

New mural celebrates Uxbridge's upcoming 300th anniversary

BY BRITTANY AMALFI

A new mural celebrating Uxbridge's upcoming 300th anniversary has been unveiled downtown, giving residents and visitors a colorful new landmark to enjoy.

The mural features the official Uxbridge 300th Anniversary logo and marks the beginning of the town's year-long celebration leading up to the 300th anniversary in June 2027.

The Uxbridge 300th Anniversary Committee expressed its appreciation to Koopman Lumber for sponsoring the community mural and helping bring the project to life. The mural is intended to celebrate Uxbridge's history while providing a lasting piece of public art for the



MURAL

continued on page 2

3rd Annual Douglas Common Scarecrow Contest starts October 10

BY LYNN PARESKY, DOUGLAS COMMON PRESERVATION SOCIETY

Scarecrows will be arriving at the Douglas Common on October 10th and 11th this Fall and will remain on display for the public to enjoy until November 1st as the Douglas Common Preservation Society, Inc. holds its 3rd Annual Douglas Common Scarecrow Contest. Make sure you visit the Common to enjoy a large collection of pretty amazing scarecrows – there is a lot of talent in the community and it will be on display.

Are YOU ready for a little Fall fun – and the chance to win one of three prizes for “Favorite Scarecrow”? If you live in Douglas or any of the surrounding towns, you are invited to

enter the contest and bring your creativity and talent to share with the community. Contest details, entry form and guidelines are available on the Douglas Common Preservation Society, Inc. Facebook page and on several local Group FB pages, including We Are Dynamic Douglas. If you aren't on Facebook, you can request your paperwork by emailing douglascommonpreservation@gmail.com or pick up a flyer at various local businesses or scan the QR Code on the banner at the Common.

Registration to enter this free, popular event is starting now! To be part of the contest, your entry must be received by September 30th at the latest. Enter early to reserve a free commemorative gift. Our Sponsor, One by One, awarded us a \$500 grant to help ensure that the first 65 participants will receive a gift to be handed out on the day of scarecrow setup. Last year there were 54 entries in the Contest, with participants creating and displaying their own original scarecrows. Visiting the display was a very popular community activity. This year we're hoping for even more entries.

No contest is complete without prizes, and our Sponsors have made sure that there will be prizes awarded to the three “Favorite Scarecrows” selected by a panel of respected, unbiased judges from the community. Judges will look at originality of design/theme, creativity, attention to detail, quality of workmanship, does it evoke an emotional response, does it stand out, is it memorable, and additional props like lights for night display or music/sound effects. First Place will receive a \$250 Amazon Gift Card; Second Place will receive a \$150 Amazon Gift Card; and Third Place will receive a \$100 Amazon Gift Card! Winners will

SCARECROWS

continued on page 3

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Uxbridge Cultural Council now accepting grant applications

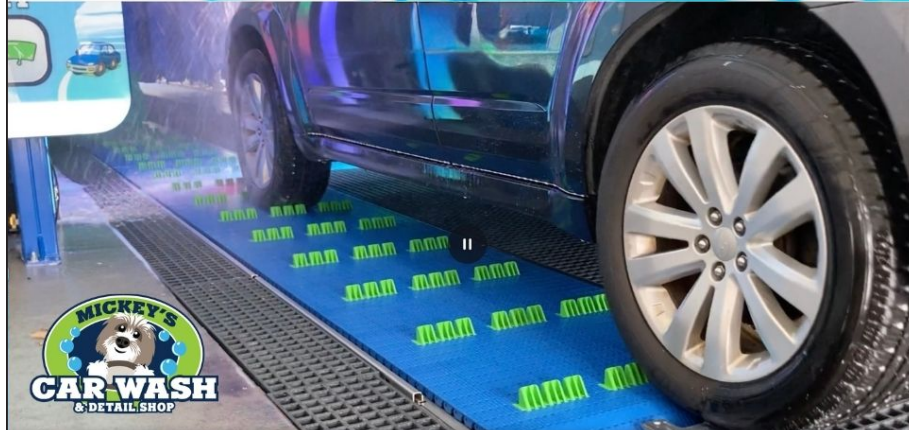
The Uxbridge Cultural Council is now accepting applications for the Local Cultural Council Program's 2027 grant cycle. The council prioritizes funding for activities that enrich cultural awareness through the arts, history, music, and performances held in the town of Uxbridge and its sur-

rounding communities. This year, the council is especially interested in funding exciting new programs in our community. Individuals, schools, and cultural organizations are eligible to apply. Applications open on September 1, 2026. The application deadline is October 15, 2026. Please apply through the Massachusetts Cultural Council website at <https://mass-culturalcouncil.org/communities/local-cultural-council-program/>. The Uxbridge Cultural Council is holding an info session and meet-and-greet event at the Uxbridge Free Library in mid-September. Please check the Uxbridge Cultural Council Facebook page for more details. If you have an idea for a program or questions about your eligibility, please contact us.

Contacts:
Angela McCarty (Chair) - AMcCarty@uxbridge-ma.gov
Manuel Ramos (Outreach Coordinator) - MRamos@uxbridge-ma.gov

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Uxbridge seeks local legends and lore for 300th anniversary celebration

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As Uxbridge prepares to celebrate its 300th anniversary, residents are being invited to share the stories, legends, and local lore that have been passed down through generations. The town is collecting tales for "Legends & Lanterns," a special 300th Anniversary event scheduled for Oct. 24, 2026. Organizers are looking for everything from ghost stories and mysterious local legends to family tales and accounts of unusual happenings tied to the community. Residents who know of a ghost story connected to an old Uxbridge building, a long-standing local mystery, or a family story that has

been shared over the years are encouraged to submit their tales. The stories will help highlight the history and character of Uxbridge while bringing some of the town's more mysterious traditions to life as part of the 300th anniversary celebration. Stories, legends, and local folklore can be submitted by email to uxbridge300th@uxbridge-ma.gov. Organizers welcome submissions that are spooky, mysterious, historical, or simply unforgettable. The community is encouraged to take part and help preserve the stories that have become part of Uxbridge's heritage.

MURAL

continued from page 1

community. The committee also recognized local artist Sheryl Estelle for creating the artwork. Her design serves as a tribute to the town and reflects the anniversary celebration's theme of "Heritage, Heart, and Home." Estelle is an incredible muralist who dedicated her time and effort to the beautiful piece. Residents and visitors are en-

couraged to stop by the mural, take a photo, and share their pictures as the community begins its countdown to Uxbridge's 300th anniversary in June 2027. As preparations continue, the mural offers an opportunity to recognize the town's history and build excitement for the anniversary year. More details about anniversary plans and events will be shared as they are finalized.

