Oil Changes • Tune-Ups

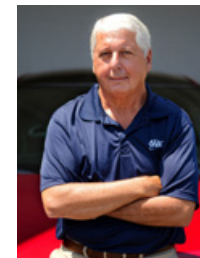
Quality Pre-Owned Vehicles Now Available!

**WE DO IT ALL Total Car Care!**



194 N. Main St.  
Uxbridge, MA 01569  
508-278-4302

# Engine Shut Off Feature Won't Wear Out Starter



BY JOHN PAUL

**Q.** We recently purchased a new car which has the automatic engine shut off feature every time we come to a stop sign or stoplight. This is my first experience with this, and I was wondering if this would lead to the starter prematurely wearing out. We tend to keep cars a very long time, usually 10 years or more. I understand we can override this feature, but we would have to remember to do it every time we start the car.

**A.** The battery and starter are more robust and should not wear out any sooner than a similar vehicle without this system. I answered a very similar question recently from a new Toyota owner with the same concerns. I have read that Toyota vehicles will actually generate a fault code when the starter needs replacement. This code appears after nearly 400,000 starting cycles. This to me looks like about 20-30 starts per day for 50 years. If the system in your car is as stout as the Toyota system, I don't think you need to worry.

**Q.** I have a 2025 Chevy Trax that takes E-85 fuel or higher octane. I was told I can mix and match octane. I also have a Volvo that takes 87 octane or higher. Can I mix E-85 and 87 octane regular fuel in my Volvo? I haven't tried it yet, curious if it's safe for my Volvo?

**A.** E-85 is fuel that can contain up to 85 percent ethanol alcohol. E-85 has

a higher-octane rating than even most racing fuel. The typical octane of E85 is 100 or more. Your Volvo is not designed to run on gasoline with more than 15 percent ethanol. I would not suggest trying to be a chemist and mixing some percentage of E-85 fuel with any other fuel. The result could be quite expensive.

**Q.** Are there any federal guidelines on "front collision stopping or warning" on cars. My dealer told me my 2023 Lincoln Corsair is two feet. No one can react to a warning in that little time.

**A.** The guidelines are not for distance, and this may be where the dealer is confused. The rule making is more about speed of the car. The systems are designed to work above six miles per hour. The systems are also designed to provide both visual and auditory warning. The system will also apply the brakes when a collision is imminent with a pedestrian or vehicle. Some systems only provide brake assist, others apply full braking in an attempt to fully stop the car. The systems typically work between 6-50 MPH. Curves, light, glare and weather can impact these systems and may even cause them to turn off completely. As good as some of this technology is never assume it will make up for being an engaged driver.

**Q.** I would like to know if, when I replace my battery in my Toyota Avalon, can I use a Noco GB50 battery jump starter to keep all my data when taking battery out? I understand if I don't the car may not run correctly.

**A.** You can use your jump pack, but you need to trick it into staying on. The NOCO like most won't produce electricity unless it sees electricity of over 2-volts. In this case you need to use the manual override feature. Here is a link to the video from NOCO. <https://noco.co/support/gb50-manual-override>.

**Q.** It is time to put away my summer equipment. Unlike you I haven't switched to battery powered lawn mowers, blowers and trimmers. What do I need to do to make sure my lawnmower, backpack blower and gas trimmer start next spring? Also, what do you know about Ethanol Shield stabilizer? Is this what you would use?

**A.** Well I haven't completely switched away from gasoline but the battery tools I have do make it easy for off season storage. I typically add fuel stabilizer to anything gasoline engine that is being put away. This could be cars, boats, power equipment, anything that burns gas. Years ago, I ran things dry, but more times than not I had a problem with rust build up in the fuel tank or carburetor. If storage is more than just a few months I would add premixed two-stroke fuel plus stabilizer. The idea here is the extra oil in the fuel mix helps keep things lubricated. As for Ethanol Shield, I had not seen it until just recently at a local hardware store. I typically use Sta-Bil or Lucas fuel stabilizer.

**Professional Car Cleaning Motorcycles & Boats**

Prep Now... Winter is Coming!!

Over 40 years in business

**Come in Now!**

- Hand Wax
- Ceramic Coating
- Gift Certificates for the Holidays!

