

# BLACKSTONE VALLEY *Xpress*

CROSTOWN ADS AND BUSINESS NEWS

PRSR STD  
ECRWSS  
U.S. Postage  
PAID  
Boston, MA  
Permit No. 55800

March 11-April 8, 2022

## Primitive Goods poised for a festive fifth anniversary on April 3

By Rod Lee

Chances are Jeanne Silvia will be greeting customers with even more of the engaging smile she is known for than usual on Sunday, April 3, as her Primitive Goods Supply store on Mendon St. in Uxbridge celebrates a fifth anniversary.

With specials throughout the day, goodies and a raffle for a gift certificate, Ms. Silvia is looking forward to letting patrons of Primitive Goods know how much she appreciates their loyalty.

She only once before observed a milestone of this sort, on the occasion of the store's first anniversary.

"I think this is a good one because we made it past the pandemic," she said on February 24.

Situated in the historic Stanley Woolen Mill complex, Primitive Goods was closed for three months in 2020. "It was tough," Ms. Silvia said. "We reopened in July. We had an understanding landlord and I didn't make my girls pay rent."

"Her girls" are more than a dozen vendors spread throughout the rooms of the building. Part of the fun of visiting Primitive Goods is going from room to room, soaking up the atmosphere, and discovering all of the treasures contained therein. It might be an old bird-

house, a little red wagon, a wooden keg, a teapot, doggie wall plaques, an old crock butter churn, a baker's table, colorful tins, a "sweet Mimi" lantern, linens, curtains, candles, soaps and lotions, an old crate, earthenware, a framed chalkboard, a throw rug, an armchair, a jug, a cabinet, a shelf, a one-of-a-kind antique, furniture.

Farmhouse décor is plentiful.

So too is a wide selection of Valley Forge paints.

One customer "painted her walls with Valley Forge mustard," Ms. Silvia said. "I did some with New England Red and Rittenhouse Ivory."

"Prim love" is everywhere.

"There's a very high demand for what we sell because a lot of places closed," Ms. Silvia said. "Some customers come in weekly because they're afraid we're going to close."

A former vendor herself, next door at the Brick Mill Marketplace ("when she closed I decided to open here and my vendors followed me, all of them have been with me from the beginning except for one new vendor"), Ms. Silvia is keen on the arrival of March and April and the foot traffic those months will bring.

"People are looking for spring," she said. "We can't get it in fast enough."

Continued on page 2



Jeanne Silvia, right, owner of Primitive Goods in Uxbridge, relies on longtime vendors like Alice Rickard to keep the store brimming with merchandise for the home.

## Blackstone Valley Chamber of Commerce hosts 22nd annual Home & Community

NORTHBRIDGE - The Blackstone Valley Chamber of Commerce (BVCC) is back with their annual Home & Community EXPO on March 12, at Northbridge High School Fieldhouse from 10 a.m. to 2 p.m. This event boasts dozens of local businesses, available to answer questions about their services and industries. Discover what the Blackstone Valley has to offer at this amazing community event. Collect free goodies, participate in activities and enjoy the entertainment.

The BVCC is proud to host the Chowder Festival, generously sponsored by Milford Federal Credit Union. Restaurants from around the Valley will compete for the coveted "People's Choice" and "Best Judged" titles. Be sure

to cast your vote and stick around for the awarding.

There will be an expanded children's activity area featuring Bobo the Clown and his amazing balloon sculptures, games and more. Food will also be available for purchase through the NHS DECA concession stand.

Thank you to presenting sponsor, UniBank, Chowder Festival sponsor, Milford Federal Credit Union, entertainment sponsors, Gaudette Insurance, Savers Bank and Millbury Federal Credit Union, business sponsor, Package Steel, and welcome sponsor, Lampin Corporation.

Entrance is free with a downloadable ticket or the donation of a non-perishable food item or \$3 to benefit Peace of Bread Food Pan-

### INSIDE

**BRV HISTORIC PARK**  
Hosts Park at Home series  
PAGE 3

**SAMUEL SLATER EXPERIENCE**  
Ribbon Cutting  
PAGE 4

**LIVING ON WITH LINCOLN**  
A March puppy  
PAGE 15

**TALES FROM BEYOND**  
The ghost of Phillip Babb  
PAGE 16

**Gray Girl JEWELRY**

AFFORDABLE & UNIQUE CUSTOM JEWELRY DESIGN

Browse thousands of settings for rings, pendants, earrings & bracelets online, or shop in store.

Full custom design service available.

GRAYGIRLJEWELRY.COM

68 Church Street • Whitinsville, MA 01588

**CABINET DEPOT**

508-372-9023

833 Providence Road, Whitinsville, MA

**PERFECT PAW**

46 Providence Road, Northbridge

Healthy Pet, Healthy You Means a Healthy Life!