Photo: Courtesy of the Town of Uxbridge 300th Anniversary Committee Facebook Page



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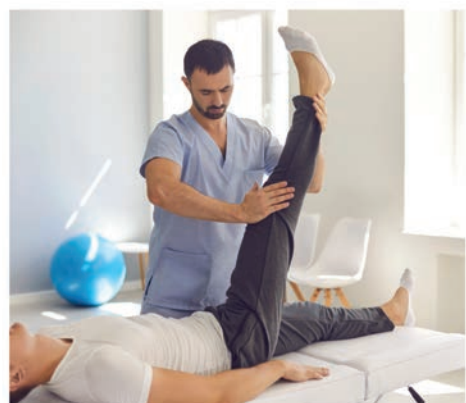
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Town of Northbridge retirement system

Please be advised that at the conclusion of the election held on August 17, 2026 from 8:30 a.m. to 6:30 p.m. at the Northbridge

Retirement Office between Barbara Kinney and Richard Sasseville, Mr. Sasseville won the elected position receiving 33 out of a possible

54 votes. Mr. Sasseville's term will commence on September 1, 2026 and expire on August 31, 2029.

SCARECROWS

continued from page 1

be announced and prizes presented at the Awards Ceremony to be held on October 31st at 1 pm at the Common. Winners will be notified if not present and arrangements will be made for them to pick up their prizes.

This year's Scarecrow Contest sponsors are: Gold Sponsors – Ben's Container and Rubbish, FJ Cunningham Plastering & Renovation, Guaranteed Builders & Developers, Inc., One by One – 4Imprint, and UniBank; Silver Sponsors – Bob Clark's Dog Training & Dog Day Care, East Douglas Insurance, and Jared's Auto, Inc.; Bronze Sponsors – Graffiti Works, Gregory's Restaurant & Pizzeria, In-Gear, McGoldrick Property Services, LLC and The Sokol Club. We thank each of them for making this fantastic Fall event possible with their generous support.



Rebecca Road, Joseph Circle & Genivieve Drive - Street Acceptance

At its meeting on August 25, 2026, the Planning Board voted (5-0) to sponsor STREET ACCEPTANCE for Rebecca Road, Joseph Circle, and Genivieve Drive for consideration at the 2026 Fall Annual Town Meeting.

To see if the Town will vote to accept as a public way(s), Rebecca Road, Joseph Circle, and Genivieve Drive (Camelot subdivision), as heretofore laid out by the Board of Selectmen, a copy of which layout is on file with the Office of the Town Clerk, and further authorize the Board of Selectmen, in the name and behalf of the Town, to acquire by purchase, eminent domain, gift or otherwise, easements in said way(s) for the purpose for which public ways are used in the Town; or take any other action

relative thereto.

The Planning Board shall hold a public meeting on Tuesday, September 22, 2026, at which time the Board will review with the Developer the overall status of completion and any remaining outstanding issues relative to certifications and sign-offs from municipal departments. The Planning Board will then offer its recommendation to the Board of Selectmen concerning Vote to Layout roadways.

Arrangements have been made for the Board of Selectmen to Vote Intent to Layout at its meeting on Monday, September 14, 2026, and to consider its Vote to Layout (Rebecca Road, Joseph Circle, & Genivieve Drive) on Monday, September 28, 2026.

The town of Uxbridge will hold the fall annual town meeting on Tuesday, October 27 at 7 p.m. at Valley Chapel, 14 Hunter Road, Uxbridge.

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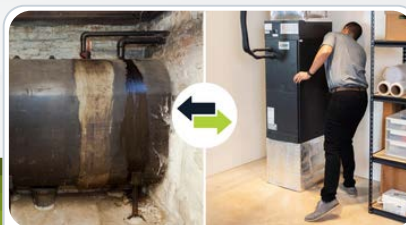
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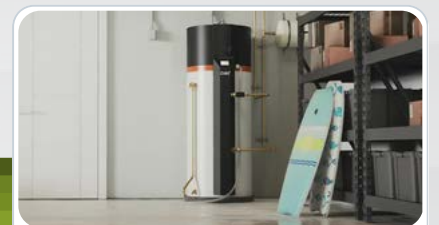
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Northbridge Community Preservation Act

A potential funding opportunity is now available. The Northbridge Community

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

The CPA is a dedicated funding source that may be used for OPEN SPACE & RECREATION; COMMUNITY HOUSING; and HISTORIC RESOURCES. Eligible projects will be reviewed by the CPC for consideration and inclusion at the 2027 Spring Annual Town Meeting.

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

The Northbridge Community Preservation Committee is a volunteer-appointed committee

charged with overseeing local CPA funds and recommending projects for Town Meeting consideration. The Committee is currently soliciting projects for the 2027 Spring Annual Town Meeting. Each fiscal year, the Committee shall announce calls for Project Pre-Applications during the months of August and September, with Project Applications due by October 01 of each year. The Community Preservation Committee invites municipal departments, community organizations & individuals to submit applications for CPA funding on an annual basis.

First-time applicants are advised to attend a public informational meeting hosted by the Community Preservation Committee. The first of which will be held August 04, 2025, in advance

of the Committee's official solicitation for CPA projects for the fiscal year of 2026. Because of the unpredictability of CPA projects involving the purchase of land or historic buildings, the CPC may accept applications on an ongoing basis as needed. However, CPC recommendation and Town Meeting vote are still required to allocate Community Preservation Act funds.

Those interested in submitting a Project Application or learning more about Northbridge's Community Preservation Act are encouraged to contact the Community Planning & Development Office, R. Gary Bechtholdt II, Planning Director/CPA Administrator at (508) 234-2447 or contact the Community Preservation Committee at cpc@northbridgemass.org

Since local adoption (November 2017), Northbridge's CPA has helped fund Linwood Basketball Court Improvements, acquisition of Castle Hill Farm, and an Architectural & Structural Assessment of the historic Col. James Fletcher House.

For information about Community Preservation goals and initiatives, eligible projects, and the application process, please visit Northbridge's Community Preservation Committee webpage at <https://www.northbridgemass.org/community-preservation-committee> The Preservation Committee will begin reviewing projects at its scheduled meeting(s) on Monday, October 05, November 02, & December 07, 2026 (6:30 p.m. via Zoom).

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Northbridge Senior Center hosts petting zoo



event offered a memorable experience for everyone and was another example of the Northbridge Senior Center's commitment to providing engaging activities that bring people together. For more information on the Center, please call (508) 234-2002.



ent" while enjoying conversation, laughter, and time together. Events like this provide meaningful opportunities to make connections and build community in a fun and welcoming environment. From cuddly bunnies and guinea pigs to curious goats, fluffy baby chicks and quacking ducks, the animals were a big hit with attendees! The

The Northbridge Senior Center recently welcomed some very special guests, bringing plenty of smiles, laughter, and opportunities for connection to the Center!

The event featured more than 30 animals, including adorable bunnies, guinea pigs, baby chicks, ducks, chickens, sheep, and goats. Participants had the opportunity to get up close with the animals, enjoy their company, and experience the simple pleasure of spending time with these friendly visitors. The petting zoo was a wonderful opportunity for seniors to "try something a little differ-

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Local Authors event brings community together for a memorable morning

Community members and book lovers gathered at the North-bridge Senior Center for a successful and engaging inaugural event featuring a group of talented local authors.

The event provided attendees with the opportunity to meet local writers, explore their latest works, and purchase books directly from the authors. Guests enjoyed getting their books signed and having meaningful conversations about the writing process and creative inspiration.

