

## Community Feedback Requested on Douglas Master Plan

The Town of Douglas is working with the Central Massachusetts Regional Planning Commission (CMRPC) is updating its Master Plan for the first time in two decades.

The document is meant to be a long-range outline to guide the town's policies and investments for the future, serving as a strategic map for the future of the community.

The planning process brings together Douglas residents, business owners and local leaders together to sort priorities, identify opportunities and plot strategies for growth regarding land use, housing, economic development, transportation, environmental sustainability and more. An updated Master Plan will address changes the town has experienced throughout the past two decades and prepare Douglas to handle future challenges and opportunities.

The Master Plan Steering Committee is seeking input from residents and contribute to the plan. Residents are asked to contribute

their stories, ideas and opinions by completing the town-wide survey before the January 31 deadline.

The survey takes about 10-15 minutes to complete and responses are anonymous. Paper copies are available at the Simon Fairfield Public Library, Douglas Adult Social Center and Douglas Town Hall. The survey can also be completed online by scanning the QR code or visiting the link [www.surveymonkey.com/r/DouglasMasterPlan](http://www.surveymonkey.com/r/DouglasMasterPlan).

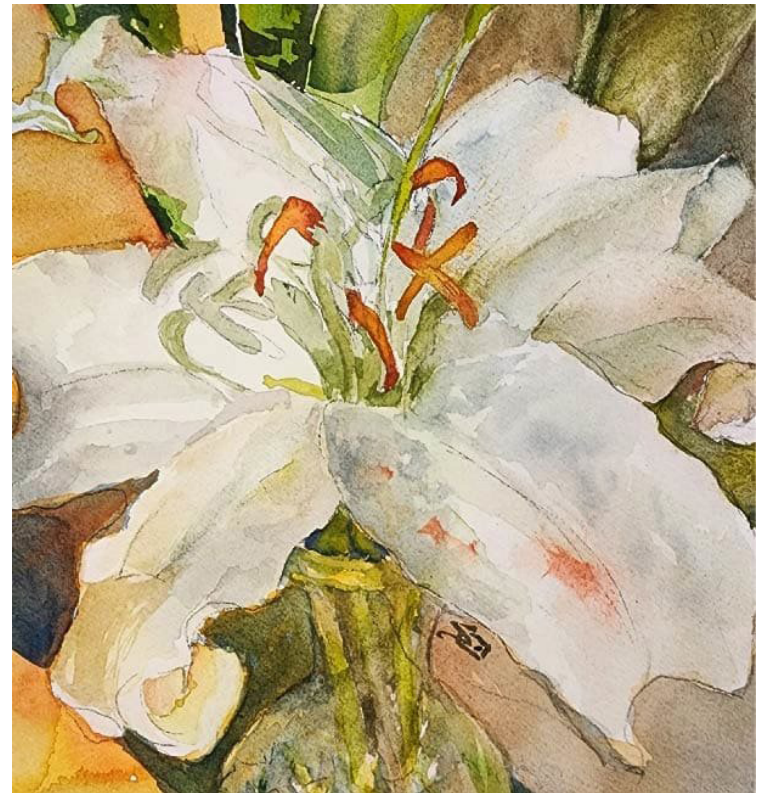
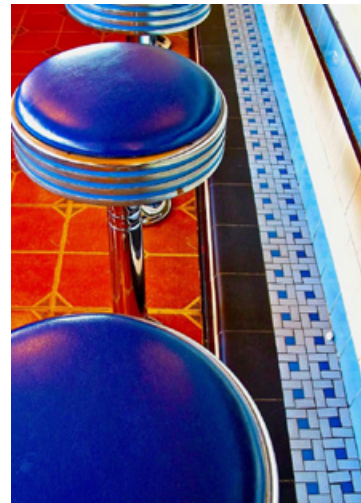
For more information, or to be added to an email list to receive occasional updates on the Master Plan, please reach out to Emily Glaubitz, CMRPC at [eglaubitz@cmrpc.org](mailto:eglaubitz@cmrpc.org).



## Local artists shine at Small Stones Festival

The Small Stones Festival of the Arts opens January 25 for its seventh annual exhibition of juried fine arts and photography featuring many central Massachusetts artists including Douglas, Northbridge, Uxbridge and Whitinsville.

The exhibit opens at 2 p.m. on January 25 at the Brigham Hill Community Barn, 37 Wheeler Road, Grafton. It runs until February 2. Visit [www.smallstones-festival.org](http://www.smallstones-festival.org) for a full schedule.



Above, "Adrianna's Lily" by Sue Dion; Left, "Miss Mendon Blues" by Candace Imming

Douglas artists include Mary

Silva with a photograph of the "Amalfi Coast", Leslie Breault, with a painting entitled "1860" and Brandi Van Roo, with a painting of Corona, Italy.

Artists from Northbridge and Whitinsville include fine art photographs by Candace Imming titled "Miss Mendon Blues" and Lindsey-leigh Campos titled "Going Down" and Frank Bartucca titled "Modernity."

Artists from Uxbridge and North Uxbridge include: Sue Dion for "Adrianna's Lily", Tory Kohn for "Buckets of Fun" and Rita Hills for "Cairn." Fine art photographers included Michael Zeis with "Fossils" and Glen Matheson for "Rowing on the Golden Horn."

The mission of the Small Stones Festival of the Arts is to elevate the practice and appreciation of fine art and photography in the Blackstone Valley. It is a collaborative effort by the Blackstone Valley Art Association and the Worcester County Camera Club under the sponsorship of Grafton Arts, Inc. a 501 (c) 3 organization.

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**Book Clubs for Kids (Grades K-2)**

Tuesday, Jan. 14 – 4-5 p.m.  
“Dewey: There’s a Cat in the Library”

**Book Bunch (Grades 2-5)**

Tuesday, Jan. 28 – 4-5 p.m. “Harriet Spies”

**BOOK Clubs FOR GROWN-UPS:**

Intrepid Readers  
Tuesday, Jan. 14 – 6:30 – 8 p.m.  
“The Fox Wife”

**SCIFI Book CLUB**

Tuesday, Jan. 21 – 6:30 – 8 p.m.  
“Network Effect and System Collapse”

**Plot TWISTERS**

Monday, Jan 27 – 6:30 – 8 p.m.  
“Dead of Winter”

**Winter Storytime with Miss Deb:**

Mondays at 1 p.m. Ages 3-5  
Tuesdays at 10 a.m. Ages 15 mos to 2 years.

Email [dsoderman@cwmares.org](mailto:dsoderman@cwmares.org) to register

**Alternating Tuesdays**

Music and Movement with Deb Hudgins at 11:30 a.m.

**Muggle Meet-up for Adults**

A new Harry Potter book club for readers and re-readers. If you’re interested in seeing a Muggle Meet-up for a different age group, contact Marco at [mcarneiro@cwmares.org](mailto:mcarneiro@cwmares.org) or call the library at 508-476-2695.

**Film events:**

Wednesdays, Jan. 22 from 6:30-7:30 p.m. The Short Cuts Film Club will explore the wonders of short film with The Door (2008) and Code Switch (2019).

Feel free to bring light snacks and drinks. Stay for a short discussion after if you’re interested.

Any attendees under 18 must be accompanied by a parent or guardian.

guardian.

**Protect Yourself Online**

Join us at 6:30 p.m. on Jan. 16 for a one-hour presentation by Ed Makin on the topic of Information Security and online Safety. Learn about cyberthreats like phishing, smishing, vishing and quishing with practical advice on guarding your sensitive information.

**Get Help with Jenna Gouin MBA/MSOL**

Jan. 28 11.am. – 1 p.m.; Feb. 20 from 12 – 2 p.m. Call 508-476-2695 or visit the library to reserve 20 minutes.

Application assistance with MassHealth, SNAP, WIC, Fuel, Medicare and more. Referrals to community organizations, Assistance obtaining financial resources to address past due rents and utilities. Guidance on solving some of life’s challenging situations. In partnership with Blackstone Valley Partnership for Public Health.

**January 23 Fiber Arts Friends**

One Year Anniversary gathering. Join us for light refreshments and tea at the Douglas Library at 5:45 p.m.