Family Owned  
Award Winning Groomer  
(508) 779-7448

Theperfectpaw.net  
facebook.com/ThePerfectPawMA

FOR YOUR PERFECT PET

**WHITIN COMMUNITY CENTER campwhitin**  
FUN. FITNESS. FRIENDSHIPS.

**SIZZLING SUMMER**

60 Main Street  
Whitinsville, MA 01588

**JUNE 27TH - AUGUST 26TH (FOR CAMPERS AGES 4-13)**

9 Weeks Of Camps  
Sports • Activity • Educational

**REGISTRATION**  
MEMBERS: MARCH 7TH  
GUESTS: MARCH 14TH

Please Register Online  
www.WhitinCommunityCenter.com

NOTE: Financial assistance available to those who qualify. Please see website for details.

**Camp Sneak Peek**

- CW Mini Camps (Ages 4-6)**
  - NEW! Dr. Seuss
  - NEW! Crafty Creators
  - NEW! Wet 'N Wild
- CW Sport Camps (Ages 7-13)**
  - NEW! Beast Mode
  - NEW! Finish Line
  - NEW! Martial Arts
- CW Activity Camps (Ages 7-13)**
  - NEW! Design Lab
  - NEW! Harry Potter
  - NEW! Summer In Color



## PRIMITIVE GOODS

Continued from page 1

To that end, she was headed to Pennsylvania—Lebanon, Penn. specifically—as the month of February came to a close for a “three-day show” she attends twice a year, to acquire more inventory. “We do our ordering there, and cash and carry,” she said. “That’s where I get a lot of my handmade items. I will be concentrating on spring stuff and the Fourth of July, outside garden, florals because everyone is looking for those.”

Having a connection to the

Stanley Woolen Mill legacy and a convenient location right along Rt. 16 with plenty of parking is an asset, she says.

The store is open Wednesday through Sunday 10:00 a.m. to 5:00 p.m.

“People love the building. They say ‘can we move in?’ We made it like a home. I have my little window,” she said, of a cutout between her spot at the sales counter and the entranceway.

“I’ve made a few people jump!”

Contact Rod Lee at [rodlee.1963@gmail.com](mailto:rodlee.1963@gmail.com) or 774-232-2999.



Unexpected finds are part of the experience of visiting Primitive Goods in Uxbridge, a store that features “home décor and more.”

## Time for a mortgage checkup!



Your finances and plans change over time, so let one of our Loan Specialists give you a complimentary **mortgage checkup!**

We offer a wide range of fixed and variable loan programs, along with local decision-making and loans serviced by Milford Federal.



Call us at 508.234.2450 to get started.

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



## Correction

The name of the Table Family Diner was listed incorrectly in the February 11 story printed in the Blackstone Valley Xpress. Their daily hours of operation are 6:30 a.m. to 3 p.m.; Friday until 6:30 p.m.; and closed Wednesday and Friday. The Table Family Diner is located on Quaker Highway in Uxbridge, owned by Cheryl Swyers.



## Hiring RN's and CNA's

Eleanor Slater Hospital Zambarano Unit is hiring full-time Registered Nurses and CNA's, all shifts. Competitive wages and benefit package.

Please apply at

[www.governmentjobs.com/careers/rhodeisland](http://www.governmentjobs.com/careers/rhodeisland)

For questions, please call Debra Martinelli at 401-567-5414

# BLACKSTONE VALLEY Xpress

Published on 2nd and 4th Fridays of the month.  
Direct mailed to 63,000 unique homes and businesses each month and available on news stands throughout the region.

2nd Friday: Auburn, Charlton, Dudley, Oxford and Webster, 1/2 all addresses.  
2nd Friday BLACKSTONE VALLEY South: Douglas, Northbridge and Uxbridge.  
4th Friday: Auburn, Charlton, Dudley, Oxford and Webster, other 1/2.  
4th Friday BLACKSTONE VALLEY North: Grafton, Millbury and Sutton.

### DIRECTORY

Submit business news and community events to [news@TheYankeeXpress.com](mailto:news@TheYankeeXpress.com)  
Request advertising information: [ads@TheYankeeXpress.com](mailto:ads@TheYankeeXpress.com)

Kathy Benoit, Advertising Director [kathybenoit@theyankeeexpress.com](mailto:kathybenoit@theyankeeexpress.com)

Billing and advertising information Laura Gleim [lgleim@TheYankeeXpress.com](mailto:lgleim@TheYankeeXpress.com)

Jeremy Wardwell, Sales (Auburn, Charlton, Dudley, Oxford, Webster) [jeremywardwell@TheYankeeXpress.com](mailto:jeremywardwell@TheYankeeXpress.com)

Bill Cronan, Sales (Blackstone Valley) [bcranon@TheYankeeXpress.com](mailto:bcranon@TheYankeeXpress.com)

