



Body Armor Donated to Douglas Police Department's K9 Finn

Douglas Police Department K9 Finn has received a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. K9 Finn's vest is embroidered with the sentiment "This gift of protection provided by Vested Interest in K9s."

Finn is an English chocolate Labrador who joined the Douglas PD from a New Hampshire breeder's after Police Chief Nick Miglionico reached out. This particular breed of dog has a social temperament like its American counterpart but is known to be less "bouncy." The related breeds can be easily differentiated by their noses; the English lab's is square while the American dog's is thinner and more elongated.

Finn arrived at the Douglas Police in January 2020 as a "comfort dog," meant to relax children, seniors and other groups when dealing with law enforcement. He currently works with school resource officer Brett Fulone and became a social media star after his appearance on "Good Morning America's" Pet of the Week segment in March 2020.



Finn has not only visited schools in the region, he helped to lead a Nero's Law K9 Practical Class. Nero's Law calls for all certi-

fied EMTs to complete a training course of at least three hours dealing with police dog treatment and transport.

The act provides for the care and transportation of police dogs injured in the line of duty.

"Ambulance services shall authorize their EMS personnel to provide emergency treatment to a police dog injured in the line of duty, and transport such police dog by ambulance, to a veterinary clinic or veterinary hospital equipped to provide emergency treatment to dogs," the legislation reads. "Provided, there are no person requiring emergency medical treatment or transport at that time."

The law was named for Nero, the critically wounded K9 Partner of Yarmouth Police Officer Sean Gannon, who was killed on duty on 2018.

Vested Interest's goal is to assure that law enforcement working dogs get needed protection on the job. The company was established in 2009, and is a 501(c)(3) charity whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies

Final Report on Aging in Uxbridge Released

The Uxbridge Senior Center and University of Massachusetts Boston Gerontology Institute are excited to share with you the report "Aging in Uxbridge: A Community Needs Assessment."

This report is the result of many months of coordination and planning and is the culmination of feedback and ideas from Uxbridge residents who have provided their time, energy, and ideas. Over the past year, many Uxbridge residents of all ages participated in interviews, focus groups and a community survey.

The focus areas include outdoor spaces and public buildings; broader transportation options; respect for diversity and social inclusion; communication and public information; housing choices; social participation; civic participation and employment; community and mental and physical health services.

The report was researched and written by the expert team at the

UXBRIDGE
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University of Massachusetts Boston Gerontology Institute.

Everyone is thanked who participated in this process and provided thoughtful feedback including Uxbridge residents, community leaders, service providers, business owners, and municipal employees who gave of their time and provided insights into how to make Uxbridge a more vibrant community.

K9

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throughout the United States.

This potentially lifesaving body armor for four-legged K9 officers is U.S.- made, custom fitted, and

Please hear the results on Wednesday, February 19 at 12 p.m. at the Uxbridge Senior Center, located at 36 South Main Street, Uxbridge, for a presentation of this Final Report. This is a luncheon meeting so please sign up early as space is limited. There will also be an evening Zoom meeting presentation at the Select Board meeting which will be held on Monday, February 24 at 6:30 p.m. at the Town Hall.

We trust you will find this report to be informative and we encour-

age you to participate in the work ahead to meet our community's needs and improve the lives of Uxbridge's residents. This report will be shared widely, and the information will be used to support strategic and program planning.

Thank you for your support, vision, and engagement as we work to make Uxbridge a community for all ages. For more information, please contact Lisa Bernard, Director of the Uxbridge Senior Center, at 508-278-8622 or lbernard@uxbridge-ma.gov.

certified by the National Institute of Justice that certifies body armor for law enforcement agencies. Since its inception, Vested Interest in K9s, Inc. has provided over 5,918 vests to K9s in all 50 states at a value of \$6.9 million, made possible by both private and corporate donations. The program is open to U.S. dogs that are at least 20 months old and actively employed and certified with law enforcement or related agencies. K9s with expired vests are also eligible to participate. There are an estimated 30,000 law enforcement K9s throughout the United States.

Vested Interest in K9s, Inc. accepts tax-deductible contributions in any amount, while a single donation of \$1,050 will sponsor one vest. Each vest has a value of \$1800.00, weighs an average of 4-5 lb., and comes with a five-year warranty. For more information, or to learn about volunteer opportunities, please call 508-824-6978.

Vested Interest in K9s, Inc. provides information, lists events, and accepts donations at www.vik9s.org, or you may mail your contribution to P.O. Box 9, East Taunton, MA 02718.

Farmers Market Needs Vendors

The Douglas Farmers Market is accepting vendor applications for the 2025 Douglas Farmers Market. Farmers, artisans, cooks, bakers, painters, weavers, etc. are welcomed to apply.

For more details and registration information, visit their Facebook page at www.facebook.com/douglasfarmers/ or email douglasfarmersmarketinfo@gmail.com.

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Bill Cronan, Blackstone Xpress North and South (Douglas, Uxbridge, Northbridge; Millbury, Grafton, Sutton); bcronan@theyankeeexpress.com
Christine Hodecker, The Yankee Xpress North and South (Auburn, Charlton, Dudley, Oxford, and Webster); chrishodecker@yankeeshopper.net
Susanne Odell Farber, Upton, Mendon, Hopedale: sue@sodellconsult.com
Laura Gleim, Billing & Sales: lgleim@theyankeeexpress.com

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

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The Shawna Foundations Library Poetry Tour Readings at Uxbridge Free Public Library

The featured poets are Kathy Stoker and Nanayaa Dadzie. The new Host and Director of the Shawna Foundation's Poetry Program, Kathy Stoker, a poet and educator, joins the fold the 2025 Library Poetry Tour kicks off with readings continuing in Milford and Uxbridge.

We thought the best way to introduce Kathy is with her poetry — she'll be headlining the February Library Poetry Tour. And joining her will be Nanayaa Dadzie.

We want to thank award-winning Worcester poet Tony Brown for his time as the Foundation's Poetry Program Director for the past two years.

Kathy Stoker is a 25-plus year secondary English/Journalism teacher, adjunct college professor of communications and English, and education consultant. She currently is in the role of education coordinator for New England Medical Group (an adolescent behavioral health program). Kathy is a former high school slam poetry coach as well as a poetry club advisor. She has written poetry, short stories, and letters since her

middle school years (many decades ago!). After teaching incarcerated individuals in a medium security prison, Kathy is writing a collection of poems and vignettes to humanize her former students and break down the stigma surrounding incarcerated individuals. Kathy loves watching all New England sports, spending time with family and friends, drinking tea, and listening to podcasts and music. She lives in Milford with her family, including the cat Wallace.