**catacchio**

218 Worcester St., N. Grafton  
774-272-0815  
www.catacchioautodetail.com

**AUTO DETAIL**



# BVT Seniors 'Commended' in the National Merit Scholarship Program

## Student Achievement Recognized at School Committee

The Blackstone Valley Regional Vocational Technical High School (BVT) Superintendent-Director, Dr. Michael F. Fitzpatrick, and Principal, Mr. Anthony Steele, are proud to announce two seniors have been named Commended Students in the 2025 National Merit Scholarship Program.

Dylan Leeds of Northbridge (Engineering & Robotics) and Lacey Coffman of Milford (Multimedia Communications) are the Commended Students. They were recognized during the October school committee meeting and received a Letter of Commendation from the school and the National Merit Scholarship Corporation (NMSC®), which conducts the program.

Their high selection index score placed them among the top 50,000 students who entered the 2025 National Merit Program by taking the 2023 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®). Dylan and Lacey are among roughly 34,000 Commended Students nationwide

who have shown exceptional academic promise.

“Those being named Commended Students have demonstrated outstanding potential for academic success,” according to a NMSC press release. “These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success.”

The District School Committee is proud to acknowledge the remarkable achievements of the Commended Students.

*About Blackstone Valley Regional Vocational Technical High School (BVT):*

Blackstone Valley Regional Vocational Technical High School



serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. For more information about the school, visit [www.valleytech.k12.ma.us](http://www.valleytech.k12.ma.us).

# BVT 2024 Annual Report Now Available

## Document highlights facts, figures, student achievements, and more

Blackstone Valley Tech is proud to announce that copies of its 2024 annual report, Generation to Generation, are now available for residents of the Blackstone Valley Vocational Regional School District to view. The report spans the FY24 fiscal year and highlights the distinctive achievements of students and staff, as well as financial information.

“As responsible stewards of your regional vocational-technical school system, we oversee and protect your investment with

numerous cost-saving measures,” said Superintendent-Director Dr. Michael F. Fitzpatrick. “The informational document goes beyond the facts and figures of our day-to-day operation to illustrate how the budget is maximized and used to prepare our students to be career- and life-ready by the time they graduate.”

Browse the Annual Report! The annual report includes a profile of Tom Kuik, a 1982 graduate of the Electrical program at

BVT. Learn how he discovered his true passion by looking to his past, following a childhood curiosity, and paying attention to what he finds engaging. As BVT graduates share their craft and passion for their trade, they pass on the foundation for future career success, and ultimately their legacy, from generation to generation. This and so much more is in the annual report. It is available on the school's website at [www.valleytech.k12.ma.us/annualreport](http://www.valleytech.k12.ma.us/annualreport).



**COMPLETE AUTO GLASS SPECIALISTS**

- Chip & Crack Repair
- Windshield Replacement
- FREE Mobile Service



**MOBILE AUTO GLASS SPECIALIST**

**Insurance Company Preferred Shop.**

- Certified technicians to your location
- Foreign & domestic auto, truck, bus, motor home, windows & sunroofs
- Construction equipment, heavy duty vehicles
- Fabrication of flat glass
- Vehicles equipped with convertible or vinyl roof

- In-shop service • Free mobile service
- Saturday service
- Free pick-up and delivery within a 10 mile radius
- Quality workmanship guaranteed
- Customer safety and satisfaction is our first priority
- Servicing customers for over 25 years

201 W. Main Street, Dudley, MA 01571  
800-479-7697 • 508-949-1327

Monday-Friday 8am to 5pm • Saturday 8am to 12pm

**Visit Us at [roysautoglass.net](http://roysautoglass.net)**

"Come Ye To Our Establishment To Giveeth Thanks To All!"

## U-KNIGHTED

AUTO & TRUCK REPAIR

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


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

Same Day Service  
on most repairs

Custom Exhaust & Brake Experts

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

# KEARNS



## COLLISION Repair

FREE ESTIMATES • QUALITY SERVICE

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

Thomas F. Colonair Jr.  
[www.kearnscollision.com](http://www.kearnscollision.com)

Proudly Serving Worcester County for 4 Generations!



**110 Linwood Ave**  
**Whitinsville, MA**  
**(508) 234-9442**

**HOURS**  
Mon.-Fri. 7am to 5pm;  
Sat. 7am-Noon;  
Closed Sundays

NEW EXPANSION OF 7 SERVICE BAYS!!!