**Young Scientists STEM Program.**

Wednesdays Jan. 22; 29 Feb. 5; 12, 26 and March 5 from 11:30 a.m. – 12:15 p.m. Douglas Library. For children age 3- 6 with a parent/caregiver. Learn through hands-on activities. Registration is required.



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

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# Plummer Place Northbridge Senior Center

20 Highland Street, Whitinsville  
508-234-2002

Mon-Thurs. 8:30 a.m. – 4 p.m.

Friday 8:30 a.m. – 1 p.m.

## Basic First Aid, Choking And CPR

Wednesday, January 29  
1:30-2:30 p.m.

At the New Northbridge Fire Department!

Sponsored by: Salmon VNA  
Please join us for this informative basic first aid, choking and CPR review Session (not a certification program). Light refreshments will be served. Sign up in the main office.

Please note this is a self-drive program, but we are happy to help with rides if you need one.

## Valentine's Day Luncheon & Concert

Wednesday, February 12 (snow date is Thursday, February 13th)  
12-1:30pm

Celebrate this love-filled day with all your friends at Plummer Place! Enjoy lunch, lots of laughs, raffles and more! Entertainment provided by "The Driveway Chicks." Singing along and dancing

are highly recommended! Tickets are \$10/person and Northbridge residents have priority. Tickets are on sale in the main office.

## Grief Support

Begins Monday, January 13 at 2 p.m.

Let's meet to explore and understand our grief together in a safe environment. Connect with others in the grieving process and know that you are not alone. We will meet the second Monday of each month. This group will be facilitated by Michelle. Sign up in the main office.

## Meditation Class

Every Thursday, 9:30-10 a.m.

Take time for yourself, begin your day with a calming Meditation. This class will surely put you on a positive path for your day. There is no commitment, drop by when you can, you will be glad you did!

## Ongoing events:

Mondays:

Pitch 9 a.m.  
Chair exercise 9 a.m.  
Scrabble 9:30 a.m.  
Tai Chi 11 a.m.  
Mah Jong 1 p.m.  
Aquacise @ WCC 1:30 p.m.  
Grief Group 2 p.m.

## Tuesdays:

Shuffleboard: 9 a.m.  
Painting: 10 a.m.  
Blood Pressure Clinic: 11 a.m.  
Muscle Mix: 11 a.m.  
POKENO 12:30 p.m.  
Bridge: 12:30 p.m.

## Wednesdays:

Low Impact Exercise: 10 a.m.  
Strummers 10 a.m.  
Book Club 10:30 a.m.  
Singing 1 p.m.  
Ukulele 2 p.m.  
Tap Dance: 2:30 p.m.

## Thursdays:

Meditation 9:30 a.m.  
Chair Yoga 11:15 a.m.  
Mahjong 12:30 p.m.

## Fridays:

Stretch & Strength 9 a.m.



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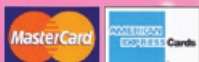
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# State Park Programs

The following programs will take place this month at the Blackstone River and Canal Heritage State Park, 287 Oak Street, Uxbridge.

through European style agricultural development, industrialization and into today. Appropriate for ages 12 and up.

All programs are free and open to the public. Registration is not required. All children must be accompanied by an adult. All programs meet in the River Bend Farm Visitor Center unless otherwise noted. Programming is subject to change. Call 508-278-7604 for the most up-to-date information. Call 617-645-0358 or email moneesha.dagupta2@mass.gov for information on accessibility and reasonable accommodation.

## Woodlands and Waterways Tour

Sundays, 11 a.m. – 12 p.m.  
Walk along the banks of the Blackstone Canal and learn about the life that it supports. We'll be looking for signs of wildlife as we discuss the ways we keep our watershed clean. Appropriate for ages six and up. All children must be accompanied by an adult. The walk is approximately two miles.

## Building the Canal Tour

Friday and Saturdays, 1-2 p.m.  
Join us on a guided walk along the Blackstone Canal. Learn about its historical and cultural significance and its role in the farm to factory transformation of the valley. Appropriate for ages 12 and up.

## Trek the Blackstone Walk

Thursdays, 1-2 p.m.  
A Blackstone Canal recreational walk along the tow path to view items of interest along the way. Appropriate for ages six and up; kids must be accompanied by an adult. Approximately two miles.

## Farm to Factory Tour

Saturdays, 11-11:30 a.m.  
Explore the story of the Blackstone Valley and its communities from pre-European settlement

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# When is a good time for a Roth conversion?



Mark Freeman, CEPA

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In life, you often get second chances — and the same is true with investing. To illustrate: You might not have been able to contribute to a Roth IRA during your working years due to your income level, but you may get that opportunity as you near retirement, or even when you are retired — through a Roth conversion.

Why is a Roth IRA desirable for some people? Here are the key benefits:

- **Tax-free withdrawals** — You put in after-tax dollars to a Roth IRA, so you can withdraw your contributions at any time, free of taxes and penalties. And if you've had your account for at least five years and you're at least 59½, you can also withdraw your earnings free of taxes.

- **No RMDs** — With a traditional IRA, you'll have to start taking withdrawals — called required minimum distributions, or RMDs — when you turn 73, or 75 if you were born in 1960 or later. But there's no RMD requirement with a Roth IRA — you can essentially leave the money intact as long as you like.

- **Tax-free legacy for your heirs** — When your heirs inherit your Roth IRA, they can withdraw the contributions without paying taxes or penalties, and if the

account has been open at least five years, they can also withdraw earnings tax free.

But even if you were aware of these advantages, you might not have been able to invest in a Roth IRA for much of your life. For one thing, you might have earned too much money — a Roth IRA, unlike a traditional IRA, has income limits. Also, a Roth IRA has only been around since 1998, so, in the previous years, you were limited to a traditional IRA.

As you approach retirement, though, you might start thinking of just how much you'd like to benefit from a Roth IRA. And you can do so by converting your traditional IRA to a Roth. While this sounds simple, there's a major caveat: taxes. You'll be taxed on the amount in pre-tax dollars you contributed to a traditional IRA and then converted to a Roth IRA. (If you have both pre- and after-tax dollars in your traditional IRA, the taxable amount is

based on the percentage of pre-tax dollars.)

If you have large amounts in a traditional IRA, the tax bill on conversion can be significant. The key to potentially lowering this tax bill is timing. Generally speaking, the lower your income in a given year, the more favorable it is for you to convert to a Roth IRA. So, for example, if you have already retired, but have not started collecting RMDs, your income may be down.

Timing also comes into play with the financial markets. When the market is going through a decline, and the value of your traditional IRA drops, you could convert the same number of shares of the underlying investments and receive a lower tax bill or convert more shares of these investments for what would have been the same tax bill.

Finally, you could lower your tax bill in any given year by

stretching out your Roth IRA conversions over several years, rather than doing it all at once.

You'll want to consult with your tax advisor before embarking on this conversion — but if it's appropriate for your situation, you could find that owning a Roth IRA can benefit you and your family for years to come.

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

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Uxbridge Community Garden season - Opening Day coming in April! The season runs from April 19 – November 15, 2025. The cost of a 20 ft. by 25 ft. plot is \$25 per season. (It is possible to request a waiver of the fee if the payment is a hardship.) The fee and application are due by March 1, 2025 in check or money order (no cash) payable to Uxbridge Community Gardens, Uxbridge Town Hall, 21 South Main Street, Uxbridge, MA 01569. Applications may also be dropped off at the Town Clerk's Office in Town Hall. Your application must be accompanied by a signed release form.

Be sure to read the ground rules regarding chemicals, pesticides, etc, that may not be used in the Community Garden plots.

Applications can be found online at [www.uxbridge-ma.gov/sites/g/files/vyhlf3971/f/](http://www.uxbridge-ma.gov/sites/g/files/vyhlf3971/f/)

uploads/2025\_ucg\_application\_release\_ground\_rules.pdf.

The goal of the Community Garden is to provide community members of all ages and abilities an accessible place to meet and share a common interest in gardening while being able to provide healthy



food for their families and friends. Community Garden members will also be assisted with the knowledge they need to create and maintain successful gardens with sustainable practices. They will also be encouraged to adopt partnerships with schools, local businesses as well as produce sharing with the People First Food Pantry and Council on Aging.