Nanayaa Dadzie is a 20 year old poet who is currently earning her associate degree in liberal arts at Quinsigamond Community College. She is a first generation Ghanaian American and an equal rights advocate. When Nanayaa was in high school, she led an equal rights movement in Westborough to implement a non-discrimination, no-tolerance policy in the student handbook for Westborough High School. Nanayaa loves anything and everything to do with art. She grew up with her Grandpa Henry playing the trumpet and his record collection. He gave Nanayaa and her brother their love for

music. In 2022, she won the Senior Library Award. Recently, Nanayaa has been performing her poetry at local open mics. She currently lives in Westborough with her family.

The readings will be held on February 19 at 7 p.m. at the Milford Town Library and February 27 at, 7 p.m. at the Uxbridge Free Public Library.

The program is financed in part by the Milford Cultural Council, the Uxbridge Cultural Council and the Massachusetts Cultural Council.

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

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

For more information visit the shawnafoundation.org

Dean's Lists

Assumption University of Worcester: Juliana Buchanan of Douglas, Class of 2026; Kaleigh Chesley of Douglas, Class of 2025; Adelaide Greenwald of Uxbridge, Class of 2028; Joseph Maxim of Whitinsville, Class of 2026; Isabella Nolan of Uxbridge, Class of 2027.

Assumption University, founded in 1904 by the Augustinians of the Assumption, is a premier New England University for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education.

Boston College of Chestnut Hill: Julie Compston and Sophie Compston, daughters of Marie Compston of Uxbridge, received academic honors at Boston College by making the University's Dean's List for the fall 2024 semester.

As sophomores at Boston College, Julie Compston is double-majoring in Mathematics and Computer Science while Sophie Compston is majoring in Political Science. Boston College was founded in 1863 by the Society of Jesus. Today, it is one of the foremost universities in the nation, with a coeducational enroll-

ment of some 14,500 undergraduate and graduate students drawn from all 50 states and 80 countries.

Boston College is guided by its founding Jesuit mission to offer students a transforming educational experience; to help them develop both their intellect and their character, and to encourage them to lead lives of faith, integrity and service to others.

The University of Alabama: Local students include: Kole Wyndham

of Northbridge was named to the Dean's List. Matthew DiLibero of Uxbridge was named to the President's List.

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NOTE: Membership Mystery promotion listed above is for NEW and RENEWAL members paid in full only. Offer valid IN PERSON ONLY on Wednesday, February 19, 2025. One spin of the wheel per person, at the Whittin Community Center while supplies last. Discount received must be redeemed upon receipt, or forfeited. Discounts can be used towards one membership only, and membership start dates cannot be deferred. Must pay in full at time of purchase. Cannot be used in combination with any other discounts, promotions, gift certificates/cards or insurance discounts. No refunds or cancellations. Non-transferable. Other exclusions & rules may apply.

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THE HISTORIAN IS IN

Wednesdays from 2-3 p.m.

Drop-in between 2-3 p.m. on Wednesdays to get in-person assistance with your local history research from Northbridge Historical Society member Carol Brouwer.

MUSIC & MOVEMENT WITH MISS DEB

Wednesdays at 10:30 a.m.

Join Miss Deb for singing, dancing, games, stories, and lots of fun. Ages 1-5. Registration required.

Storytime with Miss Isabel

Thursdays at 10:30 a.m.

Join Miss Isabel on Thursday mornings to read books, sing songs, and do some coloring or a craft. Ages 1-5. Drop in.

GET HELP WITH JENNA GOUIN

Wednesday, Feb. 26 from 10 a.m.-12 p.m.

Patrons are invited to sign up for a 30-minute session with Jenna Gouin, MBA/MSOL from Blackstone Valley Partnership for Public Health. She can help you with: application assistance including MassHealth, SNAP, WIC, Fuel Assistance, Medicare, Social Security, Veteran's benefits; referrals to community organizations, mental health, and substance abuse providers; assistance obtaining financial resources to address past due

rents and utilities; and guidance on solving some of life's challenging situations. Register.

KNITS & KNOTS

Wednesday, Feb. 26 at 6:30 p.m.

Calling all fiber artists! Bring whatever craft project you're working on and join us at the library on the second and fourth Wednesday of each month for crafting and conversation. Light refreshments provided. Register.

FINE FREE ANNIVERSARY PARTY

Friday, Feb. 21 from 11:30 a.m.-4:30 p.m.

Celebrate one year since Whitinsville Social Library got rid of late fines! Stop by any time between 11:30 a.m.-4:30 p.m. to join in the party. Kids can decorate their own piggy bank (while supplies last) and get a free paperback book. Adults who visit can enter a raffle for a gift card to local brewery Murder Hill. Anyone who brings back a Whitinsville Social Library item that is over a year late will get a thank you card. Refreshments provided. Drop in.

INTROVERTS BOOK CLUB

Thursday, Feb. 27, 6-8 p.m.

Come gather at the library with fellow book lovers to read and relax. There are no assigned readings.

Bring your own book or browse and borrow one of the library's. Register.

FICTION BOOK OF THE MONTH

Monday, Mar.3 at 6 p.m.

Read "Stolen Beauty" by Laurie Lico Albanese. Books are available for pick up at the library. Ebooks are available via Overdrive/Libby. Meetings take place at the library on the first Monday of each month. Refreshments provided. Registration required.

THE MEET CUTES

Tuesday, Mar. 4 at 4 p.m.

Discuss "Part of Your World" by Abby Jimenez. Copies of the book are available at the circulation desk or via Libby. Refreshments provided. This book club for readers of romance meets the first Tuesday of the month. Registration required.

THE WHODUNNITS

Tuesday Mar. 11 at 11 a.m.

Read and discuss "Death on the Nile" by Agatha Christie. Copies of the book are available at the circulation desk or via Libby after the February meeting. Refreshments provided. This mystery, suspense and true crime book club meets the second Tuesday of the month. Register.

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Key decisions for retired couples



Mark Freeman, CEPA

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Once you and your spouse retire, you'll have some decisions to make — decisions that could affect your quality of life in your retirement years. What are these choices?

Here a few of the most important ones:

- **How much should you withdraw from your retirement accounts?** By the time you retire, you may have contributed for decades

to an IRA and a 401(k) or similar employer-sponsored retirement plan. But once you retire, you'll probably need to draw on these accounts to help pay your living expenses. Consequently, both of you will need to be sure that you don't withdraw so much each year that you risk running out of money later in your retirement. One common guideline is to aim for an annual withdrawal rate of 4%, but everyone's situation is different based on age, pre-retirement income, lifestyle, health, travel plans and other factors. (Once you turn 73, or 75 if you were born in 1960 or later, you will have to take certain amounts, based on your age and account balance, from your traditional IRA and traditional 401(k) each year.)