Attendees were treated to complimentary coffee and tea while



browsing, creating a warm and welcoming atmosphere throughout the morning. Free door prizes added an extra layer of excitement, with many guests leaving with special surprises.

The event highlighted the strength and creativity of the local literary community. It offered a relaxed and enjoyable environment for readers and writers to connect, and it was widely considered a great success by both attendees and participating authors!

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Five questions that could change how you see retirement



Mark Freeman, CEPA

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Saving for retirement is important, but it's only part of the picture. If you're within five to 10 years of your target retirement date, it's time to start thinking about what you actually want your retirement to look like. After all, getting to retirement

isn't the end goal — it's what you want to do once you're there that matters.

Start by asking yourself these five questions.

When do you want to retire?

The age at which you retire matters more than you may realize. Retiring early sounds appealing, but it means saving more and having less time to do it. It can also create gaps in health care coverage and income before key benefits kick in. For example, Social Security benefits can begin at 62, but at a reduced amount. Full benefits are available between ages 66 and 67, depending on birth year, and waiting until 70 means the maximum benefit. Medicare doesn't start until age 65, and penalty-free withdrawals from retirement accounts generally aren't allowed until age 59½.

For couples, timing gets even more complicated. Staggering

retirement dates can sometimes maximize benefits; in other cases, retiring at the same time works better.

A financial advisor can help you sort through these decisions and find the approach that makes the most sense for your situation.

How do you want to spend your time in retirement?

Many new retirees are surprised to find that having unlimited free time feels disorienting rather than freeing. Thinking ahead about how to fill the days with meaningful activity — whether that's travel, volunteering, pursuing hobbies or spending more time with family — can make the transition smoother.

It helps to sketch out what a typical week, month or even first year might look like. If there are big gaps, it's worth thinking now about what might fill them in rewarding ways.

Where do you want to live as a retiree?

Some retirees stay put, while others downsize or relocate entirely. Either way, it's wise to consider whether a chosen location will work well as you get older, taking into account factors like proximity to family, access to health care, cost of living and climate.

What will your retirement lifestyle cost?

It's not uncommon for retirees to discover that their travel, entertainment or leisure expenses were higher than expected. The more active and involved you plan to be, the more you will likely need to budget.

Does your retirement involve giving back?

Retirement often brings both the time and motivation to be more generous. Whether the goal is helping family members, donating

to charity or volunteering in the community, it's worth defining those goals and building them into an overall plan.

Now that your vision is taking shape, turn it into a plan. Work with your financial advisor to align your savings with the life you want — and revisit that plan as your priorities evolve so your retirement keeps pace with you.

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

Mark Freeman, CEPA
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To make a request, please contact Moneesha Dasgupta at (617) 645-0358 or moneesha.dasgupta2@mass.gov.

Blackstone River and Canal Heritage State Park is located at 287 Oak Street, Uxbridge, MA 01569.

Kidleidoscope

Fridays, 10 – 11 a.m.

Join us each week for a story and a fun, hands-on activity that teaches your toddler about the natural world. We do something different every session, so stop by often! Appropriate for ages 3 - 6; siblings welcome.

be looking for signs of wildlife as we discuss the ways we keep our watershed clean! The walk is ~1 mile over a dirt-packed and rugged forest surface with no inclines. Appropriate for ages 6 and up.

A Shuttle into the Past Textiles Talk

Saturday, October 10, 1 – 2 p.m.

Have you ever wondered where your clothes come from? Join us as we follow their journey from unprocessed wool to woven material. Appropriate for ages 12 and up.

Israel Plummer's Canal Store Tour

Saturday, October 17, 1 – 2 p.m.

Take a guided walk with us down Plummer's Landing and learn about the enterprising, canal-era businessman that it's named after. Meet at the Plummer's Landing parking area (bit.ly/plummerslanding). The walk is ~2 miles over a rugged forest surface with moderate inclines. Appropriate for ages 12 and up. Bathrooms and water are not available at this site.

Bike the Blackstone Rec Ride

Saturday, October 31, 1 – 2 p.m.

Come with us on a bike ride down the Blackstone River Greenway. Enjoy the scenery and look out for wildlife as we ride along the river. Meet at the Depot parking area (85 Canal Street, Blackstone). The ride is ~4 miles over a flat paved surface. Appropriate for ages 12 and up. All riders 16 and under must wear a helmet. Bathrooms and water are not available at this site.

SEPTEMBER

Bobbers in the Blackstone – Learn to Fish

Saturday, September 5, 1 – 2 p.m.

New to fishing? Learn basic casting, equipment, ethics, and fishing techniques in this beginner-friendly introduction to this popular outdoor activity. No equipment needed. Fishing licenses not required. Appropriate for ages 4 and up.

A Shuttle into the Past Textiles Talk

Saturday, September 19, 1 – 2 p.m.

Have you ever wondered where your clothes come from? Join us as we follow their journey from unprocessed wool to woven material. Appropriate for ages 12 and up.

OCTOBER

Woodlands and Waterways Tour

Saturday, October 3, 1 – 2 p.m.

Walk along the banks of the Blackstone Canal and learn about the life that it supports. We'll

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Blackstone Valley Chamber announces new date and location for Yellow Tulip Project Hope Garden at Uxbridge High School

The Blackstone Valley Chamber of Commerce's Women's Success Network (WSN) is proud to announce a new date and location for its upcoming Yellow Tulip Project Hope Garden planting, bringing an important message of hope, connection, and mental health awareness to the Uxbridge community. The event will now take place on Friday, October 16, 2026, at 9 a.m. at Uxbridge High School, 300 Quaker Highway, Uxbridge, Massachusetts. The rain date is set for Saturday, October 17, 2026, at 9 a.m.

As part of the Yellow Tulip Project, the WSN, Chamber members, community volunteers, and supporters will come together to plant 500 yellow tulip bulbs and create a Hope Garden at Uxbridge High School. The project is designed to help raise awareness around mental health, encourage open conversations, and help break the stigma associated with mental illness. Yellow tulips are a symbol of hope and happiness, making the garden much more than a collection of flowers. Once in bloom, the tulips will provide a lasting and meaningful reminder throughout the community that hope can grow, even during difficult seasons. Also joining us for this year's planting will be the UHS Mental Health Awareness student organization!

"Sometimes the simplest things can carry the most powerful message," said Kristen Kearnan, BVCC Programs & Events Director. "Planting 500 tulips may seem like a small act, but together, those flowers will create something beautiful that reminds our community, and especially our young people,

that there is always hope, that they are not alone, and that it is okay to ask for help. We are so excited to bring this project to Uxbridge High School and watch this garden grow."

The Blackstone Valley Chamber's Women's Success Network is encouraging community members, businesses, families, and individuals to join them for this special morning of service and connection. Volunteers are needed to help plant the tulip bulbs, and participants are encouraged to bring their own gardening gloves and tools.

The Blackstone Valley Chamber of Commerce is proud to partner with the Yellow Tulip Project and the Uxbridge High School on this meaningful initiative. A special thank you to, Country Bank as the presenting sponsor of this event.