# Uxbridge Free Public Library

12 North Main St., Uxbridge  
508-278-8624

Saturday, Jan. 11 – 1-1:30 p.m.  
Blossoming Youth Yoga (ages 6+) In this ongoing class, learners will take time to relax their minds and bodies through stretch, yoga and meditation lead by Yoga instructor Pauline Estey. Parents, grandparents and caregivers are invited to join their kids.

Monday, Jan. 13  
Baby Storytime (ages 0 – 2) 11:30 a.m. – 12 p.m. Songs, rhymes, stories and movement. Register.

Science with Amanda (kids 6-12) Amanda Gallerani from Taft Learning Center will teach about sea lions and their life cycles. Register.

Knit and Stitch Circle 6-7:30 p.m. For those who knit, crochet, embroider and other fiber arts. Bring your project to work on.

Gentle Flow Yoga 7-8 p.m. Michelle Forest, a 200HR registered yoga teacher. Based on creative and balanced movements which connect to a theme. Register

Tuesday, Jan. 14

Toddler Tumble (ages 2-5) 11 .m. – 12 p.m. Register  
Senior Center Book Club 1-2 p.m. “The Sicilian Inheritance” by Jo Piazza.

Wednesday, Jan. 15  
Crafty Wednesdays (kids 1-8) 10 a.m. – 3 p.m. A drop-in craft program. Take home kits also available.

Toddler/Preschool Storytime (ages 2-5) Songs, rhymes, stories and movement. Caregivers must attend.

Book a Librarian – Book a librarian for a 30 minute appointment for tech assistance.

Snowman Air Dry Clay (ages 3-8) 4:15 – 5 p.m.

Thursday, Jan. 16  
Kindness Speaks (kids 8+) 4:30 – 5:15 p.m. Stephen Mandile will read books and do arts & crafts projects with kids to spark discussions on kindness. Registration is required.

Simple Steps to Get Organized 6-7:30 p.m. Registration is necessary

Virtual Fortnite Tournament 6-8 p.m. (ages 8+) the library is partnering with One Up Games for the tournament. Four games with short

breaks in between each game. Platforms include Xbox One/Series X, PlayStation 4/5, Solos/ Build Event. You will need a Discord account to participate in games. Register.

Teen Zodiac Constellation Painting (ages 11-19) Painte zodiac signes using stencils. Register.

Blossoming Youth Yoga (6+) 6:15 p.m.

Saturday, Jan. 18  
Live Music with PanNeubean Steel - 12:30 – 1:30 p.m. Enjoy the live sounds of a steelpan lead Caribbean band.

Tuesday, Jan. 21  
Sensory Play for Kids (ages 0-2) Play that focuses on activites that engage your child's senses.

Historical Fiction Book Club 3:30 – 4:30 p.m. “Pearly Everlasting” by Tammy Armstrong

Lego Challenge Build (ages 5-10) Library provides all the material.

Wednesday, Jan. 22  
Crafty Wednesdays (ages 1-8) 10 a.m.-3 p.m.

Book a Librarian 3:30 – 5 p.m.  
Ceramic Snowman Painting (ages 6-12) Six options to choose from .

Thursday, Jan. 23  
Music and Movement (ages 0-8) Join Deb Hudgins in a fun-filled theme based program with songs, rhymes, dancing and more) Register.

Henna by Jen (ages 10 +) Jen uses all natural henna paste to turn your hands into art.

Gentle Flow Yoga (adults) 7-8 p.m.

Saturday, Jan. 25  
Family Candy Bar Bingo (ages 6+ and families). Book-themed bingo to win large candy bars and boxes of Sour Patch Kids. Register.

Monday, Jan. 27  
Knit and Stitch Circle 6-7:30 p.m.  
Teen Angel Readings (ages 13+)

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Gentle Flow Yoga (adults) 7-8 p.m.

Wednesday, Jan. 29  
Embroidery 101 (adults) Uxbridge based teacher Madonna Terlizzi will conduct an introductory embroider workshop. REGISTER

Book a Librarian 3:30 – 5 p.m. For tech assistance  
Snow Globes (Ages 6-12) 4:15 – 5 p.m. Create a snow globe with snow animals, tree and snowflakes. Register.

Thursday, Jan. 30  
Embroidery 101 (Adults) Building on techniques taught in prior class, but beginners are welcome. Register

Journaling 101 (ages 11-19) Meets once a month for five months to explore the practice and benefits of journaling.

Friday, Jan 31  
Pop-up Library at Senior Center

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# 19th Annual Wine & Chocolate Tasting Charity Event

## A Sweet Affair for a Worthy Cause

Get ready to indulge your senses and make a difference at the 19th Annual Wine & Chocolate Tasting Charity Event, hosted by the Blackstone Valley Emergency Shelter and the Blackstone Valley Rotary. Scheduled for 7 p.m. March 9, this event promises an evening of delight and philanthropy at the picturesque Blissful Meadows Golf Club in Uxbridge.

With Live Auctions, Raffles, Prizes, and an array of Vendors, attendees can anticipate an unforgettable experience, all while supporting two significant causes: aiding the homeless in the Blackstone Valley and funding scholarships through the BV Rotary Club.

“The event isn’t just about indulgence; it’s about coming together as a community to uplift those in need,” remarked Leslie Reichert, CEO of the Blackstone Valley

Emergency Shelter. Proceeds from the evening will be allocated to the Blackstone Valley Emergency Shelter, providing essential support to those experiencing homelessness in the Valley.

With an expected turnout of approximately 275 guests, organizers urge community members to participate in various capacities. Whether attending, sponsoring the event, or donating auction items, every contribution is valued and makes a tangible impact.

“We extend our heartfelt gratitude for everyone’s generosity and support. Together, we can make a meaningful difference in the lives of those experiencing homelessness. Together, we can give them HOPE,” concluded Reichert, expressing appreciation to the community for its ongoing dedication.

For those interested in participating or contributing, further

information can be obtained at [www.BVemergencysshelter.org](http://www.BVemergencysshelter.org) or on Facebook at BVwinetasting. Don’t miss out on this opportunity to join in the festivities and make a positive impact in the community.



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This beautiful photo of Douglas Common was borrowed from the Douglas Common Facebook page. A very successful Winter Stroll was held on December 14.



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- Roll over to an IRA.
- Cash out the account value.

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# Douglas High School Honor Roll

**First Quarter 2024-25  
4.0+**

**Seniors:** Samuel Biberdorf, Chloe Boschker, Mercedes Burke, Alyssa Christensen, Kelly Clauson, Aiden Coate, Carson Coberley, Leah Davis, Melinda Garner, Amy

Goodrich, Krystal Hall, Reva Hancock, Makenzi Hill, Teagen Hinzman, Shane Howie, Taylor Irwin, Kaitlyn Kreun, Tatianna Kurman-Kemball, Amiyah LaBine, Kaylee Lancia, Rebecca Landre-neau, Mackenzie Launsby, Kaitlin

Leonhardt, Lainey Loeffler, Bailey Maine, Kayden McKenzie, Naomi Murillo, Wyatt Newsom, Sienna Olivier, Kiandra Petrovich, Savannah Rothe, Owen Salway, Lucas Stenkamp, Leon Sulcer, Emberlyn Toms, Emalee Von Eye, Isabella Walton, Kaetom Wanzek.

**Juniors:** Amber Bezonja, Aubry Blaisure, Levi Brandt, Ayden Byrd, Carly Campbell, Madysen Clark, Cameron Fletcher, Marissa Fosberg, Wyatt Grindle, Olivia Harris, Lucas Johnson, Gabrielle Koper, Leonie Louzon, Cassidy McGruder, Mina Misselt, Jaxon Montalvo, Madysen Moulton, Jaxson Prussner, Paul Red Star, Paiden Sandal, Avery Trautner, Logan Woods, Mackenzie Zarnoth.