- **When should you take Social Security?** The answer to this question depends on many factors, such as your age and other sources of income. You can take Social Security

as early as age 62, but your monthly payments will typically be bigger if you wait until your full retirement age, which will be age 67 if you were born in 1960 or later. And if you can afford to wait even longer, your payments will "max out" when you reach age 70. Your decision on when to take Social Security can affect your spouse — and vice versa. If the lower-earning spouse claims Social Security before their full retirement age — again, age 67 — their own retirement benefit and any potential spousal benefit will be reduced. (Spousal benefits are given to the lower-earning spouse if their full retirement benefit is less than half the other spouse's full retirement benefit.)

- **Should you downsize?** If you live in a big home and your children are grown, you may find it economical to downsize. Of course, this is also an emotional decision, but you may find that you can

save money by moving into a smaller home.

- **Where should you live?** Some states are far more expensive to live in than others. You'll want to weigh your decision carefully, considering the cost of housing, food, income and real estate taxes, transportation and health care in whatever state you choose.
- **Have you finished your estate plans?** If not, now is the time. You'll want to work with your legal professional to create whatever documents are needed — a will, living trust, power of attorney — to help ensure your assets go where you want them to go, and that your financial and health care choices will be protected if you become physically or mentally incapacitated.

Of course, many of these same issues will apply if you are single, divorced or widowed. But if you are married, you and your spouse will want to discuss

all your choices and then decide which steps to take. Once you've got your plans in place, you may well find that you can fully enjoy your retirement years.

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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Business spotlight

route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!



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

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll

clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

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

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

truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

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

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

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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

Meet the Father of Our Country

He Slept Here! No lie!

The Uxbridge Historical Society cordially invites you to meet George Washington at 1 p.m. on Saturday, Feb. 22. The event will be held at the Community House of the First Congregational Church on Court Street, Uxbridge. (Additional parking is available at UniBank and Savers Bank.) A suggested donation of \$10 per person is appreciated to support the program. All are welcome to attend.

President George Washington will be portrayed by John Koopman III, who has played the part of our first president at many National and State Parks and other historic venues all along the East Coast. He has also appeared in documentaries and films on PBS, the Travel Channel and others. Koopman has also written a book "George Washington at War – 1776" which will be available for purchase at the program for \$15.

"President Washington" will speak on the US Constitution and the Constitutional Convention. Koopman will present Washington's point of view on the process and the result during the first months of his presidency.

This will be in keeping with the story of his 1789 visit to Uxbridge.



This was the year following the official adoption of the Constitution by New Hampshire. It was the ninth state to adopt the Constitution, making it the supreme law of the land.

The presentation lasts about 45 minutes and will be followed by a question and answer period as well as a book signing.

One of Washington's stops along his journey was the Samuel Taft Tavern on Uxbridge's Sutton Street

where he spent the night. The bed that he slept in was saved for generations and recently donated to the Uxbridge Historical Society for its collection. It will be put on exhibit in the near future.

For more information or questions, contact: uxbridgehistorical-society@gmail.com or call Mary Beauchamp at 508-930-6021.

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Uxbridge Senior Center Honors Jennie Oleksyk on her 103rd Birthday

Congratulations, Jennie, on your 103rd birthday! Jennie is a very sweet but incredibly strong and resilient woman from a remarkable generation. She emphatically expressed that her

secret to living a healthy life is to stay active, socialize, foster meaningful relationships, always have a positive attitude and think of others before yourself. Historically, Jennie has been passionate about assisting the elderly. She served on the committee for the building of the first Uxbridge Senior Center with its grand opening in 1981. She volunteered her services to the elderly for over twenty years while

she was on several committees and boards and was continuously active in raising funds to maintain the center even when she was well into her eighties. We sincerely thank you, Jennie, for your generosity, compassionateness, and service to our Uxbridge seniors. You are a blessing and an inspiration to us all! Much love to you and happy 103rd birthday!

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Worcester State University Dean's List

The following local students have been names to the Worcester State University Dean's List for Fall 2024. Dean's list honors are awarded to matriculated undergraduate students who have earned a 3.5 GPA or higher. Full-time students must have earned a minimum of 12 credits and part-time students must have earned a minimum of 6 credits.

DOUGLAS, MA: Caroline C

Beaird, Emily C Brooks, Mary E Chrul, Jared S Dermoshegian, Nicolette R Grundstrom, Holly N Kaczor, Celina P Moore, Sorcha Twohig-Mann

NORTHBIDGE, MA: Katelyn A Barrows, Isabella L De Oliveira, Annika R Holm, Megan R Kessler, Izamar Y Laboy, Ashley F Minior, Lauren Rogozenski, Ankita R Sheoran, Jack Wallace, Michael R Wytenus

UXBRIDGE, MA: Yara M Alomar, Peyton Bly, Katelin R Carlson, Ciara L Cleary, William J Crosby, Adam B Ells, Carl Nathan S Gallawan, Zachary Goddard, Jason Kindl, Lauren C Lachapelle, Cindy Laferriere, Ami E Lamontagne, Samuel Lapointe, Jeremy Lutton, Ashley R Moraghan, Marissa M Osimo, Julia M Prew, Sadie N Schultzberg, Cameron P Snay

Yachtley Crew Returns to Indian Ranch

The nation's #1 Yacht Rock Band, Yachtley Crew, returns to Indian Ranch in Webster, MA this summer on Thursday, July 24, 2025. Tickets are on sale now.

Yachtley Crew is a seven-piece SoCal band who burst onto the club scene in 2017, selling out countless local venues before starting a nationwide Yacht Rock craze and being noticed by the legendary Jimmy Buffett, who signed them to his own Mailboat label prior to their new deal with Earache/Universal Records.

The band's 2023-released Seas the Day EP include fan favorites such as Boz Scaggs' "Lido Shuffle," Ace's "How Long," Robbie Dupree's "Steal Away," the Bee Gees' "How Deep Is Your Love," and all-time Yacht Rock pioneer Christopher Cross' "Ride Like the Wind." Other songs in the band's exhilarating live sets include Toto's "Africa," Looking Glass' "Brandy," and Rupert Holmes' "Escape (The Piña Colada Song)." Seas the Day was produced and mixed by Grammy Award-winning Chris Lord-Alge (Stevie Nicks, Keith Urban, Bruce

Springsteen, Green Day), and it features the band's first original song "Sex on the Beach," accompanied by a video with a guest appearance by Access Hollywood and iHeart Radio host, Mario Lopez.