To register as a volunteer and to help smash the stigma, please visit our website at www.blackstonevalley.org/events. This event is FREE and open to the public. You can also learn more about the Yellow Tulip Project at www.theyellowtulipproject.org. For more information, please contact Kristen Kearnan at 508.234.9090 ext. 100 or email Kristen at kkearnan@blackstonevalley.org.

The Mission of the Blackstone Valley Chamber of Commerce is to preserve and enhance the economic vitality of the Blackstone Valley by addressing the needs and concerns of businesses and providing leadership, support and resources in connection with issues that impact commerce and the quality of life in the Valley.

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Reasonable accommodations available upon advance notice. To make a request, please contact Moneesha Dasgupta at (617) 645-0358 or moneesha.dasgupta2@mass.gov.

Rabbit Run Loop
Upton State Forest
Sunday, September 20, 2 – 4 p.m.
Meet at the CCC Camp parking

area (bit.ly/uptnccc). This hike is ~2 miles over a rugged forest surface with mild inclines. Bathrooms available.

Chamberlain Pond Loop
Douglas State Forest
Sunday, September 27, 2 – 4 p.m.
Meet at the Chamberlain Pond Trail parking area (bit.ly/chamberlainpond). This hike is ~4.5 miles over rocky, wet, and rugged forest surfaces with moderate inclines.

Goat Hill Loop
Blackstone River and Canal Heritage State Park
Sunday, October 4, 2 – 4 p.m.
Meet at the River Bend Farm Visitor Center parking area (287 Oak Street, Uxbridge). This hike is ~2 miles over rocky and rugged forest surfaces with steep inclines. Bathrooms and water available.

Grand Trunk Trail Loop
Douglas State Forest
Sunday, October 11, 1 – 4 p.m.
Meet at the Streeter Trail gate (bit.ly/dougstreeter). This hike is ~5 miles over rocky and compacted gravel surfaces with mild inclines.

Dean Pond Loop
Upton State Forest
Sunday, October 18, 2 – 4 p.m.
Meet at the CCC Camp parking area (bit.ly/uptnccc). This hike is ~3.5 miles over a loose gravel surface with steep inclines. Bathrooms available.

Bad Luck Pond Loop
Douglas State Forest
Sunday, October 25, 2 – 4 p.m.
Meet at the Route 16 parking area (bit.ly/dougroute16). This hike is ~3.5 miles over a loose gravel surface with moderate inclines.

September events at Samuel Slater Experience

A Perfect Fit: Author talk with Chloe Chapin
Samuel Slater Experience will host an historical talk, A Perfect Fit: Samuel Slater's Mills, Daniel Webster's Wardrobe, and the Fashioning of a Republic by author Chloe Chapin. The program

will be held on Saturday, September 12 at 11 a.m. at the museum, 31 Ray St., Webster.
Samuel Slater and Daniel Webster were towering figures in 19th-century America, united by friendship, a Massachusetts town, and a textile revolution. While Slater is famous for his cotton mill in Rhode Island, he also helped establish America's first woolen mills in Webster, MA. Slater's friend Daniel Webster was not a handsome man, but boy

did he love to have his portrait painted. Images of Webster show he was a very fashionable dresser, dressing in the most current fashions for suits. In this talk, dress historian and former Broadway costumer Chloe Chapin uses these two men to tell the story of American industry and men's fashion.
This free talk is hosted at the

SLATER
continued on page 12



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SPORTS

Northbridge Girls' Soccer is already built for success

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Last fall, the Northbridge girls soccer team went 14-2-2 during the regular season, finding their way into the Division 4 State Tournament. After grabbing a win in the first round, the Rams lost to Lunenburg in the Round of 16 on penalty kicks, leaving Coach Kristin Strazzulla irritated with the way her team was bounced from the playoffs.

"I really hate penalty kicks and losing this way makes me mad," the Northbridge Coach said. "I thought that we could have at least gone another round, if not more, but we ran into a good team and got unlucky."

Coming into the new season, the Rams will be without 10 seniors who graduated, many of whom went on to play at the collegiate level. Having lost as much talent as Northbridge did, one would place the team in a rebuilding process, but the players don't agree.

Strazzulla herself hates the phrase rebuilding year to begin with, and her players hate classifying the upcoming season as a rebuilding year. In fact, the Rams told their Coach that they were not rebuilding, as they had already been built and they are just continuing on their journey.

"They are so right," Strazzulla said. "This year we will have 12 juniors on our varsity team, with 7 or 8 of them having started or played significant time for us last year. Being a coach at the youth level, a lot of these girls have already played for me and give us depth here on the high school level."

Basically, this year's squad will be a talented group of athletes who have been playing together in Northbridge soccer in some capacity for many years. This year that group of girls is hoping to see the fruits of their labors materialize.

Lilly Proto will be the only senior to return to the team this fall, and the Coach will be leaning on her heavily to help get this team moving in the right direction. The senior played midfield last year, but Strazzulla, who believes the team will be sporting a different look this fall, may be moving her to attack midfield. Having scored 7 goals for the Rams last year, the coach hopes she can increase her scoring into double digits and give the offense a chance to be successful.

Another key attribute that Strazzulla will be looking toward will be junior keeper Audrey Siemaszko, who patrolled the goal on a regular basis last year.

"Having a year of experience under her belt will be big this year," the coach said. "During the tournament last year she made two really

season, and she is bringing that attitude full circle," the Ram Coach said. "Having just graduated from college, she is waiting for the next step in her career and has decided to help us until then; hopefully it's not too soon, though.. She brings a love for the game and her town and comes from a soccer family (her brother played and her father coached the boys team up until recently) and will be the key to connecting the bridge."

Having a junior varsity program puts Strazzulla in a good position to groom those athletes to eventually play for her at the varsity level. According to the coach, many local schools don't have the luxury of a JV squad, which is important to a program's future success. Strazzulla wants to make sure that the team not only has fun but is challenged.

With this year's school session beginning earlier than in the past, the soccer team has only had a handful of practices at the time of this writing, with their first scrimmage coming soon. Upon entering this season, Northbridge will find their schedule much harder than in the past, with the Rams taking on more Division 1 programs.

Strazzulla is hoping to maintain that 1-0 mentality each game, taking it one game at a time.

"We are not going to go 16-0; we need to go out and play that one game in front of us while not get-

ting ahead of ourselves," the Coach said. "We will be competitive, although this year we will not have that high-powered scorer."

Not having that one individual that Strazzulla can count on game in and game out to put the ball in the back of the opposition's net will be a transition for Northbridge this fall. The Rams will have to adopt that team-effort style of play to be successful. Although the team will

not have one player they can look to for scoring, they may not need it every single game due to their stifling defensive play.

Northbridge will open the season on Labor Day, September 7, against the same team that knocked them out of the playoffs – Lunenburg.



big saves on penalty kicks and I expect her to pick things up and use that experience to bring leadership to this team."

In addition to the two above-mentioned players, Northbridge will be bringing a culture to the field each time they step onto the pitch. One ingredient to the Northbridge culture will be new junior varsity coach Karlee Battista, a Ram alum who played on the 2022 Northbridge State Finalist team that lost to Cohasset in the Championship game.