- 🌀 All Major Tire Brands
- 🌀 Diagnostics
- 🌀 AC Recharge
- 🌀 Scheduled Maintenance Programs

- 🌀 Full Automotive Repairs
- 🌀 4-Wheel Alignment
- 🌀 Timing Belts
- 🌀 Diesel Repair



**WWW.CROTHERSTIRE.COM**

## GUTTER CLEANING!!!

**Triple D Services**



SNOW PLOWING!!!

Licensed & Insured

Fall Clean-ups • Leaves • Branches • Any Mess



- Interior Painting
- Carpentry • Floors



# 774-635-9609





*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.*

**HAWK HILL ORCHARDS**

**ORDER YOUR THANKSGIVING PIES NOW!**

**OPEN WED. THRU SUN. 10AM TO 5PM**

**Visit our Americana Country Store**

- Apples • Cider
- Specialty Sauces and Salsas
- Fruit Pies
- Honey
- Apple Dumplings
- Apple Sauce
- Jams/Preserves
- Maple Syrup
- Dessert Breads
- Gifts
- Cider Donuts

83 Carleton Rd., Millbury, MA  
508-865-4037

**SATURDAY, NOVEMBER 9**

• Charlton City United Methodist Church will once again host Dynamic Cards, Collectibles and Craft Show at 74 Stafford Street, Charlton from 10 a.m. - 4 p.m. Two full floors of Trading Cards, Collectibles and Crafts of all kinds! The show will be jam-packed with 60+ tables and feature lunch, baked goods, and other goodies for purchase. Add to your collection or begin a new one. In addition to a very large variety of vendors and crafters, we'll also have lunch and baked goods for sale. Partial proceeds help support many local community causes. You win with all the sellers, and the world wins when you come to support the show. Admission is FREE. There is plenty of parking and the building is handicap accessible. For further information, including vendor inquiries: Joe Dupont. joedupont@dynamiccardcollectors.com

**SUNDAY, NOVEMBER 10**

• Music at the Farm season seven fall concerts continue Nov. 10 at 2 PM. with artists in residence Yunwen Chen, cello and Xiyu Deng, piano. They will play Bach Suite No. 3 in C Major, Schubert "Arpeggione" Sonata and Brahms Cello Sonata No. 2 in F Major. These indoor concerts are at Grace Note Farm 969 Jackson Schoolhouse Rd. Pascoag, RI. Tickets are \$30, children \$15. call 401-567-0354 for reservation. Weather permitting, audience members are welcome to enjoy visiting the farm animals and walk the farm trails prior to the concert. These concerts are sponsored

by Grace Note Farm, Virginia Sindelar, Artistic Director and the Blackstone Valley Tourism Council. www.gracenotefarmweb.com

**MONDAY, NOVEMBER 11**

• A ceremony will be held at the WWII monument at 9:45 a.m. in Webster. Those marching in the Webster Dudley Veterans Day should meet at St. Louis School parking lot at 10:15 a.m. The bus to Dudley will leave at 10:30 a.m. The Court of Honor in Dudley will start at 11 a.m. All Scouting organizations that plan on participating are asked to meet at the Dudley Municipal Complex (Town Hall) at 10:45 a.m.

**WEDNESDAY, NOVEMBER 13**

• The Auburn Select Board has voted to schedule the fall special town meeting for Wednesday November 13 at 6 p.m. at the Auburn High School Auditorium, with a backup date of Thursday, November 14 at 6 p.m.

**THURSDAY, NOVEMBER 14**

• Coffee Break, a non-denominational community Bible study for women—will begin a new study on the "The Gift of Christmas" from 9:30 to 11:00 a.m. at Fairlawn Church, 305 Goldthwaite Road, Whitinsville. Held each Thursday, it is free and open to the community. The author writes, "Come face to face with the Christ of Christmas and discover the real meaning of this miraculous story. You'll not only learn facts that may be unfamiliar and challenge some assumptions, but you'll also grow in understanding why Jesus came

to live among his people." The study will be in small groups at Fairlawn Church. Refreshments are provided, and child care is available for infants through pre-school age. Each lesson is independent, so if you can't attend every week, you won't feel "lost." There's no "homework" required, and no previous Bible knowledge is necessary. Study guides and bibles are provided free of charge. For information, visit fairlawncrc.org/outreach/coffeebreak.cfm.