Yachtley Crew is proud to fly the flag of Yacht Rock for each and every generation that loves good fun and good-time music, and they very much look forward to sharing new and classic Yacht Rock tunes and are set to help one and all navigate the as-yet-uncharted waters of 2025, and beyond.

Indian Ranch offers music lovers a chance to see some of the greatest country, classic rock and pop bands steps from Lake Chargogaggmanchauggagoggchaubunagungamaugg. Nestled between pine trees, the amphitheater offers the ability to see the stage from anywhere in the audience. More than a concert venue, Indian Ranch opened Samuel Slater's Restaurant and is also home to the



Indian Princess paddlewheeler and Indian Ranch Campground. Tickets are on sale now for Get The Led Out on June 6th, Little River Band on July 6th, Rumours: The Ultimate Fleetwood Mac Tribute Show on July 20th, and Tyler Hubbard on August 18th. More shows will be announced soon.

Tickets are available online at www.indianranch.com, by calling 1-800-514-ETIX (3849) or at the Indian Ranch Box Office. All events are rain or shine. No refunds. Indian Ranch is located at 200 Gore Road in Webster, MA outside of Worcester and less than an hour's drive from Boston, Providence, Hartford and Springfield. For more information, visit www.indianranch.com.

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Old Sturbridge Village Events

On Feb. 15 and 16 Old Sturbridge Village celebrates Valentine's Weekend. Guests can learn about the history of love letters, view the process of preparing hot chocolate, hear a selection of comedic 19th-century love songs, shop for unique gifts, and more. Evening of Illumination con-

tinues on Feb. 22. Tours are based on pre-selected time slots and are available from 6 p.m. to 7:30 p.m. This unique experience allows guests to discover how New England families spent their evenings before the introduction of technology by touring the Village after dark, lit only by candlelight, oil lamps, lanterns, and firelight. This event is sponsored by National Grid.

A popular visitor favorite, Maple Days will return this year from Feb. 19-March 9. Guests can learn about the history of maple sugar in 19th-century New England and watch the sugar-making process at OSV's sugar camp, from tapping the trees to "sugaring off".

Educators visit for free during school vacation week, Feb. 19-21. This is an opportunity for teachers to explore how they can plan a field trip for their students. Special programming for teachers includes drop-in, hands-on crafts, 19th-century school lessons, tours of the Village, and talks with members of the Collections and Research team on these dates. Teachers must show



a valid teacher ID card, paystub, or other proof of being a teacher, principal, or school aid at the Visitor Center to receive free admission. Offer valid for teachers only, not others in their party. Special thanks to Cornerstone Bank for supporting OSV and the celebration of Museum Education's 50th Anniversary.

February's Homeschool Day will be on February 28. Homeschool Day is an educational opportunity for students to explore the Village and participate in hands-on workshops, scavenger hunts, and self-guided exploration. February's Homeschool Day celebrates Black History Month. Students will learn about the valuable contributions that people of color had in the 19th century on art, cooking, and written word.



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Seated Strength Yoga Exercise for Seniors

The Uxbridge Senior Center is proud to present a live 8-week session of Seated Strength Yoga Exercise classes for Seniors. This exercise is a lightweight strength circuit with gentle movements to improve flexibility. Most exercises will be seated with a focus on improving muscle strength especially around the knee area which is crucial for balance and walking and hopefully avoiding falls. This program focuses on light cardio, strength, and fun activities to train the body for real life movements and activities. Some poses can also be done standing using a chair for support.

The program will begin Tuesday, March 25 from 12:15pm-1:15pm at the Uxbridge Senior Center Satellite Site at the McCloskey School, 62 Capron Street. The instructor, Pamela Landi, is a certified person-

al trainer. Checks may be payable to the Uxbridge Senior Center, the cost is a \$25 donation.

Seated Strength Yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. These workouts are safe and can be done at any fitness level. There will be an option of doing these exercises seated or standing. The class would be open to all in the community, including those outside the Town of Uxbridge.

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



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The library will be closed on Monday, Feb. 17 in observance of Presidents Day.

CHILDREN'S BOOK CLUB

(registration required)
Tuesday, Feb. 25 at 4 p.m. Book Bunch (grades 2-5) "A Boy Called BAT" by Elana Arnold

CHILDREN'S PROGRAMS

Tuesday, Tuesday, Feb. 18 at 11:30 a.m. Music & Movement with Deb Hudgens

Wednesday, Feb. 26 at 11:30 a.m. Young Scientists' STEM Program (ages 3-6), registration required.

Wednesday, Feb. 19 at 6 p.m. Reading to Gabby, registration required.

Wednesday, Feb. 26 at 3:30 p.m. Lego Club III, registration required.

Wednesday, Feb. 26 at 6 p.m. Gross, Weird, Cool Science

ADULT BOOK CLUBS

Tuesday, Feb. 18 at 6:30 p.m. Sci Fi Book Club, Book TBA

Monday, Feb. 24 at 6:30 p.m. Plot Twisters Book Club, Book TBA

Thursday, Feb. 27 at 6:30 p.m. Muggle Meet-up: Harry Potter and the Chamber of Secrets by J. K. Rowling

ADULT PROGRAMMING

Saturday, Feb. 15 at 10:30 a.m. Douglas Homeschool Network

If you are a homeschooling parent/guardian looking for support, encouragement, and inspiration, or looking to homeschool and want to meet other families in the community or looking to swap curriculum materials and ideas, then the Douglas Homeschool Network can be a great resource for you. Contact Lisa Soffey at lsoffey@cwmar.org for more information.

Thursday, Feb. 20 at 12 p.m. Get Help with Jenna Gouin. Do you ever have overwhelming life problems and just need some help making headway? Get Help with Jenna Gouin, MBA/MSOL in partnership with Blackstone Valley Partnership for Public Health. Patrons are invited to sign up for a 20 minute session with Jenna. She is able to provide help with application assistance,

including MassHealth, SNAP, WIC, Fuel Assistance, Medicare, Social Security, Veteran's benefits etc. Referrals to community organizations, mental health, and substance abuse providers; Assistance obtaining financial resources to address past due rents and utilities; Guidance on solving some of life's challenging situations. Meetings are in-person at the Simon Fairfield Public Library, 290 Main Street in Douglas, MA. Call 508-476-2695 or visit us to register.