"Karlee was a captain for us that

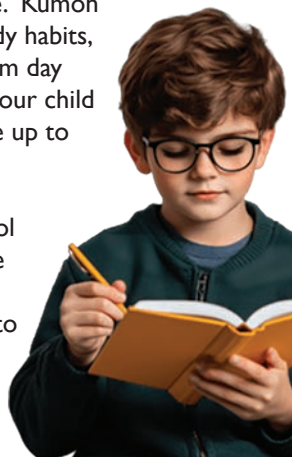


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476-2695
Hours: Monday-Thursday 9 a.m.-8 p.m.; Saturday 9 a.m.-1 p.m.
Children's Book Clubs
(Registration Required)
Wednesday, September 16 at 4 p.m. - Book Wizards (Grades 5-7),

My Side of the Mountain by Jean Craighead George
Wednesday September 23 at 4 p.m. - Young Readers (Grades K-2), Keep the Lights Burning, Abbie by Peter Ropp
Wednesday September 30 at 4 p.m. - Book Bunch (Grades 2-5), Wildsmith into the Dark Forest by Liz Flanagan

Children's Happenings
Tuesday, September 15, October 06 at 3:30 p.m. - Lego Club I (Registration Required)
Wednesday, September 16 at 5:45 p.m. - Reading to Bryce (Registration Required)
Monday, September 21, September 28, October 05 at 10 a.m. - Fall Storytime (Registration Required)
Thursday, September 24, Octo-

ber 01, October 08 at 10 a.m. - Fall Storytime (Registration Required)
Tuesday, September 29 at 3:30 p.m. - Lego Club II (Registration Required)

Teen Happenings
Tuesday, September 15, September 22, September 29, October 06 - SFPL Game Night
Saturday, September 19 at 10 a.m. - Book Nerds, The Infinite Sadness of Small Appliances by Glenn Dixon
Tuesday, September 29 at 4 p.m. - Dungeons & Dragons Club (Registration Required)

Adult Book Clubs
Tuesday, September 15 at 6:30 p.m. - Sci-Fi Book Club, Ringworld by Larry Niven

Monday September 28 at 6:30 p.m. - Plot Twisters, It's Not Her by Mary Kubica
Thursday, October 01 at 6:30 p.m. - Greatest Book Club Ever, The Tender Bar by J.R. Moehringer

Adult Happenings
Monday, September 14, September 21, September 28, October 05 at 6:30 p.m. - Writer's Accountability Group
Thursday, September 17 at 6 p.m. - Cookbook Collective, Magnolia Table by Joanna Gaines
Saturday, September 19 at 10:30 a.m. - SFPL Gardeners
Wednesday, September 23 at 5:45 p.m. - Fiber Arts Friends
Thursday, September 24 at 5:30 p.m. - Paint By Numbers (Registration Required)

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SLATER
continued from page 10

Samuel Slater Experience in Webster, MA. The talk will be approximately one hour, followed by a short Q&A session and opportunity for book signing. To register for this talk, call 508-461-2955, or emailing admin@samuel Slater Experience.org.
Fact vs. Fiction: Death by Lightning and the assassination

of President James A. Garfield
Paul E. Lambert, Sr., a 31-year member of the History Department at Nichols College in Dudley and a staff member of the Samuel Slater Experience, will give a presentation on Sunday, September 20, entitled Fact vs. Fiction - "Death by Lightning" and the assassination of President James A. Garfield. The talk will begin at 1 p.m. and is free to attend with registration. Samuel

Slater Experience is located at 31 Ray St., Webster.
Garfield is one of our lesser-known presidents; his short term left little time to establish a legacy, and many Americans simply aren't aware of the facts behind his assassination and death. Did Hollywood get the story right?
To register for this free event, call 508-461-2955, or email admin@samuel Slater Experience.org.

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The ghost pirates of Goat Island

BY THOMAS D'AGOSTINO

An incident that took place on Goat Island in Newport, Rhode Island in the early 18th century is mostly untold, save for those who are passionate about the sea or local history buffs. Even the history books about Goat Island and Gravelly Point in Newport give it but a scant few sentences. This alone may be the reason 26 restless spirits roam the area and waters around Goat Island.

At one time, Newport was the pirate haven of New England. So many pirates made Newport their base of operations in the late 17th and early 18th centuries, that the London Board of Trade petitioned for help from the English Government to eradicate them from the island. Just about every famous pirate knew the wharves of Newport well and were well welcomed there for a portion of gold and silver.

The people knew the buccaneers and received them with friendly, open arms. They spent freely and often paid a fine token for their anonymity. They were, do not forget, outlaws after all. Because of this constant unlawful activity, Newport became known as the scourge of the colonies. Privateers and pirates alike were sometimes greeted with processions from the whole town.

That was until the colonial leaders were given no choice by the throne of England but to arrest the corsairs or face charges of piracy themselves. Things changed rather quickly along the docks of degradation and in 1723, 26 pirates were arrested for crimes on the high seas. It all began on June 10 when Captain Solgard, commander of the man-of-war The Greyhound, engaged two Caribbean pirate ships off Block Island. One of the vessels, manned by the notorious Ned Low, managed to evade capture but the sloop, Ranger, manned by young Captain Charles Harris, was captured after an epic day-long sea battle.

Harris, along with 35 crew members, became the largest capture of pirates in the colonies at the time. Admiralty judges, including Rhode Island's Governor Samuel Cranston, assembled in Newport to be part of the trial. In the end, 26 were found guilty of piracy, two were reprieved and eight were acquitted.

The guilty were sentenced to death by hanging and later taken to Gravelly Point, an area across from Goat Island and hanged there on July 19, 1723. The whole event took about two hours. From there, the executed buccaneers were taken to Goat Island (named after the fact that the colonists let their goats graze there away from

the bustling ports) and buried between the high and low water marks on the north end of the island. This was done as further punishment to make sure they would never be buried on land or at sea. Their eternal souls would never find rest in a consecrated grave.

This may have worked, for on dark misty nights, their ghosts rise from the water and ascend upon the shores of the island, perhaps in search of those who brought an end to their illustrious careers. Their misty forms wander the area where they were hanged as well. Some claim they are in search of their ship in hopes of finally boarding the vessel and sailing from their makeshift graves. There is a claim that a clam digger once saw a ghostly ship sail past him at Bonnet Shores, then float over the land toward Gravelly Point. Maybe the ghost ship was the Ranger, returning for its crew.

The Basin and Gravelly Point were eventually filled in during the 19th century. Today, Long Wharf leads past the Newport Yacht Club and the Wyndham Inn. Gravelly Point is buried beneath both of them, but the ghosts of the 26 pirates hanged so long ago refuse to remain buried.