The Newspaper Press, LLC / contents copyright 2022

Sally Patterson, Production Manager Carol Kosth, Graphic Artist

Contributing writers and columnists: Peter Coyle, Tom D'Agostino,

Magda Dakin, Christine Galeone, Rod Lee, Amy Palumbo-LeClaire, Janet Stoica

168 Gore Road, Webster, MA 01570 PHONE: 508-943-8784 FAX: 508-943-8129

**89 Southbridge St.**  
**Auburn, MA**  
(across from Sword St.)

**Vacuums always 75¢**

<p><b>BIG KAHUNA</b></p> <ul style="list-style-type: none"> <li>• BIG KAHUNA CARNAUBA WAX</li> <li>• UNDERCARRIAGE WASH W/ ROCKER BLASTER</li> <li>• x2 PASS FOAMING PRESOAK</li> <li>• HIGH PRESSURE WASH</li> <li>• FOAMING POLISH</li> <li>• SHIELD "HIGH GLOSS TOTAL PROTECTANT"</li> <li>• SPOT FREE RINSE</li> <li>• LASERDRI</li> </ul> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">\$18</p>
<p><b>DELUXE WASH</b></p> <ul style="list-style-type: none"> <li>• UNDERCARRIAGE WASH W/ ROCKER BLASTER</li> <li>• x2 PASS FOAMING PRESOAK</li> <li>• HIGH PRESSURE WASH</li> <li>• FOAMING POLISH</li> <li>• SHIELD "HIGH GLOSS TOTAL PROTECTANT"</li> <li>• SPOT FREE RINSE</li> <li>• LASERDRI</li> </ul> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">\$14</p>
<p><b>SUPER WASH</b></p> <ul style="list-style-type: none"> <li>• UNDERCARRIAGE WASH W/ ROCKER BLASTER</li> <li>• x2 PASS FOAMING PRESOAK</li> <li>• HIGH PRESSURE WASH</li> <li>• SPOT FREE RINSE</li> <li>• LASERDRI</li> </ul> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">\$10</p>
<p><b>BASIC WASH</b></p> <ul style="list-style-type: none"> <li>• x2 PASS FOAMING PRESOAK</li> <li>• HIGH PRESSURE WASH</li> <li>• SPOT FREE RINSE</li> <li>• LASERDRI</li> </ul> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">\$8</p>



# Offering support beyond the road test

## Business spotlight

Centerpoint Driving Academy sets itself miles apart from its competition. With its unique offerings and local ties, it's hard to go wrong.

Centerpoint Driving Academy offers classes for people of all ages, teaching them the rules of the road—with high satisfaction levels.

President Jim Beyer, a Milford native, said the ratings the company receives are top notch.

"We have the highest rating on Google out of any driving school in our area. More than 83 5-star reviews and a total rating of 4.9.

So how did this 5-star driving academy get its start?

Centerpoint Driving Academy was founded by two fathers who strongly believe that teens aren't getting enough out of Driver's Ed. With seven children between them, they've served as the point men for all auto-related problems – putting air in the tires, explaining dashboard alerts, changing tires, etc. Their kids were clueless about these fundamental skills because, as they told

them: "We never covered that."

It became clear to them that while Driver's Ed programs are helping students get their license, they are not doing enough to prepare them for what happens after they have it.

So two dads, John Anderson and Jim Beyer, started the academy.

The business, which has been around for three-and-half-years, brings joy not only to the students when they see success, but also to the workers.

"My favorite part of owning this company is seeing the joy on a teen's face when they pass their driving test on the first attempt," Beyer said.

"We offer personal services that go above and beyond," he said.

Centerpoint will pick students up from their homes, school or work.

Another area that sets them apart? The cars.

"We have several unique offerings. We are the only school to offer driving lessons with only SUVs—Toyota RAV 4s. SUVs are 50% safer than taking lessons in a sedan, per the National Highway Safety Board.

"Second, we provide a unique Life Skills class where



we bring in a police officer to address the class and a master mechanic to teach them how to change a tire, etc. This is free as part of purchasing the SUV package," Beyer said.

Centerpoint Driving Academy also has a Spanish-speaking instructor. They offer online scheduling for students to book their lessons and observation hours. There's also a portal where both the students and parents can track their progress.

A bonus that students receive is an additional free practice lesson before they take the RMV road test.

Beyer said the biggest extra that students get is some-

thing that happens after the class ends.

"We provide an evaluation after each driving lesson that is sent to both the student and the parent," said the CEO.

Another added benefit that Centerpoint offers is the background and experience to address concerns parents may have about their kids who have anxiety, ADD or similar issues. Beyer has spent 20+ years working as a school psychologist, clinician, and therapist for teens and adults. This is an expertise you don't find at your average driving school.

Don't just take the company's word for it, see what students are saying about Centerpoint:

One parent said "the company had good communication, professionalism, quality, and value."

Another parent wrote "We used a different company for my older child's driver's ed classes and lessons and weren't blown away by it so looked around when it was time for our middle child to take them. We'll definitely be back to CDA for our youngest child! Jim and crew were fabulous! Easy to work with and so good with our daughter. Dealing with a pandemic is stressful enough, never mind learning to drive in it. They were great and helped put our daughter at ease. She was confident when it was time for her license test and she passed the first time. I have recommended them to friends whose children are getting to that age. They are excellent!"