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Luke Turns Three Years Old

searched the streets for Obi. Dogs live in the moment. “I hear my friend’s name. I know what he looks like. But where is he?” Cars, storefronts, other dogs walking with owners, and shops passed us by like a scene from a movie.

OBI’S HOUSE DOWN THERE! WE HAVE TO GET OUT OF THE CAR.” I parked, circled to the back of my vehicle, popped open the trunk and unzipped the mesh door. I was just in time. Luke dove like Superman from

BY AMY PALUMBO-LECLAIRE

Luke’s birthday falls on the last day of January, topping the month off with sweet inspiration.

Readers may recall last year’s birthday bust, when I found a deep scratch on his neck, the result of a rare encounter with an opossum. I rushed him to the vet and poor Luke had to wait half the day for song and celebration. This year, I wasn’t taking any chances. I gave Luke two celebrations, the first of which has made headlines here.

We headed to his friend Obi’s house, pup cakes and a numeral three candle packed. “We’re going to Obi’s house to have a party, Luke!” He popped his head from the travel crate sunroof and



Luke perked his ears to the sight of other dogs. Where was Obi?

“LUKE!!!” Obi was on the opposite side of his massive lake house when we arrived. “THAT’S

his travel crate, nearly plunging through the fabric. “TIME TO PARTY!” Both dogs, ecstatic, reunited in a back yard flanking Singletary’s frozen lake. “Happy



Birthday, Luke!” Obi greeted his friend with a head poke and invitation to play Chase. Dog play had begun. A dark and light-colored male rolled, romped, chased, fought for the blue snake, cheated, grabbed ears, and teased. Meanwhile, the moms held mugs of hot tea by a slider door that made play far too convenient.

“We want to come in.”
 “We like to be out.”
 “It’s time for us to be in.”
 “Can we go out please?”
 “We want to play inside now.”

The life of a Dog Mom is un-

glamorous, especially in January. We opened and shut the door dozens of times, letting out heat and letting in the cold air. We used damp cloths to skate over a dirtied floor and filled bowls of water. “Why did we get a dog again?” We chatted and chuckled while our dogs caused trouble.

“Ha ha. You can’t get me here.” Obi, the master of cleverness hid behind a shrub with the blue snake. “A frustrated Luke barked. “It’s my turn now!” Obi, kind to the core, gave up the snake. After a few more crazy games, we noticed Luke sniff the frozen shoreline, testing his boundaries. A light bulb went off in his head. “I remember swimming here. What if I go ice skating instead?”

The ice was, indeed, safe, but we couldn’t set the precedent that it would stay that way. The appearance of a frozen pond is deceiving. I imagined for a horrifying second the image of my curious Luke, on a later day, realizing that his paw broke through and cracked the ice. He’d start to sink but he’d manage to—

“Luke! Come!” Obi’s Mom commanded the rule with her sternest of voices. I gushed as my almost three-year-old dog rushed

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REAL ESTATE

If Your House's Price is Not Compelling, it's Not Selling

There's one big mistake you need to avoid when you sell your house this year: setting your price too high. It might seem like overpricing gives you room to negotiate or could really boost



BY MARK MARZEOTTI

your profit, but the reality is, it usually backfires. In fact, almost 20% of sellers, one in five, have to reduce their price to get their house sold. And you don't want to be one of them. Here's why starting too high can lead to trouble, and how to avoid it.

Overpricing pushes buyers away. With mortgage rates and home prices where they are right now, buyers are already stretching their budgets to make a move. So, when they see a house that's priced too high, they're not thinking, "I can negotiate." They're more likely to think, let's go to the next and skip over your house entirely. An article from the National Association of Realtors (NAR) explains: "Some sellers are pricing their homes higher than ever just because they can, but this may drive away serious buyers and if they skip over your listing, you'll

miss out on the chance to get them through the door. That's the last thing you want because fewer showings mean fewer chances to receive an offer.

The longer your house sits, the more skeptical buyers will get. Here's the other issue, an over-priced house tends to sit on the market longer, and the longer a house lingers, the more buyers start to wonder what's wrong with it. Is there a problem with the house itself? Are you difficult to work with? Even if the only issue is the price, that extra time creates doubt. Setting an unrealistically high price with the idea that you can come down later doesn't work in real estate. A home that's overpriced in the beginning tends to stay on the market longer, even after the price is cut, because buyers think there must be something wrong with it. At that point, you'll have no choice but to lower your price to drum up interest. But that price reduction comes with a downside in that buyers may see it as another red flag, that there's an issue with the house.

The key is to find the right price for your house. So, what's the secret to avoiding all these headaches? It's simple, call The Marzeotti Group or work with another trusted Realtor® or local real estate agent who knows the market inside and out, and who's going to be honest with you about how you should price your house. You don't want to partner with

someone who just agrees to whatever number you throw out there. That's not an expert who's going to get you the best results. You want an agent who recommends a price based on their expertise. The right agent will use real-time data from your local market to help you land on a price that makes sense. One that grabs attention, attracts buyers, and still helps you walk away with a great return. Someone who has been there and done that – and done it well. That's the agent you want to work with.

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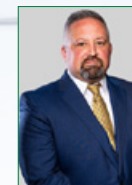
market with the right price, gets noticed, and gets sold.

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LUKE

continued from page 12

toward her voice. "Today is my birthday and I am so aiming to please!" The choice to behave called for cake. I put the pup cakes on a plate, and lit Numeral Three. The flame quivered, as though aware of Luke's pressing stare. He didn't sit at my heels. He was nearly on top of them, following the flame's shaky path as though managing an eye exam. He lifted his nose to see better. "I am so worth it."

Something about his energy (intrusive, stalking) made me nervous. Luke wasn't a jumper, or a counter surfer. But birthday cupcakes were a whole different animal. What if he jumped on me and inadvertently caused my clothes to light on fire?

"Happy Birthday dear Loo-ewk. Happy Birthday to you!" Honestly, I couldn't wait for the song to be over. I blew the fright-

ened candle out, tore off the paper wrapper, and flipped a peanut butter frosted pup cake (one inhaled in one second) to the floor. Meanwhile, Obi smacked his lips sideways as though making a llama impression in a game of charades. "Myyyyyy mmm--outh feeeeeels stiiiiiicky." The texture of the peanut butter had caused Obi to eat in slow motion. Luke noted his friend's vulnerability and sat like a shark in front of him. "Momma, I think Obi is allergic to peanut butter."

"Let him be, Luke," I chided, but we did allow Luke to lick the bowl when Obi was finished.