**SATURDAY, NOVEMBER 16**

• Good Shepherd Episcopal Church, 268 Main St, Oxford, MA will hold a Fall Festival on Saturday, November 16, 2024 from 9 AM to 2 PM. There will be a huge basket raffle, attic treasures and an incredible bake sale. Lunch will be available - a choice of chili or corn chowder. All are welcome!

**THURSDAY, NOVEMBER 21**

• Auburn Historical Society & Museum's November meeting: C.E.R.T. in Your Community—This is the local coordinating structure that train volunteers to help emergency responders during disasters. Members of the Auburn Community Emergency Response Team will explain what the team has done and how you might become a member of the team. Auburn Sportsman's Club at 50 Elm Street at 6:30 p.m. For more information contact the Auburn Historical Society and Museum at auburnmuseum@verizon.net. All meetings are free and open to the public.

**SATURDAY, NOVEMBER 23**

• Our Lady of the Valley Regional School hosts its 40th Annual Holiday Fair from 9 a.m. - 3 p.m. at 74 Mendon Street, Uxbridge (behind St. Mary's Church). The OLV Holiday Fair, run through the Parents Guild, is one of the school's largest fundraisers of the year with funds going to support Catholic education and activities for over 230 students in the region. The Fair includes something for attendees of all ages, including over two dozen local vendors selling unique gifts just in time for the holidays. Kids will have a great time participating in various activities, including a video game truck, bounce house, kids' crafts, inflatable ax throwing, a special kid's raffle table, a scavenger hunt, and much more. Santa will also be dropping in for free pictures. The Fair will also offer a variety of freshly made meals and baked goods. Pancakes will be served from 9-10 AM. Lunch options include a choice of a chicken parm sub, meatball sub, hot dog, or pizza, with fries also available. Snack options include fresh popcorn, soft pretzels, or chips. Additionally, there will be a wide selection of fresh cookies and baked goods available. The Fair offers multiple opportunities to win great prizes. In addition to the kids' raffle, participants can try their luck at the grand raffle, super raffle, and basket raffles, which feature over 50 unique baskets.

**SATURDAY, NOVEMBER 30**

• Holiday Lighting Celebration on the

Al's

# RUBBISH & CONTAINER

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




## Al's Rubbish Provides

- Dumpster Rental Services 7 Days
- All Rentals Include Drop Off and Pick Up
- No Hidden Fees
- Estate Clean Outs
- Furniture/Appliance
- We Recycle



## DUMPSTER RENTAL SPECIAL!

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

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

Serving the Blackstone Valley and the Surrounding Towns in Worcester County



## JUNK CAR REMOVAL

FREE DROP OFF AND PICK UP!



Support Local Small Business

**508-865-4193 • WWW.ALSRUBBISH.COM**



# Jimmy Dunn Set To Headline Comedy Night At Slater's

With Special Guest Carolyn Plummer & Host Ryan Ellington

Comedy returns to Samuel Slater's Restaurant in Webster, on Friday, November 22, 2024 featuring Jimmy Dunn with special guest Carolyn Plummer and hosted by Ryan Ellington for a night of laughs.

Jimmy Dunn is a stand-up comedian and actor from Boston, who currently plays "Moose" on the Paramount+ reboot of the iconic sitcom FRASIER. He got his start in "show business" telling jokes in a bar in Gloucester, Massachusetts, where he was paid in beer and fried clams. Since then, he's gone on to perform at some of the world's most prestigious comedy

events, including the Late Show with David Letterman, CONAN, Montreal's International Just For Laughs Comedy Festival, and Denis Leary's Comics Come Home in Boston. Jimmy's first major television role was as Sean McCarthy on the CBS sitcom, THE MCCARTHY'S. He's also written on several television projects, including two episodes of LOUDERMILK that he co-wrote with Academy Award winner Peter Farrelly.

Carolyn Plummer has been doing comedy professionally for over 20 years. She has traveled extensively and to many parts of this country few have dared to venture.