Centerpoint makes a difference in the lives of its students and its community.

**For more information on how to sign up for classes or learn more, visit [www.centerpointdrivingacademy.com/about-us](http://www.centerpointdrivingacademy.com/about-us).**

The current service areas are listed below, but special requests are always welcome.

- Ashland
- Bellingham
- Blackstone
- Douglas
- Franklin
- Grafton
- Holliston
- Hopedale
- Hopkinton
- Medway
- Mendon
- Milford
- Millis
- Millville
- Northbridge
- Southboro
- Sutton
- Upton
- Uxbridge
- Westboro
- Whitinsville

**centerpointdrivingacademy.com**  
**31 Granite St., Suite 4, Milford, MA**  
**508-217-4447**

## 1 SIMPLE PROGRAM FOR A BEAUTIFUL LAWN SCOTTS AVAILABLE @ KOOPMAN LUMBER



### Why use the 4-step program?

- 1) Specifically formulated for New England Lawns
- 2) Promotes a healthy lawn while eliminating pesky weeds
- 3) Protects your lawn from harsh summers and cold winters
- 4) Trusted year after year by thousands of New Englanders!

Shop online any time @ [shopkoopman.com](http://shopkoopman.com)

Buy instore at the following locations:  
 Whitinsville | Uxbridge | Grafton | Sharon

Visit [Koopmanlumber.com](http://Koopmanlumber.com) for more information





# Samuel Slater EXPERIENCE Cuts the ribbon



Samuel Slater Experience founder Chris Robert and Lieutenant Governor Karyn Polito cut the ribbon to officially open the museum, flanked by Ross Lavoie, Selectman Randy Becker, State Rep. Joe McKenna and State Sen. Ryan Fattman.

The Samuel Slater Experience, a historic museum featuring state-of-the-art 4-D digital technology to tell the story of Samuel Slater, the beginnings of the American Industrial Revolution, and the founding of Webster, Massachusetts, in the early 19th century, opened its doors to the public Friday, March 4, with a special ribbon-cutting ceremony.

A group of local politicians and business leaders spoke in a brief program held before the ribbon cutting. Speakers include Samuel Slater Experience Founder Christopher Robert, Lieutenant Governor Karyn Polito, Senator Ryan Fattman, Representative Joseph McKenna, Webster Selectboard chairman Randy Becker, Webster Town Administrator

Richard LaFond, Executive Director of Discover Central Mass. Monique Messier.

The Samuel Slater Experience comprises more than twenty unique, immersive exhibits that transport the audience back to the early 1800s as the seeds of the American Industrial Revolution were sown. The museum starts with a young and conflicted Samuel Slater and his immigration to America, his success during the era and his impact on the geographic area. Guests will explore Slater's unique factory model that would transform manufacturing in America. The museum then takes you forward a century, recreating downtown Webster in the early 1900s, which has become a hub of commerce and industry.

The Samuel Slater Experience was created by Webster business owner and philanthropist Christopher Robert with the help of Webster town officials, museum design expert Doug Mund and his firm dmdg2, and digital production mastermind Bob Noll and Boston Productions Inc. Robert has been working on the project since 2016, with the fundamental purpose to create a new way to educate children. The exhibits are designed in coordination with curriculum directors from the local school districts, aligned with approved curriculum standards in both social studies and STEM fields.

Explore the Samuel Slater Experience now at [SamuelSlaterExperience.org](http://SamuelSlaterExperience.org)

## Top Reasons to Go Solar with SUNRUN



- Get price protection from rising utility rates
- Save \$\$\$ on your monthly electricity costs
- No cost installation programs available
- Add value to your home
- Reduce your carbon footprint and combat global climate change on a local level

"Hi, I'm Matt Lafond, a homeowner and Sunrun customer. Let me be your local solar consultant."

Text or email today to schedule a FREE in-home consultation.

cell: 339-222-6364 email: [matt.lafond@sunrun.com](mailto:matt.lafond@sunrun.com)  
[gosunrun.com/mattlafond](http://gosunrun.com/mattlafond)



Enjoying a trolley ride are Bev Robert, Rep. Joe McKenna, Jeannie Hebert, Lt. Gov. Karyn Polito and Keiko Orrall.

# We're hiring!



[vnacare.org/careers](http://vnacare.org/careers)

RN, LPN, PT, PTA, SLP, Home Health Aide



## Blackstone River Valley National Historical Park hosts “Parked at Home” series

Are you parked at home this winter? The staff at Blackstone River Valley National Historical Park invites you to learn about your local national park—and some far-away places—without even packing a bag.