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TALES FROM BEYOND

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Wee Witches of Chatfield Hollow

BY THOMAS D'AGOSTINO

Witches in New England were very common in the days of old. Connecticut had more than its share wandering among the village folks, sometimes anonymously or in the case of Goody Wee, very well known. Killingworth's Goody Wee lived just outside the village with her daughter Betty, who was also known to work in the dark arts.

The farmer's of Killingworth sought good wood for their fences and pens and the only place to find the best timber was in Cedar Swamp, the home of Goody and Betty Wee. The two enchantresses lived in a small cottage in a valley

called "Goody Wee's Crotch."

The two witches would demand money, gifts, or favors from the farmer who wished to haul his load of wood. If someone attempted to take a load of wood or split rails from the forest without paying their due, the load would continually fall off the cart before the poor transgressor could ascend the hill successfully to the main road. Many swore that the witches had help from the devil in their ploy to make such an otherwise effortless task almost impossible.

Even the local wives had their run ins with Goody and Betty. If the Wees showed up at one's door, it was more than wise to give them what they wished, which was usu-

ally milk, bread, cloth, or other necessities the two sought for daily living. If they were refused, they would curse the churns that made butter and cheese, thus leaving the home with spoiled milk and no such provisions until their wish was fulfilled.

For many years the people of Killingworth were subject to Goody and Betty Wee's powerful enchantments. When they passed, the townsfolk figured they were relieved of the minions of the dark one, but were wrong. For even now, when the dark sets in upon the area of the town, there are reports of two ghosts roaming the valley where Goody and Betty lived. The forms of the two females are still watching over their domain that they once ruled with an evil eye, and according to the old folk, the help of the devil.

The following account will be of interest to the reader. J.B. Beer's History of Middlesex County, published in 1884, page 428, contains a letter written by Martin Lord to Henry Hull. Martin Lord was a respected resident of Killingworth and lived on Roast Meat Hill Road. Henry Hull was the Town Clerk

and served in that office for 49 years. In the letter, Lord relates several events in Killingworth's history including the legend of the witches. He wrote:

"In regard to the witches, I know nothing about them, only what I have heard, and perhaps that is as much as any one ever knew. I cannot give the name of the one that lived in Lane District. It has been reported, over and over again, about witches living in Chatfield Hollow. The old woman's name was Goody Wee, and her daughter's name was Betty Wee. There is a cut between the hills a little northeast of the Leander Watrous place, which has for nearly or quite a century been called 'Goody Wee's Crotch.' Undoubtedly, it was named after the supposed witch. It was formerly reported, the above named witches made their neighbors considerable trouble. For instance, they would enter the cream so it could not be worked into butter, and perform, according to the legends, other equally strange feats. It was said a person could not reach the top of Cedar Swamp Hill with a load of rails, as they would all slide out of the cart,

by the agency of witches. Those things were imagined before Webster's Spelling Book and Beckwith's Almanac were published. The witches aforesaid are declared to have been seen riding through the air on broom sticks. I have never learned how they sat on them. I do not think of anything more in particular to write."

"Yours Most Respectfully, "M. Lord."

Lord's writing provides some clues, including an approximate timeline of when the witches were in Killingworth. Noah Webster first published his *American Spelling Book* in 1783, concluding that the accounts must have taken place before then. The witches lived in a cut in the hills northeast of Leander Watrous. The Watrous house still stands on Champlin Road. Northeast of the house would put them in Chatfield Hollow or on an old road that ran south from where the entrance to Chatfield Hollow Park now is. The road ran along a stream between hills which may have been the "crotch." The "Hill" was probably the steep hill coming out of Chatfield Hollow to where a traffic circle now resides.



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SPORTS

Douglas Girls Basketball on the Rebound

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

The Douglas girls basketball team has endured several years of winless seasons on the court, but last season the Tigers under coach Ralph Quinn were able to scrape together a couple of wins.

varsity team.”

Although Douglas was able to secure a handful of wins last winter, Quinn noted that the first half of the season the team really struggled to compete. At that point he wasn't worried about wins and losses, he was looking for the girls to challenge the opposition on the court. Originally the team didn't

Whitinsville-Christian.

“We've been 0-10 for a long time in the league, but not this year,” Quinn said. “We still have some tough games coming up, but it feels good not to go winless for another year. There are no big heads, it's nice to see those wins, especially for the older girls who have never seen them before.”

With no seniors on this year's squad, Quinn will be looking at three juniors in Zoe Greenough, Paige Gosselin and Mackenna Chaisson to continue to build off last year's improvement. All three will be vying for starting roles.

Ari Delgado, a sophomore shooting forward, has secured a

starting position with her perimeter scoring. The sophomore is getting better at attacking the basket, has shown that she can match up with the big girls and has gotten better with her inside and physical play. She is averaging about six points per game thus far.

Another sophomore contributing is Saige Cobb, a forward who not only can rebound, but brings support to the team. She is continually cheering her teammates on and Quinn is hoping that by the end of the year, she is able to get her first varsity basket.

Twins Jasmine and Addison Trudeau are both contributing to the team's success this winter. Jas-

mine, a starting guard, is the team's leading scorer with 10.6 points per game and has already knocked down 14 three-point shots on the young season. Addison is not a scorer like her sister but does play excellent defense and according to the coach, her length allows her to match up well against forwards as well as guards.

Some of the Tigers' biggest contributors have come via the eighth-grade waiver. Four girls; Lily Denomme, Maddie Hogan, Aria Lachance and Cassidy Price have all made positive strides in



“Recent history here has not had that much success,” Quinn said. “Very few kids are interested in basketball; we have a lot of year-round soccer players and I believe that contributes to the low numbers to a degree. With those numbers we are only able to field a varsity team and have no JV team or a feeder program.”

Wile Quinn tried to recruit girls to play basketball he didn't have any luck and this year Douglas was once again only able to put a varsity team on the court. In fact, the Tigers needed to apply for an eighth-grade waiver to get the numbers up to be able to field the varsity squad.

“The waiver has allowed for us to use eighth graders on the varsity team and while we have the bodies now it has been growing pains for them and they've been basically thrown to the wolves,” the Coach said. “The eighth graders are seeing time and have contributed to the

have all that much success, but they did eventually turn things around and found themselves playing competitive basketball, but were still finding themselves short, especially in the league where they did not win a game.

Coming into this year the ultimate goal was to continue to improve. With the older girls on track to build on last year's strengths, and the addition of the eighth graders Douglas is improving.