Carolyn has worked at clubs, colleges, dead animal lodges, theaters and corporations, appearing with many of the top headliners in the business. She has participated in numerous festivals including the Burbank Comedy Festival; where she was named Best of the Fest, Boston Comedy Festival and The Women in Comedy Festival. Carolyn performed at Denis Leary's Comics Come Home 26 at the TD Garden for the Cam Neely Foundation. She is a versatile comic who is at home telling jokes in front of nuns or biker dudes.

Ryan Ellington, a Massachusetts native, has been performing in

Boston for over 5 years now. He regularly performs at Laugh Boston, Nick's Comedy Stop and The Comedy Studio. Ryan was a finalist in Laugh Boston's Funniest Person in Massachusetts contest in 2019 and has performed in the Good Luck and WOOTenanny Comedy Festivals.

Samuel Slater's Restaurant at Indian Ranch offers a variety of events year round, along with seasonal concerts at Indian Ranch amphitheater, the Indian Princess paddlewheeler and Indian Ranch Campground. Upcoming events at Samuel Slater's include Comedy Night with Christine Hurley and

Guests on October 18th, The Pike Halloween Bash on October 25th, Little Lies: A Tribute to Fleetwood Mac on November 8th, Dried Flower Boxwood Tree Workshop on November 15th, Petty Larceny: A Tribute to the music of Tom Petty on November 16th, The Peacheaters: An Allman Brothers Band Experience on December 6th, and Comedy Night with Corey Rodrigues & Guests on December 20th. More events will be announced soon.

Tickets for Comedy Night at Slater's with Jimmy Dunn & Guests on Friday, November 22, 2024 are on-sale now at samuelslaters.com.

## HAPPENINGS!

continued from page 22

Douglas Common from 6-7 p.m. Carols by the Very Merry Dicken Carolers and photos with Santa or reindeer.

### SUNDAY, DECEMBER 1

• The United Presbyterian Church of Whitinsville invites everyone (kids and adults) to our annual Cookies and Carols event to be held on Sunday, December 1, 2024 at 4 PM in the church's sanctuary (51 Cottage Street in Whitinsville). We will kick off the Advent Season with the singing of Advent and Christmas Carols led by a guest organ player (William Cudmore) and pianist (Eileen Straub). William Cudmore has played for the Woo Sox. Eileen Straub is the church's Minister of Music. We will have activities for the kids and the singing of seasonal songs. The event will be capped by the eating of cookies and the drinking of punch. All are invited! For more information, please call the church office at 508-234-8220.

### SATURDAY, DECEMBER 7

• The 2024 Sutton Chain of Lights will Take Place this year from 10 am to 4 pm

Spend a day with your family and friends at the Town of Sutton's Annual Holiday Chain of Lights Event. Free trolleys and buses will transport visitors over rolling countryside to participating locations throughout historic Sutton. Farms, unique specialty stores, church fairs, and area businesses welcome the holidays with musical entertainment, children's activities, food, fun and Holiday characters. Route information, maps, location descriptions and brochures are available at [www.suttonlights.com](http://www.suttonlights.com)

### SUNDAY, DECEMBER 8

• Breakfast with Santa at St. Denis Church Parish Hall, 23 Manchaug Road, Douglas. From 8 a.m. – 12 p.m. Adults \$10, Children (6-12) \$5

Enjoy Christmas movies and there's a prize for best Ugly Sweater. Bring your phone or camera for photos! Santa will be in his workshop, not in the main hall with the breakfast diners. Each family will have the opportunity to meet Santa and pose for pictures in a quiet, comfortable space. Visit [saintdenischurch.com/santa](http://saintdenischurch.com/santa)

### SATURDAY, DECEMBER 14


• Jingle Jaunt 5K, Sutton Town Common at 10:30 a.m. Registration: \$22 Race

Day Packet Pick Up 9:15-10:15 Mail checks to: First Congregational Church, 307 Boston Road, Sutton. No day-of registration. Sign up early, there may be a limit this year. T-Shirts for registrations received by November 28 or race closure Refreshments available. Wear some bells! Sorry, no strollers, roller blades, bicycles, walkers, wheel chairs or pets.