**Sophomores:** Megan Babauta, Ashlyn Blasius, Angelina Bond, Lexie Brantley, Aarilyn Brown, Connor Custer, Sonia Deome, Hunter Frerichs, Trenton Gibbs, Karlee Hartley, Alexis Johnson, Peyton Kallstrom, Riggin Kasuske, Zaida Knight, Cadence Kraiter, Ryli La Joie, Alexis LaBine, Shaylee LaCroix, Nikolena Lang, Colter Lapcinski, Kaelyn LeFors, Connor Leopold, Kaylee Lindvig, Ethan Maher, Liam Maramag, Katie Miller, Emery Mitchell, Raine Montano, Trey Nyberg, Emma Odegard, Bennie Olsen, Kendalyn Pesch, Samantha Quandt, Skyler Sigety, Emilee Simon, Rebeca Smith, Anthony Speicher, Kaitlin Stenz, Jailynn Vogler, Joshua Weymouth.

**Freshman:** Ashley Armstrong, Cameron Decory, Sofie Fenhaus, Sean Glynn, Daniel Gonzalez, Aiden Hamer, Kamdyn Harris, Lacey Hartley, Jacob Hirvela, Payton Johnson, Preston Kallstrom, Mariah Ketelsen, Anden Kilander, John Kruger, Rakiyah LaBine, Janessa Mahoney, Zana Melvin, Tadjeron Mendenhall, Genesis Morell, Audriana Morin, Ashlyn Ogier, James Pulis, Tristan Pulver, Kiyana Rogers, Ezra Rugg, Gage Shroyer, Kalani St Andre, Caitlin Welch, Elliott Young, Charles Youngblood, Olivia Zarnoth.

**3.75-3.99**

**Seniors:** Joseph Carson, Preston Clark, Richard Davis, Andrea Elkins, Landon Garr, Khi Jackson, Hayli Kpradith, Marcus LaBine, Jordynn McGraw, Gunner Nedved, Archie Sargent, Alric Snider, Abigail Young.

**Juniors:** Mariah Andrews, Alexander Dashner, Joshua Divis, Jayla Henry, Jared Hoki, Hanale Marshall, Alyssa Miller, David Mraz, Alyssa Richters, Landon Rodgers, Taryn Shroyer, Tayonna Sia, Bobby Steffy, Dominic Tavares, Kylan West, Jadyn Whitlow.

**Sophomores:** Mallory Casteel, Isaac Faulkner, Neala Gray, Zoe Guillory, Emery Hackett, Izabella Hameister, Chevelle Hickens, Tavyn Jensen, Addison Kamens, Khloe Larson, Nathan Mahaney, Erika Miller, Andrew Peterson, Tabori Robinson, Chase Sayle,

Jillian Vernon, Atyra Wilson, Lila Wolff.

**Freshman:** Alexis Byrd, Omar Castro Ley, Claire Clyde, Olivia Craion, Jaxon Dieball, Makenzie Fuller, Jasmine Larson, Landen Mace, Haidyn McCreary, Elizabeth Militello, Temperance Perini Sarah Perrigo, Caroline Quigley, Zoe Wanzek, Emalee Zollman.

**3.50-3.74**

**Seniors:** Kian Burns, Paul Cline, Elizabeth Kvanvig, Joaquin Martinez, Mackenzie Montandon, Noah Oliver, Derian Quest, Edward San-Nicolas, Levi Timm, Taylor Timm, Cadence Wasil, Emma Wheeler, Taven Wirtzfeld.

**Juniors:** Alijah Ballard, Isaiah Brewer, Leah Cline, Carmen Clyde, Izabell Evans, Claire Fletcher, Zachary Forster, Joshua Hannant, Josceline Hatfield, MaKayla Jenson, Parker Kallstrom, Tyler Konegni, Emma Malmberg, Justin Manley, Payton McWilliams, Brodie Meier, Miriam Miller, Ashtyn Neumann, AnaCecilia Ramirez, Dezmond Roberts, Anabelle Rugg, Kira Ubence, Gabriel Welch, Connor Wright, Elizabeth Wulf, Grace Zook.

**Sophomores:** Aubrey Ackerman, Caroline Anderson, Landon Berkey, Gavin Chiaroni, Morgan Daugherty, Peyton Garbus, Carolyn Gray, Rae Hall, Ethan Hastings, Mattox Hazen, Ashlyn Holso, Camila Inga Recuay, Joshua Johnston, Brooklyn Loafer, Madelyn Melton, Quentin Miller, Daniela Moeztzuma Nolasco, Josephine Pacheco, Harper Park, Colton Rencountre, Alexander Richters, Nadia Sabalier, Jude Sand, Kylie Smith, Kaydence Thompson, Jada Tomek.

**Freshman:** Mika Abt, Jeanina Aldan, Asher Benson, Nichole Blanchard, Emma Boschker, Isyss Brave Heart, Macie Donovan, Lee Hall, Cameron Haulk Scharles, Rylan Hellman, Rylee Hill, Mienna Jackson, Jenna Krick, Conner Marquez, Dylan McGuire, Logan Molgard, Micah Oliver, Trenna Pearson, Jaydah Sazonov, Tylee Schmidt, Grace Schuppan, Zion Shoup, Jack Soldwisch, Logan Vought, Lukus Whitlow, Benjamin Zimmerman.

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# Uxbridge Senior Center January Events

36 South Main Street, 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

## Director News For January 2025 Newsletter

Our hearts are broken by the news of the loss of Lorraine Stratton Nedoroscik. For those of you who did not have the privilege of knowing Lorraine, she was the Town of Uxbridge first Senior Center Director. Lorraine was a strong advocate for older residents and for the formation of our current site of the senior center. Lorraine will be fondly remembered by all who believe in serving those with kindness, positivity & JOY in life. "Legacy is not leaving something behind for other people. It's leaving something behind in other people." RIP Lorraine

Need help filing your tax returns? Sign up for the AARP Tax Assistance Program! The program starts on Monday, February 3rd and is every Monday morning until early April. Please call the Center soon to book your appointment.

If you need fuel assistance, please call the senior center to book your appointment! Emergency applications are now taking 7 days or more. Please do not wait until your oil tank is empty to get assistance. The senior center is here to help.

Certain seniors who own or rent residential property in Massachusetts, as their principal residence, are eligible for a refundable tax credit with the Senior Circuit Breaker Tax Credit. As a senior citizen (65 years old or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. Find out if you qualify and how to apply, go to Mass.gov for more information or call your tax accountant.

Our computer and tech assistance classes are back on schedule on the first Monday of each month. If you need help on your laptop, cell phone or any device,

please call us to book your appointment. Students from BVT are here to help!

Just a reminder to all, when the Uxbridge Schools are closed or have a snow delay due to inclement weather, the senior center lunch program will be closed. Be safe during the winter months and please call the senior center if you have any questions or need assistance.

Sincerely,  
Lisa

Monday, January 13, 2025 – 1:30 pm – **Snowman Craft with Sally!** Class is limited so sign up early. \$7.00 donation per person due upon signup.

Tuesday, January 14, 2025 – 1:00 pm – **Uxbridge Library Book Club.** They will be discussing "The Sicilian Inheritance" by Jo Piazza. 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, February 11, 2025, and they will be discussing "The Women" by Kristen Hannah.

Tuesday, January 14, 2025 – 1:00 pm – **Benefit Enrollment Specialist – Tri-Valley, Inc.** Call the senior center to book an appointment with Gina. Next date will be February 11, 2025.

Monday, January 20, 2025 – **The senior center will be closed in observance of Martin Luther King Jr. Day.** We will re-open on Tuesday, January 21st.

Thursday, January 23, 2025 – 1:30 pm – **Small Gnome Craft with Sally!** Class is limited so sign up early. \$7.00 donation per person due upon signup.

Monday, January 27, 2025 – 1:30 pm – **"Ask the Attorney" with Attorney Ralph Tepper by appointment only.** Please Call 508-278-8622 to schedule your appointment.

Tuesday, January 28, 2025 – 11:00 am – 12:00 pm – **Ask the Nurse Free Blood Pressure Clinic** with Nancy Favulli, Salmon Health VNA. RSVP to participate and to join us for lunch.

Friday, January 31, 2025 – 11:30 am – 12:30 pm – **"PopUp Library".** Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program is being offered by the Uxbridge Free Public Library.