The eighth graders were the new ingredient in the mix with a lot of skill and have contributed to this year's success. Douglas opened the season with a loss to Ashland, but Quinn noted the girls competed from the beginning of the game to the end. At the time of this writing, Douglas is in a place they haven't

been in some time with a 6-2 record. Their only other loss was to Notre Dame Academy by two points. Douglas is 3-0 in the league with wins over Sutton, Nipmuc and

SPORTS

continued on page 17

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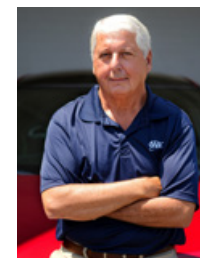
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THE CAR DOCTOR

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Battery-powered ice scraper vs. elbow grease



BY JOHN PAUL

Q. I have seen a number of commercials for the Keilini IceBuster 6; a battery-powered windshield ice scraper. I was wondering if you have any experience with this device. Is it worth the price?

A. I have not tried it, but after watching their video, it looks like it wouldn't work much better than a traditional ice scraper. The idea of warm air and shaving the ice off the windshield using a rotating 200 RPM blade to me just doesn't look like it would work. This would certainly be the case on thick ice and substantial snow. Also, if you have ever left your phone in the car on a cold night the battery is usually discharged. I suspect the battery on this would do the same. I'm sure the company (which does not get more than 3-star reviews) sold plenty of them for the holidays. Readers, did you buy one and what is the verdict?

Q. I recently purchased a Tesla Model 3, used with only 9000 miles on it. Any advice for winter use?

A. Preconditioning the cabin while the car is plugged in helps maintain battery range. I would avoid using regenerative braking in the snow. It is like applying the brakes and can cause a skid. Also, unless this Model 3 is all wheel drive, winter tires or all weather (not to be confused with all season) tires are needed. Even with the weight of battery electric vehicles, tires provide traction. Some single motor EVs

are rear wheel drive and with the instant torque of an electric car can easily skid. Similar to a gas car, where we recommend topping off your fuel tank in winter, also top off your car's battery. Electric cars are great when stuck in traffic since they use very little electricity, but starting the day with a battery at 90 percent will help prevent running out of electricity. Also, if you rely only on public charging, these stations can get crowded (especially with ride hailing drivers) if there is a prediction of extremely cold/wintery weather.

Q. I have a 2013 Nissan Sentra, I purchased four new sets of wipers, they all make a tremendous amount of noise. My mechanic suggested new wipers again, which we did, and the blades still chatter. What can we do?

A. I would start with cleaning the windshield. I have used Bon Ami powdered cleaner or Bar Keepers Friend to remove any waxy film and deposits. Then follow up with a good window cleaner. The Car Doctor's wife is a fan of SprayWay. Once you have purchased quality wipers, the next step is making sure the wipers are perpendicular to the windshield. Over time the arms bend and no longer provide good contact to the windshield. Sometimes just tweaking the wiper arms using an adjustable wrench as a tool can quiet the noise and chatter. If all of this does not work you may need to replace the wiper arms, which may not be keeping enough tension against the windshield.

Q. Could you answer a snow blower question? I took a Craftsman (MTD) with a "Powermore" engine from the

curb. There was water in the fuel when I drained the tank, and a little reddish gunk in the float bowl. The tank is plastic. The float bowl is steel with a "brass" coating that wears off. I looked inside the engine intake hole and saw the intake valve. Is there a way to clean that, short of disassembly? Can I just run it that way? It's a 2015 model so it is only 10 years old and does not look like it had much use. I don't like these cheap engines, but that's what MTD has been using on all their brands for many years.

A. A little outside of my area of expertise, but I have tinkered a bit with these engines. I have seen some of the valves rust into the cylinder heads and become unusable requiring replacement. At this point I would remove the spark plug and spray some Marvel Mystery oil in the cylinder and let it sit overnight. Rather than normal fuel, use some 50 to 1 two-stroke premixed fuel for the first startup attempt. The little bit of oil will help lubricate the engine and clean it up. Run it for a while and then switch to straight gasoline or better yet, non ethanol fuel and hope for the best. A tip for storing power equipment is to add some oil to the cylinder and then turn the engine over slowly until it reaches the compression stroke and then stop and reinstall the spark plug. This way the combustion chamber is sealed off and minimizes rusting.

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Women Empowering Senior Women at Plummer Place

Michelle LaChapelle and Amy Cowen both work at Plummer Place, Home of the Northbridge Senior Center. Michelle is the Assistant Direc-



tor and Amy is the Program and Volunteer Coordinator. Prior to being the Assistant Director, Michelle was an occupational therapist. Amy comes to her position as a former educator. Michelle and Amy share an office suite so to speak, and like people to feel

as if «our door is always open!» Seniors and older adults are always stopping in to chat with them, even if it's just to say "hi." Other folks sit down and stay awhile to share their thoughts, stories, or a special event happening in their lives. Both Amy and Michelle like making a difference in the lives of seniors in and around their community and look forward to coming to work each day!

Amy and Michelle had been hearing from a lot of women who weren't sure where they fit in anymore due to a recent move, an empty nest, illness, retirement, divorce or the loss of a spouse. Through their own experiences, they knew the benefits of women supporting one another and wanted to share that with senior women. As such, they structured an informative and supportive women's circle that shares with one another, learns from one another, and often hosts women speakers. Their women's circle has created vision boards together, meditated, completed tasks together, journaled with one another, and even donated to a

local women's shelter. Joyce Brill, one of the women from their "Women on the Move" circle, as this group refers to themselves said, "this is my favorite program at the senior center. It gives senior women a place to share their perspectives on any number of topics and I have met several women through this group that I might never have known! It is a warm and welcoming group where everybody has a voice and is safe. If you come to a meeting once, you will surely want to return."

This past fall, Michelle and Amy were honored to present their "Women on the Move" program at the Massachusetts Council on Aging's Annual Conference. Their presentation was incredibly well received by their peers and colleagues, and Amy and Michelle are now assisting other senior centers with forming these important women's circles across the state. "During the Conference, I had the pleasure of witnessing Plummer Place staff members, Michelle LaChapelle and Amy Cowen, present a workshop on the women's

circle they have established at our Center. Watching Amy and Michelle share their experience was truly a proud moment and I am incredibly honored to have them both as a part of the Plummer Place Team!" shared Kelly

Bol, Plummer Place director. For more information on Plummer Place, Home of the Northbridge Senior Center, please call (508) 234-2002.

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**

SPORTS

continued from page 15

their first campaign on the varsity team.

Denomme, the Tiger center, currently finds herself as the team's second leading scorer notching 8.8 points per contest and brings a quickness to the floor in addition to her rebounding skills. Quinn sees her as a difference-maker who draws a lot of attention for the other teams.