Blackstone River Valley National Historical Park is made up of six different sites in Massachusetts and Rhode Island. All of these sites, from Slater Mill in Pawtucket, RI, to the Little Red Shop in Hopedale, Massachusetts, have a unique story. Through a series of virtual talks called “Parked at Home,” local National Park Service staff will pair up with other rangers at six

other National Park Service units to explore unexpected connections.

“This is a way for people who live outside of the Valley to learn our story, and for local people to get an insiders’ view of a totally different part of the country,” Supervisory Ranger Kevin Klyberg explains.

This series began on Thursday, March 10, and will run on consecutive Thursday evenings at 7:00 p.m. through April 14. All programs are free and presented in partnership with Blackstone River Valley National Heritage Corridor. To register, visit the National Historical Park’s website at

www.nps.gov/blrv. For more information, contact Park Ranger Allison Horrocks at Allison\_Horrocks@NPS.gov.

**Parked at Home: Construction** - Thursday, March 17, at 7:00 p.m. featuring: Cuyahoga Valley National Park. The second event in this series takes us from the Blackstone Canal all the way to Ohio. Together with folks from the Cuyahoga Valley, we’ll explore the lives of people who built the infrastructure that made America’s age of industry. We will also consider how historic canalways give us space to recharge for the future.

**Parked at Home: Family** - Thursday, March 24, at

7:00 p.m. featuring: Wright Brothers National Memorial. From the Whitins in Northbridge, to the Wrights in Kitty Hawk, North Carolina, family businesses and ventures can be full of tension and triumph. What can the Whitins and the Wrights teach us today about the lines between business and family?

**Parked at Home: Equality** - Thursday, March 31, at 7:00 p.m. featuring: Belmont-Paul Women’s Equality National Monument. Before Hopedale was a factory town, it was a commune founded on utopian ideals—and women’s equality. During this talk, we’ll take a long

look at the fight for women’s suffrage and other battles for equity in society with a ranger from the nation’s capital.

**Parked at Home: Space** - Thursday, April 7 at 7:00 p.m. featuring: Canaveral National Seashore. Did you know that workers in Ashton, Rhode Island made materials that allowed humans to go into space? Soar beyond earth’s atmosphere during this talk with the people who manage the land for Kennedy Space Center.

**Parked at Home: Cotton** - Thursday, April 14, at 7:00 p.m. featuring: Timucuan Ecological and Historic Preserve. During the final discussion

in this series, we will learn from experts in Florida about cotton cultivation and the system of plantation slavery. Together, we’ll connect the labor system at Slater Mill (a cotton spinning mill) in Pawtucket, Rhode Island, to the global web of enslaved labor.

More than 20,000 National Park Service employees care for America’s 423 national parks and work with communities across the nation to help preserve local history and create close-to home recreational opportunities. Visit us at www.nps.gov, on Facebook www.facebook.com/nationalpark-service, Twitter www.twitter.com/natparkservice, and YouTube www.youtube.com/nationalparkservice

### Primitive Goods

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

- Home & Garden
- Antiques to Farmhouse
- Village Paint
- Primitives & Country
- Candles • Handmade

Open House

Thurs., March 17  
to Sun., March 20

Refreshments Served  
and a Raffle for  
a Gift Certificate

---

APRIL

Is the Beginning of our  
5th year Anniversary

Use Your Gift Cards From The Holidays!

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

email us on  
FACEBOOK

## Stevens & Son Lawn Pro

Commercial - Residential

Specializing in

Seasonal Lawn & Shrub Maintenance  
Bark Mulching • Lawns Thatched  
Shrubs, Trees & Flowers Planted  
Sodding & Seeding  
Fall Clean-up • Snow Plowing

508-832-7063 • 508-721-7772

Auburn

stevensandsonlawnmaintenance.com



UXBRIDGE

## Orthopedic & Sports Therapy

### Exceptional Outpatient Rehabilitation



Getting back to your active life is your goal and ours too.  
Our Physical Therapists are professionally trained and equipped to provide you  
with Exceptional Outpatient Post-Surgical Rehabilitation Therapy.

Located at 60 Quaker Hwy (RT 146A) Uxbridge, MA 01569

www.rehabassociates.com/uxbridgeorthopedic

(508) 278-7810





# Lucente Jewelers

Turn Your Old Jewelry into

# CASH

**HIGHEST PRICE PAID**  
for your *Diamonds, Gold, Silver & Platinum*  
**GOLD IS TRADING AT AN ALL-TIME HIGH!!**



Available for a private consultation

**508-839-0028**

Rte. 122, One Hollywood Dr., North Grafton

HRS.: Mon., Tues., Wed. & Fridays 10am-4pm

## Trip to Portugal

Join the Douglas Sunshine Club for a trip to Sunny Portugal with Collette in October. The Club will be hosting a Collette Travel rep presentation for this trip on Thursday, March 24, at 3 p.m. at the Adult Social Center located at 331 Main St, Douglas. It is a 10 day tour with multiple night stays

at some of the hotels along the way. Venture from the coastal city of Lisbon and experience cultural and culinary highlights of Portugal. The day-by-day round trip itinerary, travel arrangements to and from Boston, detailed information regarding safe international travel, health and safety protocols,

travel insurance and other detailed information will be discussed. The club has traveled with Collette on several other international trips and have always been 100% satisfied with all the arrangements, professional preparation and expert travel guides. This trip is perfect for anyone with an interest in exploring new places and finally getting back out there for new experiences.