Friday, January 31, 2025 – 12 noon – **January Birthday Cake Celebration.** Come Celebrate all the birthdays this month!

Card Game played during lunch on Mondays.  
Hannaford grocery shopping

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

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

Every Wednesday – 9 am – 3 pm – **The Uxbridge Senior Center Transportation Program Community Shuttle.** This shuttle is for seniors and individuals with disabilities to destinations such as post office, pet care appointments, hair salon or barber, bank, pharmacy & shopping anywhere in the Uxbridge/Northbridge area. Note: this replaces the weekly bank/pharmacy and

Shaw's Ocean State rides. Call 508-278-8622 for more information and to book your FREE ride. Requests require a 48-hour notice.

**Wednesdays - "Canasta" Hand, Knee & Foot Card Game – 1:00 pm – 3:30 pm.**

**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!

**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.

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# Douglas Senior Center

331 Main St., Douglas  
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Mon.-Thurs. 9 a.m. – 3 p.m.  
Friday 9 a.m. – 12 p.m.

**Sunshine Club** meetings are held on the first Tuesday of the month at 2 p.m. The next meeting is Feb. 4. The Douglas Sunshine

Club is a friendly group of folks who are proud to support the Adult Social Center by planning various programs and activities. Anyone who would like to join and get involved is welcomed. For more information, call 508-476-4474.

**New Programs for 2025:** Our

dartboard is up and ready for players on Wednesday mornings at 10 a.m.. We are also adding line dancing on Tuesdays from 2-2:45 p.m. and Dominoes on Wednesdays from 1-2:30 p.m. All events and exercise classes are free, as well as our transportation.

**Shine Counselor:** Planning for retirement? Do you have questions about insurance? The Shine counselor can answer all of your insurance/ prescription questions. Please call the center for more information, or to schedule a consultation.

**Wellness & Blood Pressure Clinic** with Nurse Ann: From 10 a.m.-12 p.m. on Jan. 21, Feb. 3 and Feb.18. Walk-ins welcome.

**Hearing Aide Cleaning with Darcy:** February 6 from 10 - 11 a.m. Please call (508)476-2283 to schedule your appointment.

**January Events:**  
**Thursday, Jan. 16** at 11:30. Homecare Presentation Could you be getting paid to take care of your loved one? This presentation will give you the information you need to see if you qualify. Lunch is soup & sandwich for \$4 per person. Please call the center to sign up by January 13.

**Wednesday, Jan. 22** at 12 p.m. Free Game Day. This event is sponsored by the Sunshine Club. Kevin Richman will be our game host for "Family Feud." We will be having FREE pizza luncheon sponsored by UniBank. Please call the center to sign up by January 16.

**Activities:**  
**Monday** Pickleball 8 a.m. – 12 p.m.; Painting 9:45 – 11:45 a.m.; Balance & Strength 12 p.m. ; Mat Yoga 2 p.m.  
**Tuesday** Walking Club 9 – 10 a.m.; Cribbage 9:30 a.m.; Zumba 9:30 a.m.; Bingo/lunch 11:30 a.m.; Technology class 1 p.m.; Line dancing 2 p.m.  
**Wednesday** Pickleball 8 a.m. – 12 p.m.; Balance & Strength 10 a.m.; Darts 10 a.m.; Mahjong 1 p.m.; Dominoes 1 p.m.  
**Thursday** Walking Club 9 – 10 a.m.; Chair Yoga 9:30 a.m.; Pitch 9:30 p.m.; Hand Foot Cards 12:30 p.m.  
**Friday** Balance & Strength 10 a.m.

**February Events:**  
The center will be closed on Monday February 17th.

**Hearing aid cleaning** with Darcy on **February 6** from 10 – 11 a.m. Please call the center to schedule your appointment, 508-476-2283.

**Free Valentine Craft on February 6** at 11:30 a.m. Refreshments will be served, please call the center to sign up by January 31.

**Valentine's Day Celebration** on February 13 at 12 p.m. A turkey luncheon will be served, for \$4. The Counterfeit Cash Band will be performing the hits of Johnny Cash from 12:30-2 p.m. This event is sponsored by the Douglas Cultural Council. Please call the center to sign up, by February 6.

**Lunch & Movie Thursday February 20** at 11:30a.m. We will watch "23BLAST". Lunch is Tacos with all the fixings for \$4per person. Please call the center to sign up, by February 14.

**Douglas Bus Schedule**  
Monday-Thursday social center drop off & out of town medical appointments.  
Friday: 9:00 social center patron pick up  
10:00 Grocery shopping pick up  
Jan. 3 Hannaford  
Jan. 10 Walmart  
Jan. 17 Price Chopper  
Jan. 24 Walmart  
Jan. 31 Riders Choice  
Feb. 7 Hannaford  
Feb. 14 Walmart  
Feb. 21 Price Chopper  
Feb. 28 Walmart  
Please call the center 48 business hours ahead of time to schedule your ride.

**Senior Van Medical Appointments:** The van starts pickups at 9 a.m. and finishes at 2 p.m. Monday-Thursday for medical appointments.


Please schedule your appointments accordingly, so we can schedule your transportation during those times.

**ELDERBUS SERVICE SCHEDULE**  
S.C.M. Elder bus, under contract to the Worcester Regional Transit Authority, provides transportation services to senior and disabled clients for 21 communities within central Massachusetts. Please call Elder bus directly at (1-800-321-0243) to make all reservations. Reservations must be made 48 business hours ahead of time.

**OUT OF TOWN MEDICAL:**  
Wednesday, Thursday and Friday. Service hours 10 a.m. to 12 p.m. or 12:00 pm to 2:00

**DOUGLAS SERVICE IN TOWN**  
Monday—Friday service hours  
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Work 8:30 am –3:30 om  
General Business 8:30 am to 3:15 pm

## Prayer



Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil (intention), Amen.

If you pray three times a day, three consecutive days, you will receive your intention, no matter how impossible it may seem. Praise and Thanksgiving please the Heart of God. **Believer**

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# 4th Annual Inside & Out Sculptors Exhibit

Valley CAST, the arts and culture arm of Open Sky Community Services welcomes back the New England Sculptors Association for the 4th Annual Inside & Out Exhibition.

the same address.

The inside exhibit, which will consist of 27 works in a variety of media, including bronze, paper, marble, steel, fabric and more, opened on January 5 and will close in February. The

wards. Visitors may also view the exhibits during regular gallery hours Monday-Friday, from 9 a.m. - 4 p.m. The gallery will be closed on Martin Luther King Day, January 20 and Presidents Day, February 17.

The New England Sculptors Association (NESA) was founded in 1948 and recently celebrated its 75th anniversary. NESA members are jury selected and create in a variety of media. NESA partners

with local galleries, museums and historical sites to bring its works to the public.

To learn more visit [open-skyes.org](http://open-skyes.org).



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Thirty artists from all around New England have submitted works that will on display inside the Spaulding R. Aldrich Heritage Gallery, 50 Douglas Road, Whitinsville and outside on the ground of the Alternatives' Whittin Mill Complex at

public will also be encouraged to vote for their favorite work by casting a ballot inside the gallery up to February 14.

A reception will take place at the People's Choice Awards on Sunday, February 23 from 2- 4 p.m. The exhibit will close after-

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LIVING WITH LUKE

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# Luke Sees the Best in Others

BY AMY PALUMBO-LECLAIRE

I've noticed that Luke sees the good in me, and in others. He'll watch how I wrap a present and break into a quiet smile as though to say, "My Mom is so good at folding seams." He doesn't notice that I misjudged how much paper I'll need for the gift size, or that the pattern is off the mark. Instead, he stares up at me with the curiosity of a chimpanzee.

"Santa is going to bring Luke presents." His head froze while his mouth stiffened to the thought of Santa Claus, another good person. He knows what Santa looks like and what he stands for. "Look who's here, Luke!" December brought forth vast displays of Santa Clauses: hip shaking Santas, squeaking Santas, and fire-truck riding Santas. Goldens behave like children until the age of seven, so

it felt okay to play up the red suited hero of his dog-hood. "It's Santa! It's Santa!" He raced to every door in the house to catch a glimpse of Santa Claus riding in the back of the fire truck while the siren blared. Luke's December flame, however, came with exception.