Hogan is the quarterback of the team, playing a guard position. The eighth grader is a very smart basketball player with great vision of the court and defensively, one of the better players. Lachance,

another guard, is tenacious on the ball. Defensively she gets right in the face of the opposition and will not back down for anything. Price is an excellent defender, who is not only long but very athletic with huge upside. Her trajectory is heading north and her defense keeps her on the floor.

Two other eighth graders who bring a finesse game to the courts for Douglas are Lexie Thibault and Brooke Heney. Thibault is arguably the most skilled player and a phenomenal ball handler, while Heney brings skills with her perimeter shooting. Quinn is working with her on the physical aspect of her game.

Opening at 6-2 is definitely a surprise to the coach this year.

"I was not expecting this to happen so quickly," Quinn said. "I was hoping that we'd work on it this year and with all of the girls coming back next year we could make some noise."

Quinn also noted that he believes that there is another solid group of eighth graders who could make the jump next year giving Douglas the ability to have not only a varsity team, but junior varsity team as well.

However, while that is still a year away, he is worried about the rest of this season and getting the girls to continue to improve their games so that they are ready to make a jump next season.

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SUNDAY, FEBRUARY 16

New England Country Music Club Dances
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Feb. 16 – “The Farm Hands”
Doors open at 12:15 p.m., music 1-5 p.m.; \$11 for non-members. Snacks may be brought in, cash bar for beverages. For more information, visit <http://www.Facebook.com/NECountryMusicClub>.

TUESDAY, FEBRUARY 18

• Author/TV host Ronny LeBlanc of Discovery and Travel Channel will be at the Charlton Senior Center to talk about UFOs

in New England. He has appeared on such shows as “Expedition Bigfoot” and “Paranormal: Caught on Camera.”

• Charlton Special Town Meeting will be held at 7 p.m. at Charlton Middle School, 2 Oxford Road to take action on an article proposing to change the position of Town Clerk from an elected to an appointed position. The single warrant article was brought by a citizen petition.

SATURDAY, FEBRUARY 22 AND SUNDAY, FEBRUARY 23

• Maple Sugaring Weekend: The sweet time of year has come around again. Not Valentine’s Day, it’s the annual Maple Sugaring Weekend on Feb. 22 and 23 at River Bend Farm. Guided tours will be offered at 11 a.m., 1 p.m. and 2 p.m. and last about 90 minutes. The event takes place at the Blackstone River and Canal Heritage State Park, 287 Oak Street Uxbridge. The program meets in the River Bend Farm Visitor Center.

The program is free, but space is limited and pre-registration is recommended at <https://www.eventbrite.com./o/massachusetts-dept-of-conservation-and-recreation-104507862751>.

Limited spots will be available at the door on a first come, first serve basis. Appropri-

ate for all ages. Children must be accompanied by an adult. Dress for the outdoors. The program will be held rain, snow or sun. For information on accessibility and reasonable accommodations, call 617-645-0358 or email moneesha.gupta2@mass.gov.

SUNDAY, FEBRUARY 23

• Model Railroad Club Annual Show and Sale: The Worcester Model Railroaders, Inc. is hosting its 32nd Annual Show & Sale, 10 a.m. to 3 p.m., on Sunday, Feb. 23 at the Auburn Elks Club, 754 Southbridge Street, Auburn. Admission is \$6 for adults and children under 12 are free. Approximately 25 model railroad dealers are offering items for sale as well as HO & N scale operating layouts available for viewing. Raffle tickets for two, complete 4’x8’ model railroad layouts (on display) will be available at the show. The 60’x 40’ Worcester Model Railroad Club (WMRC) layout will be open and operating using Digital Command Control and is only 15 minutes from the show at the Club, 14 Railroad Ave., Webster. For directions, visit www.wmrr.org.

The WMRC is a non-profit club showcasing railroads in the New England area. For more information, contact Ralph Kimball at 508-868-5189, email ralphkimball@charter.net or visit: www.wmrr.org/.

TUESDAY, MARCH 11

• The Charlton Senior Center will hold the Rainbow Café at 4 p.m., a monthly get-together for LGBTQIA+ community to have a safe space to gather. The first meeting was held Feb. 11. Those from other communities are invited to attend. In the Senior Center, 37 Main Street (lower level Town Hall), Charlton. Questions? Contact michelle.drumm@townofcharlton.net or call 508-248-2231.

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 loineil@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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Winter hikes with Blackstone Heritage Corridor

Free guided walks led by a ranger. All walks begin at 10 a.m. and are subject to weather. Visit www.nps.gov/blrv for weather-related

information and cancellations and BlackstoneHeritageCorridor.org for details on where to meet.

Feb. 15: Hopedale Parklands, Hopedale, MA
Feb. 22 Blackall/Ballou Farm, Cumberland, RI

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Wednesdays
11:00 am - 10:00 pm
Every Wednesday, kids eat FREE with the purchase of any adult entree from our house menu!!! One free kid meal per adult entree purchase, in house only

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UniBank Donates to Uxbridge Fire and Police Departments

UniBank, the largest Mutual Community Bank headquartered in Central Massachusetts, recently made monetary donations to the Uxbridge Fire Department and Uxbridge Police Department.

Michael Welch, CEO of UniBank said, "As a mutual bank, we have been and continue to be focused on giving back to the communities that we serve. As we see around the country (especially on the West coast), it is crucial for our first responders to be well-equipped for the well-being of lives and community soundness. With our donations of \$2,500 to the Uxbridge Fire Department and \$2,500 to the Uxbridge Police Department, we are confident that

both will utilize the funds to assist in the purchase of any necessary equipment that they require to keep our community safe."

UniBank is headquartered in Whitinsville, MA with assets of \$2.6 billion as of December 31, 2024. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts. UniBank is dedicated to contributing to the overall quality of life and economic health of the communities it serves, while maintaining an elevated level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC. UniBank NMLS #583135. The company website is www.unibank.com.

Senior Zumba Classes

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

The program will begin Tuesday, March 25 from 11 a.m.-12 p.m. at the Uxbridge Senior Center Satellite Site, McCloskey School at 62 Capron St. The class will run for one hour, one day a week, on Tuesdays, for an 8-week time frame, at the cost of a \$25.00 donation. The instructor, Nancy Dalbec, is

a licensed Zumba Gold instructor. Checks may be payable to the Uxbridge Senior Center.

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

Call or stop by the Uxbridge Senior Center at 508-278-8622 for more information.

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FEBRUARY 21

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FEBRUARY 22



MARCH 1



MARCH 15



MARCH 21



MARCH 22



APRIL 5

WHISKEY BOULEVARD - APRIL 12

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