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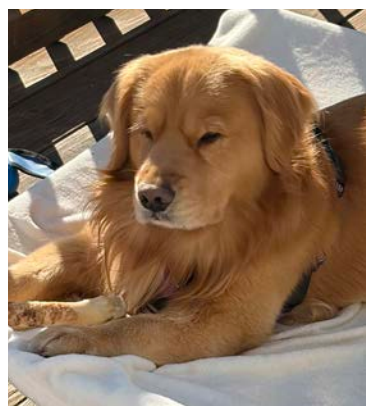
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LIVING WITH LUKE

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Big attitude, little dog

BY AMY PALUMBO-LECLAIRE

I've noticed a trend when it comes to little dogs: they have big mouths.

Don't get me wrong. No dog is perfect, and Luke is certainly no angel. But the irony of being so small yet so bossy has not been lost on me after years of dog experience. Little dogs seem to overcompensate for the fact that size isn't on their side.

"My voice matters! My voice matters! I'm going to get you! Whoa! I didn't mean literally! Back off! I was kidding!"

Their mixed signals can be exhausting, if not confusing, especially to the Big Dog Person accustomed to a more refined point of view. Nevertheless, Luke has developed a sense of humor about his little friends, along with a gentle acceptance of their eccentricities.

trickies.

"Mom, we need to go see Pebbles!"

As one might expect, Pebbles happens to be one of Luke's smaller dog friends. A Cavachon with shaggy white hair, Pebbles moves and announces herself with the frenzy of a small motor.

"Love you, Luke! Love you, Luke! Love you, Luke! Let's play!"

We can barely make it past her house without Luke tugging on his leash.

"I know she lives right here! Let's stop!"

Should Pebbles be open to an impromptu playdate, Luke will perch regally at her driveway, beaming, his leonine mane puffed out while Pebbles bounces around his calmer stature. The scene resembles a page from a Winnie-the-Pooh storybook. Luke plays the part of Pooh Bear; Pebbles, the buzzing bee.

Of course, Luke knows that little dogs aren't typically a threat—even those with the vicious snarl of Maui, the bossy Frenchie in the neighborhood.

"Tough morning, Maui? I hear

you. Try to look on the bright side."

He'll bury his nose in the sweet scent of a grass patch and ignore the behavior. Ditto for the rattling pug who rushes to the edge of his driveway to harass us during our walks. His stout body reminds me of the chunky gold bulldog perched atop the hood of my father's pickup truck named Red. Like the boss of that truck, the pug claims his territory.

"Go away! Get out! Get out!"

His flattened face and red-hot attitude make us smile, though I manage to stick to my training script.

"Leave it, Luke."

Little dogs with big attitudes are part of life, Luke has learned. Usually, they are harmless.

But what happens when they become a threat—not to his size, but to his wellness?

Read on.

Luke recently attended a summer barbecue, a lakeside gathering at a home where several little dogs had arrived first and apparently decided they owned the place. Beagles and spaniels, poodles and



doodles, and—most foreboding of all—Pearl, a Chihuahua wearing a miniature pink vest.

They greeted Luke's arrival with an orchestra of untamed melody.

"You don't belong! We were here first! We don't like you!"

Luke, oblivious, had only one thing on his mind: THE LAKE!

He beelined through the chaos, found the water and created his own swimming oasis. Ahhh. Sweet peace.

He swam for a few quiet minutes before climbing out to dry off. After a vigorous shake, he set off to explore the boat dock.

Big issue.

Pearl stood upright at the edge, snarling and guarding with bulging, blood-shot eyes.

"You don't belong."

Frustrated, Luke tried to work his way around Pearl's wrath to



reach the exquisite treasures scattered across the dock: fishing lures and one magnificent patriotic float. He sniffed with hyper-focus and poked at the float with trepidation.

"Do you move like a person?"

He investigated while an encore of barking resumed. Pearl had apparently called in the troops, creating the latest surround-sound track of We Don't Like Luke.

It was time for Luke to chill out and rest.

I leashed him, and we made our way to the deck, where a pair of King Cavaliers protested our arrival.

"This is our space."

We sat on a bench opposite them, and eventually they quieted. The savory scents of barbecue wafted through the air. Luke lifted his head and smiled.

Life was good.

We ate, shared easy conversation with the guests and talked about

LUKE

continued on page 15

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Memorial ride to honor fallen Uxbridge officers

The Uxbridge Police Department will join the American Legion Riders – Post 33 of Uxbridge for the “Let’s Ride” Memorial Ride on Sunday, September 13, honoring fallen Uxbridge Police Officers Stephen LaPorta and Chet Dzivasen.

The memorial ride will also support the newly established Uxbridge Police Fallen Officers Foundation, a 501(c)(3) non-profit formed by Uxbridge police officers and dispatchers.

The foundation’s mission is to provide assistance to local students

and dispatchers pursuing careers in law enforcement while honoring and remembering Uxbridge’s

havior is without consequences.

A small dog that repeatedly lunges at or provokes a larger dog may eventually trigger a defensive reaction. And when that happens, it is often the big dog who gets blamed—even if the little dog started the confrontation.

Training isn’t about turning a small dog into a military recruit or expecting every Chihuahua to become a Zen master. It is about giving dogs the tools to navigate a world that can be overwhelming from their perspective. Training builds confidence, establishes boundaries and helps dogs—and their people—understand one another.

Luke has learned that little dogs come in many varieties. Some are Pebbles, all bouncing affection and buzzing energy. Some are Maui, all snarl and attitude. And some are Pearl, ready to defend the entire lake from an innocent visitor.

Luke, for his part, has learned that sometimes the best response is to walk away.

Apparently, he’s still working on that one.

And maybe that’s the real lesson: every dog deserves the chance to learn how to be confident without being confrontational—and every big dog deserves the chance to enjoy the lake without having to become the lion of the neighborhood.

Visit Luke on Instagram @living-withlukevalention

Write to Amy amyleclaire@hotmail.com

fallen officers, Officer Dzivasen and Officer LaPorta.

The “Let’s Ride” Memorial Ride will bring together members of the community, fellow law enforcement officers, motorcycle riders, friends, and supporters to remember Officer LaPorta and Officer Dzivasen and honor the service and sacrifice of fallen officers.

The event serves as an opportunity for the community to come together in remembrance and support the foundation’s mission of honoring those who have served and supporting the next generation of law enforcement professionals.

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LUKE

continued from page 14

our dogs. Luke remained patient.

Until he was not.

“Summer is flying, Mom. We need to enjoy the lake because we’ll practically blink and it will be covered in ice.”

He had a point.

“Okay, Luke. You can swim again.”

I unhitched his leash, and he made his way toward the back of the house.

Pearl and her cronies stood barking like trolls.

GRRARGOUGH.

Luke had had it.

In a matter of three seconds, he became a lion leading his pride, growling and moving toward every reckless yapper. The little dogs scattered like ants beneath the rush of a garden hose. They fled with their ears peeled back, leaping into the arms of Dog Moms who cuddled and cooed over them.

Of course, I intervened. I scolded Luke and restrained him.

Thankfully, no one lost an eye.

Still, the incident got me thinking about something more serious: the importance of training every dog, regardless of size. Somehow, little dogs are often given a pass. Their lunging, barking and aggressive behavior can be dismissed as cute, funny or harmless—just because they are small. Certainly, a tiny dog cannot inflict the same physical damage as a large one.