For more information contact Pam Schwartz 508-476-4474 or the Douglas Adult Social Center 508-476-2283.

**BLACKSTONE VALLEY Xpress**  
CROSSTOWN ADS AND BUSINESS NEWS

Total distribution in Douglas, Northbridge and Uxbridge  
[ads@theblackstonevalleyxpress.com](mailto:ads@theblackstonevalleyxpress.com)



**Hair's To You**  
Full Service Salon

*Walk-ins Welcome*  
299 Providence Rd., S. Grafton, MA  
774-293-1444

Hiring Booth Rentals!

BUY 2 PRODUCTS GET ONE FREE

**\$5<sup>00</sup> OFF**  
ANY HAIRCUT  
New Customers ONLY. Exp. 3/31/22

**\$15<sup>00</sup> OFF**  
ANY COLOR TREATMENT  
New Customers ONLY. Exp. 3/31/22

**CUTS • KIDS CUTS • COLOR • FACIALS**

## MEDWAY OIL & PROPANE

"Your Total Home Comfort Company"

Family owned and operated since 1954

# The only Energy company you'll ever need.

Introducing your neighborhood consultant, Jeff Richards - 13 year resident of Douglas as well as a combined 12 years in Uxbridge and Northbridge!

### Fuels

- Heating Oil
- Propane
- Diesel
- Bagged Coal

### Installations

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

### Programs

- Flexible pricing and budget programs
- Ask about our Veteran, Military, Police and Fire discount.

### Service

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

## Be Sure to Ask About our New Customer Program

Medway Oil & Propane is a proud and loyal supporter of the local communities we serve.

**FREE 32-POINT VISUAL INSPECTION OF THE HEATING SYSTEM**  
(must mention this ad)

**\$100 ACCOUNT CREDIT TOWARDS YOUR FIRST TUNE-UP OR SERVICE PLAN\***

**FREE: 100 GALLONS OF HOME HEATING OIL OR PROPANE\***

Give us a call today! **800-649-5949**

**jeffrichards@medwayoil.com**

**info@medwayoilpropane.com**

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



## Thimble Pleasures quilt show

The Thimble Pleasures Quilt Guild is pleased to present its 2022 quilt show Visions of Hope on Saturday and Sunday, March 12 and 13, at Blackstone Valley Regional Vocational Technical High School, 65 Pleasant St., Upton. Show hours are 10 a.m. to 4 p.m. each day. Admission is \$10.00 and children 18

and under are admitted free. The entrance to the school is handicap accessible and free parking is available on site. The following COVID precautions will be in effect: masks must be worn by all visitors, hand sanitizing stations will be available throughout the site, and food and refreshments will not be available.

There will a diverse group of craft and quilt vendors also participating in the show.

The show will feature over 200 quilts designed and made by guild members. Also included are member quilts from Guild Challenges, Round Robins, and Youth Quilts. The show also offers a Silent Auction, raffle baskets, a Quilter's

Boutique, and a special raffle quilt. Raffle quilt tickets are available at the show and are \$1.00 a ticket or 6 for \$5.00. The raffle drawing will take place on Sunday at 4 p.m. You do not have to be present to win.

This year the Thimble Pleasures Quilt Guild will commemorate thirty years since its

creation. This milestone will be noted at the show's special exhibit, Hindsight is 2020, which will feature a look back at all of our past Quilt Show's Special Projects. This year's Special Project charity is Guiding Eyes for the Blind. There will be many pet-related handcrafted items for sale to support our donation to this charity.

Funding realized from the show will be used to assist the guild in purchasing materials for their community outreach projects, charity donations, and other special projects.

The Thimble Pleasures Quilt Guild hopes to see you there and hopes that you will enjoy the show.



# Dream boldly

## with a Home Equity Loan from UniBank.

Home Equity Loan Rates as low as

**2.99%\*** APR

- No closing fees
- Apply at UniBank.com today!

# UNIBANK

Connecting all offices: 1.800.578.4270  
www.unibank.com

Scan to apply!



Blackstone • Douglas • Grafton • Hopkinton  
Milford • Shrewsbury • Sutton • Upton  
Uxbridge • Whitinsville • Worcester

MEMBER FDIC/MEMBER DIF • UNIBANK NMLS #583135 Annual Percentage Rate (APR) effective as May 20, 2021 and is subject to change at any time. Offer of credit is subject to approval. Homeowners and Flood insurance (where applicable) is required for the life of the loan. Up to 80% Loan-to-Value (LTV) of the market value. Other terms, conditions, and fees may apply.