The Catholic church bishop

wore the wrong hat. He looked like Santa. He dressed like Santa. But something was all wrong. Luke noticed the bishop's "mitre" (a tall ceremonial hat) and growled from the gingerbread table in the basement of my town's church festival. "GRRR."

"Luke, please!" My dog's suspi-



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cion did not belong in the church. "That's not the real Santa, Momma." I shushed. I scolded. I hushed. Still, he wouldn't let it go.

"Leave it." I spat the command with firmness, as though we were on a walk and a big dog equally as handsome as Luke was on the other side of the road. Then I distracted him with another clutch tactic. I broke a gingerbread boy in half and gently placed it in his unearned mouth. He inhaled an arm and salivated. Call it a bribe, but the bishop became a distant

memory. (It's worth a mention that Luke's discrimination does not rest solely on a Catholic Church bishop. He doesn't care for, or accept, Mrs. Claus. Perhaps, her hair bun does not work for him).

Luke may have a few quirky preferences but, thankfully, he sees the good in most dogs, especially small ones. I've never owned (or particularly cared for) little dogs, especially those with rattling and barks. Perhaps the gurgling and growling chihuahua who lived in the window of my childhood neighbor's home has led to my—distaste? Lack of understanding?—ignorance?—of small dogs. Hear me out. Little Chico had eyes that bulged while he choked on his own venomous growls. I don't know how much that doggie in the window cost, but one thing was for certain. Chico was certifiably crazy. His temper was hotter than a habanero. His growl was a low murmur, a ticking time bomb that haunted me. I never knew when Chico would snap and plummet through the window to grab my leg while I delivered the newspaper. However ruthless, I'm convinced

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**LUKE**  
continued on page 13



REAL ESTATE

# What will it take for prices to come down?

You may be wondering if home prices are going to crash. Believe it or not, some people might even be hoping this happens so they can finally purchase a more affordable home. But experts agree that's not what's in the cards and here's why. There are more people who want to buy



BY MARK MARZEOTTI

a home than there are homes available to purchase. That's what drives prices up. National-ly, home prices aren't going to be coming down anytime soon.

Prices depend on supply and demand. The housing market works like any other market – when demand is high and supply is low, prices rise. According to

the latest estimates, the U.S. is facing a housing shortfall of several million homes. That means there are far more people looking to buy (demand) than there are homes for sale (supply). That mismatch is the key reason why prices won't fall at the national level. The main driving force on pricing is the limited amount of inventory in most markets across the country. That issue is not going to be solved overnight or in the next twelve months.


How did we get here? For over 15 years, homebuilders haven't been building enough homes to keep up with buyer demand. After the 2008 housing crisis, homebuilding slowed significantly, and it's only recently started to recover. Even with new construction on the rise over the past few years, builders are playing catch-up. They're still not even keeping up with today's demand, let alone making up for years of underbuilding. As long as there's a housing shortage, home prices

will remain steady or increase in most areas.

What about next year? The majority of experts agree prices will keep rising next year, but at a much slower, healthier pace. But it's important to note home prices vary by market. What happens nationally might not reflect exactly what's happening in this area. If your local market has more inventory available, prices could grow more slowly or even decline slightly. But in areas where inventory remains tight, prices will keep climbing – and that's what's happening throughout most of the country. That's why it's crucial to work with a local real estate expert like the Marzeotti Group who understands this market and can explain what's going here. If you're wondering what it'll take for prices to come down, it all goes back to supply and demand. With inventory still limited in most markets, prices are likely to remain steady or rise. To see

what's happening with home prices where you live, contact the Marzeotti Group or another

trusted Realtor. We can help you understand your market and make a plan that works for you.



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**LUKE**  
*continued from page 12*

Luke would have loved little Chico. He allows them to snarl, jump up his chest and tap dance around him. "Those little dudes are hyper, but I love 'em to pieces." Perhaps as a big dog, Luke doesn't feel the need to compete with them. He



A black cat named Regina, his first love, once emerged from her hiding spot to allow Luke to stare at her. The two locked eyes for timeless moments. "I won't hurt you. Promise. I just want to tell you that you have the most beautiful green eyes."

Luke is certainly not perfect. But his ability to see the good in others is something I hope will continue to rub off on me, just like the blonde hairs on my black clothing.

Write to Amy:  
amyleclaire@hotmail.com

Find Luke on Instagram  
@livingwithlukevalentino

only picks on dogs his own size. The cat has been a small friend of even greater intrigue. "Where'd you go? Why'd you hide? Can we be just friends?" I've always worried about the cat picking on Luke because of his size. His exuberance has sent crafty cats up trees, under beds, and behind closed doors.



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TALES FROM BEYOND

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# Moll Pitcher

BY THOMAS D'AGOSTINO

This story is an excerpt from the book *Strange New England* by Thomas D'Agostino and Arlene Nicholson published by Arcadia Publishing.

New England is full of tales regarding witches, wizards and other seers who made their living through the telling of fortunes, but few ever reached the celebrity of Marblehead's own Moll Pitcher.

Moll Pitcher was the granddaughter of famed Marblehead wizard John Dimond who was

known to magically guide ships to safety during storms from atop Burial Hill in the small village. Moll was born Mary "Moll" Dimond in 1736 in a house called the Old Brig at the foot of Burial Hill.

Moll was of medium stature, possessing an unusually large head, with a pale, thin face, arched eyebrows and long brown hair. She was also a very wise and intelligent woman who had an uncanny knack for reading people by how they moved or acted.

Moll married a shoemaker by

the name of Richard Pitcher on October 2, 1760, and had four children, John, Rebecca, Ruth and Lydia. They later moved to nearby Lynn, where she soon gained a reputation far and wide for telling fortunes.

From royalty to rags, they came seeking the talents of Moll. Her cottage at the base of High Rock created the most appropriate atmosphere for her craft. She made predictions of events that would transpire up to ten, even twenty years later. It was said that she even predicted the outcome of the Battle of Breed's Hill. Generals such as Burgoyne, Pitcairn, Gage and even Washington were among those who heeded her predictions.

Sailors and sea captains came to see Moll before setting sail and would often postpone their journeys based on her predictions. In some cases, ships would sit at port empty for weeks until Moll gave a good prediction to sail. Nearly every

port an American ship sailed into around the world knew of Moll Pitcher, and many would inquire of those who came from her jurisdiction of any news, good or bad. Business people often sought her advice before making important decisions.

Moll used tarot cards and read palms on occasion, but her primary fortunetelling method was derived from tea leaves. She would boil the leaves and dump them into the client's cup. From there, she would read the leaves that settled at the bottom of the cup. Their position revealed the fate of the inquirer. If the leaves fell scattered, the client would be unfortunate in love. If they fell crowded together, that meant happiness and wealth. If they arranged themselves in a series of lines, the client would live a long life and have many children. If but a few remained in the cup, the inquirer would die young.

Whether or not her predictions held much preciseness is

a matter of modern conjecture, but those who sought her wisdom in her day, took them as the wise words of a true seer. It is told that treasure hunters often sought out Moll for locations of lost booty. She would say something to the fact, "Fools, if I knew where money was buried, do you think I would tell you where it is?"

Moll Pitcher died on April 9, 1813, and was buried in the West Lynn Burial Ground. Her stone states her name, Mary Pitcher, with her birth date of 1738. Her original grave was unmarked until 1887, when a proper monument was erected in her honor.

Molly may have gone to live with the spirits, but her predictions live on in a book published in 1895 called *The Celebrated Moll Pitcher's Prophecies*.

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SPORTS

# Uxbridge Boys Hoop Preview

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Under the guidance of coach Ryan Hippert, the Uxbridge boys basketball team was able to go 13-9 and earned themselves a trip to the Division 4 State Tournament. The Spartans were able to take out Ayer-Shirley but were sent home in the second round by Monument Mountain Regional High School of Great Barrington. Hippert would like to get his team back there this year.