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Q. I think I have been reading your column for more than 25 years. I know you drive a variety of vehicles, but most are "every day" cars and SUVs. Do you ever evaluate exotic cars, such as Corvettes, Porsche and other unobtainable cars that most of us will never own?

A. You are correct, and I tend to drive mainstream vehicles (although those are averaging \$55,000 these days). Recently I spent some time in a McLaren 750S. It was ridiculously fast with a 0-60 MPH time of a claimed 2.3 seconds, extremely responsive steering and a surprisingly comfortable ride. Now does anyone need a 200 mile per hour, \$400,000 car, no. Am I glad they made one, yes.

Q. I have a 2012 Ford Mustang convertible with only 17,600 miles. I had the coolant replaced five years ago. Nothing else has been done except oil changes every two years. The brakes seem kind of mushy but work. Any recommendations as to what I should have changed or replaced?

A. I would start with a thorough overall inspection of the car, focusing on the safety items first. The mushy brakes could be caused by air in the brake lines or sticking brake caliper slides. I would also consider changing the oil annually, since oil oxidizes from air exposure and its critical additives, such as rust inhibitors and detergents, break down over time. Check the tires, steering and suspension compo-

nents as well. Since it has been five years since the coolant was replaced, I would replace it again and inspect the coolant hoses, thermostat, and drive belts. Have the battery and electrical system inspected. Give the other vital fluids a good look and replace any that show signs of age. This would include the transmission fluid as well as the brake fluid. At 14 years old, even with low mileage, changing the spark plugs and checking the ignition system is money well spent.

Q. I read your most recent article and always check it for good advice. One reader asked about having to come back for lug nut tightening after a new tire replacement. You said, "Most reputable shops will recommend returning to check lug nut torque." Last month, I got new Continentals tires installed by my Subaru dealer, who I hope is reputable, but they never asked me to come back. I now have about 500 miles on them. Not having a torque wrench myself, should I go in and have them check, or is it too late and a moot point now?

A. Chances are they used a torque wrench to tighten the wheels, and everything is fine. Part of the rechecking process is a combination of building customer loyalty and reducing liability. In your case, I would put it in the category of "it can't hurt" to have the lug nut torque rechecked. On my own vehicles, have I checked lug nut torque after the wheels were removed and installed? Yes, but not always.

Q. My wife has a 2022 Prius Prime plug-in hybrid. We are looking for a private garage to work on hybrid and electric vehicle components. Can you recommend a tool to find one

that will work on the car and also not void the warranty with Toyota? I have a great mechanic who is now in his 60s and has no interest in working on hybrids.



BY JOHN PAUL

A. If it is just regular maintenance, such as brakes, steering components, bulbs, spark plugs, and oil changes, any good repair shop can handle that. If the repair is related to the hybrid drive system, then a hybrid specialist would be a good idea. AAA has Approved Auto Repair shops. Go to aaa.com/repair to find a shop near you. There is also a hybrid and electric vehicle training center (fixhybrid.com). Perhaps give them a call and see if they have trained anyone in your area.

Q. My 2014 Mercedes-Benz GL 450 has been deemed a total loss after an accident. The engine, however, was replaced by the Mercedes dealership in 2021, making the engine mileage approximately 45,000 miles less than what the odometer reads (120,000 miles). How can I maximize the amount of money I get from the sale of the car after the insurance company pays me for it? I plan on keeping the car and not turning it over to the insurance company after they pay the claim.

A. First, you need to look at what the insurance company will pay you outright and then compare that to what they will pay if you choose to keep

CAR DOCTOR
continued on page 17

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BY MARK MARZEOTTI

why: multi-generational home buying is on the rise.

Millions of families are living multi-generationally – that's when three or more generations live under one roof – and that number is only climbing. Data shows those households grew from 3.2 million to almost 4 million between 2014 and 2024 according to Realtor.com.

Each year, more people are shopping for a larger home that fits their combined needs. While the appetite for this type of house is

rising across the board, data shows multi-generational living is more common in some states than in others. Where does your state fall? California, Texas and Hawaii are leading the pack. Massachusetts is at four percent while Connecticut is just under four percent.

Depending on where you are, the pool of buyers looking for a house like yours could be even bigger than you'd think. But the overall bottom line is this: There's a real market out there for larger homes with room for multiple generations under one roof, especially since affordability is still so tight. If you own a house like that, it's in demand.

Multi-generational houses sell at a premium and that extra room carries real value with the right buyer. According to Realtor.com, in 2025 the median asking price for a multi-generational house was \$709,000, roughly 65 percent higher than the \$429,900 median for a standard house. Some of that is simply size. But compare multi-generational homes to regular homes with the same amount of square footage, and they still come out on top – \$262 per square foot

versus \$215. That's a 22 percent premium you could command for special features like in-law suites, second kitchens, and separate entries.

When you sell, this could help you walk away with more money in your pocket, especially when your agent highlights your home's multi-generational features in your listing. And even with slightly higher price tags, buyers aren't getting sticker shock. Multi-generational houses drew 13.5 percent more online views than standard ones, and they still sold just as fast – in about 59 days – per the same Realtor.com report.

Basically, when buyers want something that's very specific, the house that checks the boxes tends to stand out. Your multi-generational-friendly, or simply larger-than-average, house might meet criteria a lot of buyers can't find in a standard one. That's what gets attention and offers. So, talk to a member of The Marzeotti Group or your trusted real estate professional about what it could get you in your market right now.

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CAR DOCTOR

continued from page 16

the vehicle. Before agreeing to the settlement, provide the insurance company with documentation of the replacement engine. They may adjust the vehicle valuation upward based on that information. Looking online at CarGurus, the average Mercedes-Benz GL-Class GL 450 4MATIC sells for about \$12,500. Also, based on online listings, a used replacement engine can cost anywhere from \$5,000 to \$7,000. Could you keep the car and sell it as a complete parts vehicle? Yes. Could you disassemble it and sell the major parts individually to maximize the value? Yes, but only if you have the time and space to do it. If your insurance company was offering, as a realistic example,

\$13,000 if they take the car and \$7,000 if you keep it, I would let it go. Complete salvage GL450s are selling for roughly \$7,000 to \$10,000 online. If you wanted to disassemble the vehicle as a hobby and sell the parts individually, you could potentially do better, but that is more work than I would want to take on.

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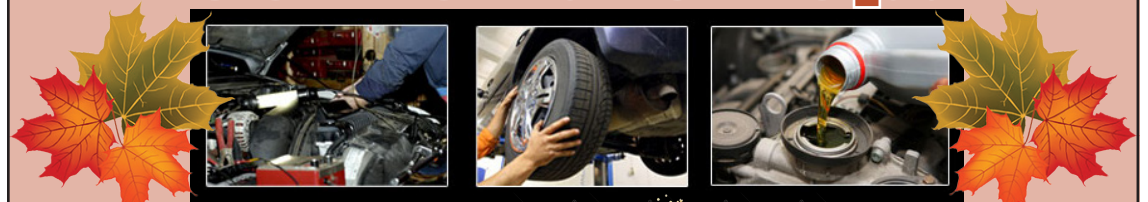
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NOTE: Community bulletin board-type items are welcome for inclusion in the Happenings! section of the Xpress newspapers. Please allow enough lead time for publication. Email your calendar or event notice to news@theyankeeexpress.com.