## Augmented Reality Welding Class

REMAKE 4.0 training invites the *daring*, the *bold*, and the *free-thinkers* to experience and learn the skills necessary to make change and build your career.

This is a 6-week training course design to provide the knowledge and skills necessary to prepare students for an entry-level career in welding.

**Free tuition** is offered through REMAKE 4.0.

Wednesdays & Thursday,

6:00 – 8:30pm March 16 – April 21

- Training prepares students with welding vocabulary, techniques, and basic operations of a welding gun. Lessons will include lecture, demonstration, discussion, online course modules and lab exercises.




Scan for application



For more info contact: Karen Ares / [ares.karen@bv-edhub.org](mailto:ares.karen@bv-edhub.org)

**Blackstone Valley EdHub**  
670 Linwood Ave #5  
Whitinsville, MA 01588

**REMAKE 4.0**  
POWERING TODAY'S INDUSTRIAL REVOLUTION



**Private Tutor**  
Math and Science  
Grades 7-12  
Over 20 years experience  
shaping young minds.  
Tom Armstrong  
(508) 241-6124  
tom@tweez.com

# THE ULTIMATE WORLD WAR II FIGHTER EXPERIENCE SWEEPSTAKES

Add promo code **YANKEE** for 20% more!  
Enter by July 29th, 2022



**TP-40N Warhawk**



**P-51D Mustang**



**TR.9 Spitfire**

The American Heritage Museum is offering the ultimate WWII Fighter Experience at the Biggin Hill Heritage Hangar near London, England. The sweepstakes winner will fly in the very rare two seat P-51D Mustang, TR.9 Spitfire and TP-40N Warhawk fighters. This is the only sweepstakes opportunity like this in the world! Winner will also receive a \$2,000 travel allowance.



**Scan QR Code To Enter Now!**

Or visit: <https://ahmus.me/WWII-fighter-sweeps>



*Tuesday is Senior Day*

## \$11 HAIRCUTS

**HOURS**  
Tues.-Thurs. & Fri. 9:00-5, Wed. 12:00-6, Sat. 8:00-1

13 Mendon St. Uxbridge, MA 508-278-5040  
Steve Guilliani, Master Barber



## Healthier baking in the Blackstone Valley

### Microwave for heating and cooking too

By Christine Galeone

As we approach the end of winter, many of us continue to crave comfort food. We may also have a tendency to want to satisfy our cravings for comfort food right away.

Both desires can lead us to pick up fast food snacks or over-processed sweets that taste as good as they look – because they're frequently loaded with sugar, saturated

fat, artificial colors, artificial flavors and preservatives.

But over-processed sweets and fast food snacks can only satisfy us temporarily. In the long term, they can lead to

the horrible diseases and conditions that we all dread. So, why not try a quick healthy snack, instead? Quick Microwave Blueberry Crisp could be exactly what you're looking for.

Blueberry crisp is probably one of the healthiest desserts you can make. It's overflowing with heart-healthy ingredients, including blueberries, oats and walnuts. Cinnamon also has antioxidant properties. And blueberries are considered to be a superfood for many reasons. They are certified by the American Heart Association to be a heart-healthy food. Loaded with antioxidants, they are believed to be beneficial

in fighting cancer and in improving brain health. Additionally, the anthocyanins – which give the fruit its deep color – may have antidiabetic effects.

#### Quick Microwave Blueberry Crisp

##### Ingredients:

- ½ Cup of Blueberries
- ¼ Cup of Rolled Oats
- 2 Tbsp. Chopped Walnuts
- 1 tsp. of Brown Sugar\*
- Generous Sprinkling of Cinnamon
- 1 tsp. of Olive Oil

##### Directions:

- Rinse the blueberries.
- In a microwave-safe dish, mix together all the dry in-



gredients and the blueberries.

- Add the olive oil to the mixture.
- Cover with a paper towel.
- Microwave for approximately one minute. Let it cool a little, but serve it warm. Makes one serving.

\*Brown sugar can easily be omitted from this recipe. Is comfort food really comforting if it could lead to disease? The answer is clear. This blueberry crisp is delicious, quick and healthy. It's a snack or dessert that can bring us comfort in more ways than one. Happy (healthier) baking!

# COIN SHOW

**EVERY 3<sup>RD</sup> WEDNESDAY**  
**MONTHLY COIN SHOW**  
**March 16, 2022**  
**3-8 p.m.**

**FREE APPRAISALS - BRING YOUR COINS**

Dealers selling & buying U.S. and Foreign Coins, Currency, Gold, Silver, Tokens, Medals & Other Collectibles.  
**At VFW Post 1385, 16 Cross Rd., Uxbridge, MA 01569**

FREE ADMISSION (door prize)  
 Contact Mike (774) 280-4333

## YAMA FUJI

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

**\$10<sup>00</sup> OFF**

With purchase of \$65 or more with this coupon.