“Like any other year I want them to play consistently while being competitive,” the coach said. “I also want to qualify for the Clark Tournament as well as the State Tournament, where I am hoping we can advance further but I know that’s going to be tough with the amount of teams that do make it (48 teams qualified last year for the Division 4 Tournament).”

Getting back to the State Tournament shouldn’t be too difficult as the Spartans have qualified in all but one year since Hippert took over the team. Uxbridge has also had success getting into the Clark University High School Basketball Tournament, where the top teams of Central Massachusetts are showcased.

“We’re either first or second in appearances to the Clark Tournament,” he said. “Getting there is a really big deal for this team.”

Although Uxbridge found themselves returning a good number of players from last year’s squad they did not get off on the right foot when the season opened up. The Spartans dropped their first two games, but at the time of this writing, they have been able to right the ship and have gone above .500 with three straight victories.

Four seniors (Michael Stark, James Sanford, Colin Spencer and

Darren Oliver) and two juniors (Brady Esposito and Thatcher Sweeney) will be vying for starting positions each and every game. Stark, Sanford, Spencer and role player Matt Hinchcliffe, a hard

It’s really impressive how hard he works defensively.”

Two other seniors who will see time on the court this winter will be Tim and Rogan Devlin, while Darren Oliver has been a pleasant



The Uxbridge Rams basketball captains (left to right) Brady Esposito, Michael Stark, Matthew Hinchcliffe, Colin Spencer and James Sanford. Submitted photos

worker that plays the right way, are this year’s senior captains.

The Spartans do not have that one guy who can drop 20 points a game, but collectively these six should be able to find the basket.

“We don’t have that one go-to guy to give us 20 points a night, but we do have numerous athletes who can score,” Hippert said. “We just never know who it is going to come from each night. Brady is a 6’6” center who should be able to get us some inside buckets, we need him to play big.”

Defensively the Spartans will be lead by Stark, the team’s best defender.

“Michael will guard the opposition’s top player,” the Uxbridge coach said. “It’s a tough duty to be dealt but he does a hell of a job.

surprise as of late. During the last two games for Uxbridge, Oliver has been able to score in double digits giving the team some consistency.

“Last year he didn’t get a lot of minutes, but this year he has been thrust into the role and has started to score,” Hippert said. “He’s become more comfortable on the court and is confident in his game.”

If all the Spartans are playing to their potential Uxbridge should be able to secure berths in both the Clark and State Tournaments this season. Hippert believes that the team should look to get better each and every game and, if they can achieve that by the end of the season, they should be playing at the top of their game and their goals of advancing into the Tournament should be accomplished.



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THE CAR DOCTOR

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# Looking to Buy a Classic Car? Try an Auction, but Get Documentation

**Q.** I am in the market for a classic car. I see auctions on television all the time and the cars look fantastic. What

do you think about buying from an auction and how about internet and telephone bidding?

**A.** I have been to a couple of auctions and will be going to another soon. What I have found is the cars range from 100 percent restored to others that are daily drivers. The cars that worry me are the cars that look extra clean. An engine that is spotless, has new paint, but no evidence of a rebuild or even refresh of gaskets and seals. I have also seen some very questionable body repairs. Buying in person and scouting the cars will certainly help with questions. Buying online you are going by pictures. Honest sellers will show you the car's faults but also documentation of repairs. My suggestions are do your research, know what you are looking for and become an "expert" with a few vehicles that interest you. Have a budget and stick to it. Keep in mind almost every car, unless perfect is going to need some repairs. Also do not forget about added charges, such as buyer's premium and transportation costs. Finally buy a vehicle to enjoy, not as an investment. Send me a picture of your new car when you get it.

**Q.** My 2012 Honda CR-V now has 124,000 miles. The headlights are cloudy and already resurfaced once. To replace the headlight assemblies is quite expensive. This has been a great car, and I have put very little money into it, just routine maintenance. I have really only had one major repair and that was only a wheel bearing. It is 12 years old, and the chances of future major repairs are certainly possible. I really love my CRV and don't want to have to buy a new vehicle. What would John do?

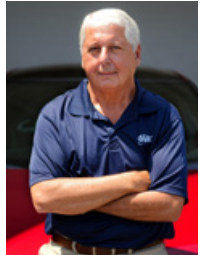
**A.** It is always cheaper to fix an old car than buy a new one, but repairs and even major repairs are certainly possible at nearly 13 years old. Buying a new car should give you more reliability, possibly better fuel economy and the latest safety features that your current car lacks. If this CR-V is a secondary vehicle in your household, I would probably keep it and repair it as issues come up. If this is the only vehicle in your household, I think I would start thinking about a new car. You are in a particularly good position, since you don't need a new car immediately and you can take your time and find the perfect next car.

**Q.** I listen to your radio show, and I have heard you say it is a car program and not a political program. But I have a car question that is also political. With the new administration threatening tariffs on imported vehicles, should I buy a new Hyundai now?

**A.** I have heard the arbitrary 200 percent tariffs on vehicles built in Mexico. I also heard the president inviting Chinese car companies to build factories in the United States to avoid tariffs. Hyundai builds Tucson, Santa Fe and Santa Cruz vehicles in Alabama, so based on the invitation to build factories here in the United States I do not believe you will see a tariff. You are correct, I would rather answer questions about gas prices, oil engines and transmissions.

**Q.** I own a 2019 Honda Pilot with 67,000 miles on it. Can you recommend a qualified mechanic to replace the timing belt in my area?

**A.** This is a bit early for timing belt replacement unless the vehicle is regularly driven in extremely high temperatures above 110 °F (43 °C), or in very low temperatures below -20 degrees. I would wait until the car maintenance reminder displays indicator number 4 which is to replace the timing belt, spark plugs, check the valve adjustments and inspect the water pump. The typical mileage is



BY JOHN PAUL



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*continued on page 19*



# The John and Abigail Adams Scholarship

The John and Abigail Adams Scholarship is a merit-based program that provides tuition at a Massachusetts state college or university. 78 Blackstone Valley Regional Vocational Technical High School seniors are the proud recipients of an Adams Scholarship. The award allows these students an option to further their vocational and career training with additional

Muniz, Engineering; Om Patel, Engineering; Liam Peach, Multimedia Communications; Samantha Pinto, Health Services; and Willow Windoloski, Engineering.

## GRAFTON

Audrey Bell, Engineering; Raghav Dave, Electronics; Nora Iadarola, Multimedia Communications; Christopher Joiner, Bio-

ing; Joshua Gould, Information Technology; Jayden Quang, Engineering; and Luke Rutkiewicz, Engineering

## MILLVILLE

Julia Trujillo, Health Service

## NORTHBRIDGE

Ava Bates, Cosmetology; Steven Caya, Engineering; Sosie DerKosroffian, Health Services;

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.



education, advanced training, and credentials.

The first-time score on a high school MCAS exam determines eligibility for an Adams Scholarship. Adams Scholars receive free tuition for up to eight semesters of undergraduate education at a Massachusetts public college or university, renewable for eight consecutive semesters or four years. Recipients must use the tuition credit in the first fall semester following their high school graduation and maintain a GPA of 3.0 or better.

The following members of the Class of 2025 have earned a John and Abigail Adams Scholarship (students are listed alphabetically by town):

## BELLINGHAM

Kiele Sarnie, Construction Technology.

## BLACKSTONE

Braedon Ando, Culinary Arts; Nathaniel Cook, Biotechnology; and Keira Kelliher, Health Services.

## DOUGLAS

Michaela Boulette, Biotechnology; Haley Chamberlain, Cosmetology; Conner Champagne, Information Technology; Justin Dooner, Engineering; Tyler Grybowski, Information Technology; Emily

technology; Keyara Jones, Health Services; Ella McCann, Advanced Manufacturing; Owen O'Packi, Multimedia Communications; Brodie Remillard, Electronics; Joshua Siefert, Engineering; Carly Simpson, Health Services; and Daniel Warfield, Electronics.

## HOPEDALE

Kallie Allen, Biotechnology; Nathaniel Allen, Information Technology; Anthony Bucchino, Engineering; Eric Deppe, Engineering; Connor Griffin, Electrical; Gabriella Griffin, Health Services; Riley Jackson, Information Technology; Jacob Noble, Engineering; Declan Reilly, Information Technology; and Christopher Russell, Biotechnology.