SATURDAY, SEPTEMBER 12

- Saint Peter's Parish in Northbridge is having a Chicken Parm Dinner on Saturday, September 12 starting at 5:30 p.m. in the parish hall. Bring you 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 are be available. All orders must be purchased in advance by Tuesday, September 8th. Please call 508-234-2156 or email the parish office: parishoffice@stpeterrockdale.org for tickets.
- The Dudley Agricultural Advisory Commission and the Dudley Recreation Commission are excited to announce a AgriFest & Family Fun Day, on Saturday, September 12, 2026, from 10 a.m. to 2 p.m. at the Dudley Municipal Building, 71 West Main St. Rain or Shine! This exciting community event will give local residents and visitors an opportunity to engage with local farmers and vendors. It's a great way to support local agriculture while bringing the community together for a fun-filled day. Event features include: Heaviest Tomato Contest - Think you've grown a prize-winning tomato? Enter our Heaviest Tomato Contest for a chance to win a gift card prize! Contest entries must be brought to the event in person—photos will not be accepted. Free Family Fun for Everyone In addition to shopping from local farms: • Food vendors • Live music • Access to Dudley's new Fun Zone Playground • Family-friendly activities

SUNDAY, SEPTEMBER 13

- The Rockdale Congregational Church will host an ice cream social on September 13 from 11:30 to 1:00. The social celebrates the end of summer and the beginning of the Sunday School year. Enrollment will be taking place; however, you are welcome whether you have kids or not! The event is free and open to all! Rockdale Church is located at 42 Fowler Road in Northbridge. They hope to see you and enjoy some tasty treats!

THURSDAY, SEPTEMBER 17

- Dr. Melissa Sargeant presents Dahlias at the Sutton Garden Club at the A. L. Dudley-Gendron Post 414, 156 Boston Post Road, Sutton at 7 p.m. (Doors Open 6:30) The time has come and the dahlias are in bloom. Dr. Melissa Sargent, owner of Evermore Flowers, will be sharing her expertise in harvesting and handling these beautiful and unique blooms. She will also discuss how to prepare for the tubers for storage until the next season. Melissa has been growing dahlias professionally for four years and in 2025 received fourteen first place awards of which four placed "Best in Show" from the New England Dahlia Society. Her bouquets will be sold at Whittier farm stand on Douglas Road again this year. Sutton Garden Club welcomes new members throughout the year. For more information: email: donnaali5867@gmail.com

HAPPENINGS!
continued on page 19

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HAPPENINGS!

continued from page 18

phone: (508)826-1247

website: www.suttongardenclub.com

Facebook: www.facebook.com/SuttonGardenClub/

• Join us at The Black Tavern on Dudley Hill (138 Center Road, Dudley) on Thursday, September 17 at 7 p.m. for a performance by Premier Swing Band. As we begin the Fall portion of our annual programs, we will put your memory to the test as Premier Swing Band performs the most iconic TV theme songs – from beloved sitcoms to classic comedies and even today's favorites. This lively interactive program is full of laughter and guaranteed to bring back great memories. No matter your age, challenge yourself to match decades of television shows with their timeless classic tunes and modern melodies. So, if you think you can remember these tunes and their shows, or maybe they may jog a few memories, join us for a night of fun, amusement and reminiscing.

The show is free and open to all. This presentation is funded with assistance of the Dudley Cultural Council. Light refreshments will be served after the performance. For more information, please check www.theblacktavern.com

SATURDAY, SEPTEMBER 19

• Grab a teammate and join Open Sky Community Services for an afternoon of friendly competition, live music, great food, and community spirit at the 12th Annual Valley Bag Toss, Saturday, September 19, 2026, at the historic Alternatives' Whittin Mill in Whittinsville. This inclusive cornhole tournament welcomes players of all abilities, ages 14 and older, and has become a favorite annual tradition in the Blackstone Valley. Whether you're competing for the championship or cheering from the sidelines, the Valley Bag Toss offers a fun way to connect with friends, family, and neighbors while supporting a meaningful cause. The tournament will take place from 12:00 to 5:00 p.m. at 50 Douglas Road, Whittinsville, MA. Team registration is limited, and advance registration is required. To register a team, become a sponsor, or learn more, visit www.opensky.org/valleybagtoss.

SEPT. 28-OCT. 3

• The Silver Club of the Uxbridge Senior Center will be taking a trip to Virginia Beach from Sept. 28 to Oct. 3. For \$819, it includes the bus, the hotel, 5 breakfasts, 3 dinners, a guided tour of Williamsburg, a narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus and Battleship Wisconsin, the boardwalk, Virginia Beach Aquarium, and the Mariner's Museum and Park. Everyone is invited to join the group on this tour. Please call Sue at 508-341-0797 for more information.

STARTING MONDAY, SEPTEMBER 28

• The Uxbridge Senior Center is proud to present a live 8-week session of Chair Yoga Exercise classes for Seniors. This class is a safe, gentle form of exercise that builds strength, improves balance, and enhances flexibility using a stable chair for support. The benefits of chair yoga include better balance, pain relief, and flexibility. The program will begin Monday, September 28 from 10:30 a.m.-11:30 a.m. at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron Street. The class will run for one hour, one day a week, on Mondays, for an 8-week time frame. The schedule will vary and is not consecutive Mondays, due to the availability of the gym. This program is free for Uxbridge residents. There is a requested donation of \$25.00 for out-of-town residents. 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 in Uxbridge and is open Monday thru Friday from 8 a.m. to 4 p.m.

• The Uxbridge Senior Center is proud to present a live 8-week session of Low Impact Exercise classes for Seniors. This class is a fitness program that utilizes light weights, and some Tai Chi moves to help with balance. The benefits of this program include improved balance, range of motion and coordination. 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 Monday, September 28 from 11:45 a.m. - 12:45 p.m. at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron Street. The class will run for one hour, one day a week, on Mondays, for an

8-week time frame. The schedule will vary and is not consecutive Mondays, due to the availability of the gym. This program is free for Uxbridge residents. There is a requested donation of \$25.00 for out-of-town residents. 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 in Uxbridge and is open Monday thru Friday from 8 a.m. to 4 p.m.

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Saturday, September 12, 2026
September's theme:
Art & Soul
Featured artist:
Jamie Guyette



Saturday, October 10, 2026
October's theme:
Creature Double Feature

Open Sky
COMMUNITY SERVICES



Sign ups begin @ 5:30pm
Singh Performance Center, 60 Douglas Rd., Whitinsville, MA
Hosted by Open Sky's Community Membership Dept.
Questions? Michelle.Benjamin@openskycs.org or visit openskycs.org/openmic



**OCT
16th!**

**Halloween
Roller Skating**
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6:45-7:45pm
8:00-9:00pm

\$5.00
per child,
per event
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**Halloween
Haunted Swim**
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6:45-7:45pm
8:00-9:00pm

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