Contact: 508-865-0198, [howie189@verizon.net](mailto:howie189@verizon.net), or [fccs@suttonfirstchurch.net](mailto:fccs@suttonfirstchurch.net)  
• The Douglas Winter Stroll will take place Saturday, December 14 from 4-7 p.m. with participation of organizations and businesses throughout Douglas. Do some holiday shopping, listen to carolers, explore the Museum and take part in special events and treats at the Library (special guest appearances, too!), visit the Orchard, get your trees and wreaths, grab an app or meal...best of all, take in the holiday lights on Main Street all the way up to the Common! For inquiries, please email Allyssa Gniadek [allyssamanyak@gmail.com](mailto:allyssamanyak@gmail.com)

### THIRD WEDNESDAY OF EACH MONTH

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



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**

# COIN SHOW

EVERY 3<sup>RD</sup> WEDNESDAY

## MONTHLY COIN SHOW

### November 20, 2024

3-7 p.m.

**FREE APPRAISALS - BRING YOUR COINS**

Dealers selling & buying U.S. and Foreign Coins, Currency, Gold, Silver, Tokens, Medals & Other Collectibles.

At VFW Post 1385, 16 Cross Rd., Uxbridge, MA 01569

FREE ADMISSION (door prize) • Contact [bvcoinclub@outlook.com](mailto:bvcoinclub@outlook.com)

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

## Valley Plumbing & Heating, Inc.

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

RICHARD J. WUNSCHEL  
(508) 234-3649

10%

DISCOUNT

SENIORS  
VETERANS  
HANDICAP

\$50  
off  
ANY  
JOB

(one per household)

30 LACKEY DAM ROAD, SUTTON, MA 01590-2714

## The Little Coffee Bean

Visit Our New Sutton Location!

NEW LOCATION SPECIAL!!

# HOMEMADE SOUP AND WHOLE SANDWICH

Just \$11.99

With this coupon





Sutton and Upton



160 Worcester-Providence Turnpike, Sutton, MA • (508) 917-8080

113 Main St, Upton, MA (508) 529-2161



# FOR ALL YOUR FUEL NEEDS

## NEW BOILER INSTALLS

- Crown Boilers
- Williamson Furnaces
- Oil Tank Installs



**Central air conditioning and ductless mini splits**

ALL NEW INSTALLS COME WITH A 3 YEAR PARTS AND LABOR WARRANTY, AS WELL AS THE MANUFACTURERS WARRANTY.



**We do NOT Sell Biofuel!**

Which will help prevent system breakdowns.

### HELP WANTED -

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



A Full Service Oil Company  
24-Hour Emergency Service

[WWW.LMTOIL.COM](http://WWW.LMTOIL.COM) • WE DO ONLINE ORDERING



**CALL TODAY**  
**508-476-1500**

## BEN'S CONTAINER & RUBBISH

Delivering affordable and fast dumpster, portable toilet and luxury restroom trailer service throughout the Southern New England Area.



### SERVICES INCLUDE:

- 15 Yard Roll-Off Dumpsters
- 20 Yard Roll-Off Dumpsters
- Standard Portable Toilets
- ADA Accessible Portable Toilets
- Luxury Heated and Cooled Restroom Trailers
- Emergency Service Deliveries on Nights & Weekends

**14 West Street,  
Douglas, MA  
508-476-1500**

[www.benscontainerandrubbish.com](http://www.benscontainerandrubbish.com)



# Print & Deliver

We Print and Deliver your inserts.



Perfect for Big Events, Coupons, Menus and More!

For more information, or to schedule your insert, please contact **Laura Gleim** at **508-943-8784** or by email at [lgleim@theyankeexpress.com](mailto:lgleim@theyankeexpress.com)

# Share your Talent

in an inclusive community that welcomes all abilities!

Take Down the Wall Presents:

## OPEN MIC NIGHTS

Learn and collaborate with other musicians!

**Saturday, November 23, 2024**

November's theme:

## SATURDAY NIGHT FEVER

Featured artist:

## BRETT PENZA

**Open Sky**  
COMMUNITY SERVICES

**Doors open @ 6:00pm**

Singh Performance Center, 60 Douglas Rd., Whitinsville, MA  
Hosted by Open Sky's Community Membership Dept.

Questions? [Michelle.Benjamin@openskycs.org](mailto:Michelle.Benjamin@openskycs.org) or visit [openskycs.org/openmic](http://openskycs.org/openmic)