## MILFORD

Nicolas Alvarez-Benincasa, Construction Technology; Lacey Coffman, Multimedia Communications; Gregory D'Orazio, Advanced Manufacturing; Adriana Hawkins, Culinary Arts; Matthew Hunter, Biotechnology; Charbel Jebara, Electronics; Ryan McGuire, HVAC/R; Jack Nevens, Information Technology; and Joel Puri, Engineering.

## MILLBURY

Wyatt Darrell, Engineering; Mason Diosomito, Engineer-

Zabel DerKosroffian, Information Technology; Conner Gomez, Engineering; Mara Keane, Electronics; Dylan Leeds, Engineering; Haley Marston, Dental Assisting; Markas Petone, Health Services; and Alexa Seward, Engineering.

## SUTTON

Jeffrey Brooks, Electronics; Emma Cliadakis, Culinary Arts; Colton Corash, Electronics; Morgan Gervais, Advanced Manufacturing; Benjamin Hicks, Electronics; William Kelly, Construction Technology; Caroline Martin, Engineering; and Jacob Rajotte, Information Technology

## UPTON

Samantha Carroll, Information Technology; Kylie French, Painting & Design; Cassidy Lyon, Health Services; Harmony Melendez-Torres, Biotechnology; Ryan Poirier, Advanced Manufacturing; and John Simas, Electronics.

## UXBRIDGE

Alexi Cox, Electronics; Samantha Fairhurst, Health Services; Dylan Ryan, Engineering; and Mikaela Swanson, Biotechnology.

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

Blackstone Valley Regional Vocational Technical High School

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

**SATURDAY, JANUARY 11**  
• St. Peter's Parish in Northbridge is holding a Chicken Parm Dinner starting at 5:30

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 JANUARY 24	 JANUARY 25
 FEBRUARY 1	 FEBRUARY 8
 FEBRUARY 22	 MARCH 1

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p.m. in the Parish Hall. Bring your family and friends for a wonderful meal and meet some new friends. Tickets are \$17 per dinner and include salad and dessert. To go meals will be available for pick-up around 5 p.m. All to-go orders must be paid for in advance. Please call the parish office at 508-234-2156 or email: parishoffice@stpeterrockdale.org to purchase tickets or if you have any questions.

**SUNDAY, JANUARY 12**

• B-I-N-G-O night hosted by Uxbridge Parents for a Safe Graduation meet at 2 p.m. at the Uxbridge VFW Post 1385, 13 Cross Road, Uxbridge. Cards are \$5 each. Sales begin at 1 p.m.

**JANUARY 16**

• Are you ready to tackle your home's clutter? From 6-7:30 p.m. the Charlton Public Library will host an organizing workshop guaranteed to help you start the new year off on the right foot. Jenna Elliott, owner of The Naked Flower Professional Organizers, will get you focused on your organizing goals in this fun and interactive workshop. She will share tips on: new ways to think about your stuff; how to get started; hot spots to help the process; and tackling the paper trail. Jenna has been an organizer and re-designer for more than 20 years and works with a variety of clients, both in the office and in the home. Prior to starting The Naked Flower, Jenna was a master floral designer and project manager for a fortune 500 company. Please register for this program by visiting our website/event calendar at charltonlibrary.org. Charlton Public Library is located at 40 Main Street in Charlton, Massachusetts.

**JANUARY 19**

• New England Country Music Club presents the "Rhode Island Red Necks" at the Progressive Club, 18 Whittin Street, North Uxbridge. Doors open at 12:15 p.m. Music plays from 1-5 p.m.

**SATURDAY, JANUARY 25**

• The 2025 Small Stones Festival of the Arts is open from 12 – 5 p.m. today at the Brigham Hill Community Barn in North Grafton. The Festival will run through February 2. The Barn, even in winter, is a lovely, open locale for enjoying art. Parking is plentiful and the heating system is more than adequate to keep up with

the winter weather! With the support of area artists and the Blackstone Valley community we look forward to an even more successful Festival in 2025. An awards ceremony will be held at 2 p.m. today. Artists' talks will also take place at 2:30 p.m. on Saturday, January 25. The exhibit is open at the following times. There is no charge for admittance. Sunday, January 26: 12 – 4 p.m. Tuesday, January 28: 12 – 8 p.m. Wednesday, January 29: 12 – 4 p.m. Thursday, January 30: 12 – 4 p.m. Friday, January 31: 12 – 4 p.m. Saturday, February 3: 12- 6 p.m. Sunday, February 2: 12- 4 p.m. Juror Talks, 2 p.m. This is the final day of the Exhibition for 2025.

**MONDAY, JANUARY 27**

• The Webster/Dudley/Oxford Chamber of Commerce will hold its Annual Meeting from 5:30-7:30 p.m. at the Samuel Slater Experience, 31 Ray Street, Webster. The guest speaker is John Gumpert of Camden Management, developer of the Stevens Mill site in Dudley. Members are \$25 and non-members are \$30. Register at www.wdochamberma.com.

**SATURDAY, FEBRUARY 8**

• Uxbridge Parents for a Safe Graduation Comedy Fundraiser, VFW Post 1385, 13 Cross Road, Uxbridge. Pasta Dinner and Dessert included. Cash bar, raffles, 50/50 drawing, auctions. An 18+ event. Tickets are \$30. Doors open at 5:30 p.m. Show starts at 6:30 p.m.

**SATURDAY, MARCH 15**

• The Blackstone Valley Chamber of Commerce is hosting its 25th Anniversary Home & Community Expo at the Northbridge High School Field House, 427 Linwood Avenue. This is a unique chance for businesses, non-profits, and community organizations to connect with local residents to showcase their products and services. Register online at blackstonevalley.org/events or contact Liz O'Neil at 508-234-9090 or email loneil@blackstonevalley.org.

**THIRD WEDNESDAY OF EACH MONTH**

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

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# Upcoming Recreational Hikes

Programs are free and open to the public. They are appropriate for ages 12 and up. Registration is not required. Remember to wear sturdy footwear and dress for the weather. Bringing water is encouraged. Programming is subject to change. For the most up to date information, call 508-278-7604 or visit the website at bit.ly/blst\_updates.

For information on accessibility and reasonable accommodations, please call 617-645-0358 or email moneesha.dasgupta2@mass.gov.

## Sparrow and Grouse Loop

Sunday, January 12 2-4 p.m.  
Upton State Forest. Meet at the CCC Camp parking area 205 Westboro Road, Upton. Three miles over a rugged forest surface with steep inclines.

## Grand Trunk Trail Loop

Sunday, January 19 1-4 p.m.  
Douglas State Forest. Meet at the Carter's Field parking area. Bathrooms are not available at this site. A 4.5 mile hike over a compacted gravel surface with mild inclines.

## Long Trail Loop

Sunday, January 26 2-4 p.m.  
Hopkinton State Park. Meet at the Hopkinton State Park upper beach lot parking area. The hike is 3.5 miles over rugged forest and loose gravel surfaces with moderate inclines.

## CAR DOCTOR

*continued from page 16*

much closer to 110,000 miles. Also check with the dealer, some Pilots were recalled for premature timing belt failure. As for an independent shop, go to [aaa.com/repair](http://aaa.com/repair) for an AAA Approved repair shop in your area. The typical cost for service 4 is about seven hours of labor plus parts.

**Q.** I have a 2021 Mitsubishi Mirage and when the gas light is blinking and

gas is getting low, approximately how many miles do I have left till empty?

**A.** Typically, in most vehicles when the low fuel light comes on you have between 35-50 miles until you run out of fuel. A flashing low fuel light may be less, perhaps even 10 miles until the car stops running. I would not make a habit of driving with the low fuel light on. The fuel pump is cooled by gasoline in the fuel tank, driving with very little fuel allows the fuel pump to get hot and shortens its life.

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January's theme: **Sweet Compositions**

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**Saturday, February 8, 2025 6:00-8:30pm**

February's theme: **Catch-y Tunes**

Featured artist: **Mhary Grace**



**Signs ups begin @ 5:30pm**

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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)

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