With this coupon. Not valid with any other offers. One coupon, per purchase. Excludes tax. Exp. 4/30/2022. Yama Fuji - No. Smithfield

SEASONAL DRINK SPECIALS!

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

**Gift Certificates Available**

**Sushi Bar • Full Bar Lounge**

# GREGORY'S

restaurant & pizzeria

ONLY Location is Douglas, MA

**ORDER ONLINE**

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

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

## New England Steak and Seafood

Make Your Easter Reservations NOW!

9 SEATING TIMES AVAILABLE:

12:00 noon	2:30 p.m.	5:00 p.m.
12:30 p.m.	3:00 p.m.	5:30 p.m.
1:00 p.m.	3:30 p.m.	6:00 p.m.

Route 16, Mendon, MA  
 508-473-5079 508-478-0871  
[www.nesteakandseafood.com](http://www.nesteakandseafood.com)

## Adult Day Health Program

serving your community

Family Owned and Operated

Reliable partner assisting families

Offering Skilled Nursing, Personal Care, Case Management, Recreation, Nutrition and Transportation Services

HOMEY, FUN, SECURE, SAFE, CLEAN

FOLLOW CDC/MA COVID19 GUIDANCE

ULTRAVIOLET AIR CLEANING SYSTEM

**TESTIMONIAL:** "When my mother's dementia progressed to the point that she was no longer able to live by herself; I was in desperate need of help and found it with the folks at Accord."  
 -Marcia T

10 Cudworth Road • Webster, MA 01570  
 508-949-3598  
[www.accorddaycenter.com](http://www.accorddaycenter.com)



## Pruning basics

CHARLTON - The Charlton Garden Club's Monday, March 14, meeting will feature Dawn Pettinelli, an Associate Extension Educator at the University of Connecticut. She will be speaking on Pruning Basics.

Charlton Garden Club meetings are open to all interested in gardening and related themes. Whether you're a novice or accomplished gardener, the Charlton Garden Club is a great place to meet other gardening enthusiasts, learn about plants and planting, and to share your gardening tips and experiences. Meetings are held at 7 p.m. at the Charlton Federated Church. A \$5 donation is suggested for non-members. If interested in joining the Garden Club, please contact Co-Presidents, Virginia Charette at (508) 248-7300 or Marcia Liedigk at (508) 434-0506.



*Barry Marcus*  
**Watchmaker**  
JEWELRY ENGRAVING  
**508-478-8043**  
258 MAIN STREET • ROOM 303  
ACROSS FROM MILFORD POST OFFICE

*"All watches, antique to modern quartz, repaired and serviced"*



45 River St., Millbury, MA  
**(508) 865-3377**

**Look for our  
Delicious  
Lenten  
Menu!!**



\$5.00 OFF

Orders \$30 or more  
(one per party, not to be combined)

Open: Thursday-Sunday  
[www.scalesseafood.com](http://www.scalesseafood.com)

Fresh Seafood Year Round  
Featured on GOURMET



MULCH • WOOD CHIPS • COMPOST  
SAND • STONE • LOAM

605 Quaker Highway (Rt. 146A), Uxbridge, MA      P.O. Box 77  
**508.278.2628**      Uxbridge, MA 01569

Four Beautiful Function Rooms to Accommodate Any Event!

**RIVER FALLS OFFERS**  
Full Service Catering  
Barbecues • Graduations • Showers  
Holiday Gatherings & More!  
We can deliver and staff your event or you can choose to pick it up yourself.  
PLEASE CONTACT STACEY BROUILLARD

Tues. - Thurs. 4pm-9pm;  
Fri. & Sat. 11:30am-10pm;  
Sun. 11:30am-8pm



WE SERVE BOTH!



**FAMOUS BERCHED CHICKEN**



**FAMILY STYLE CHICKEN**

12 BUCK TUESDAY'S



CHOOSE ANY BURGER AND ANY DRAFT BEER FOR ONLY \$12 BUCKS

Available every Tuesday from 11:30am - 9:00pm

FRIDAY SPECIALS

EVERY FRIDAY 11:30AM-6:00PM

FISH & CHIPS.....\$9.99	FRIED BAY SCALLOP DINNER.....\$10.99
BAKED HADDOCK DINNER.....\$10.99	FRIED SHRIMP PLATTER.....\$10.99

DINNER FOR 2

Every Wednesday Night 3-9 p.m.  
Your choice of Soup or Salad, Two Entrees, Coffee and Dessert including a Bottle of Wine or Pitcher of Beer  
only \$39.00  
Or Dinner for Two excluding Wine or Beer only \$26.00



Quality construction since 1975

• Custom Homes • Additions • Garages

FULLY INSURED & LICENSED #008182

Website: [Heneyconstruction.com](http://Heneyconstruction.com)  
Email: [djh@heneyconstruction.com](mailto:djh@heneyconstruction.com)  
Mobile: 508-922-9253    Office: 508-476-7900 X12

## See an Expert in Cosmetic Dentistry

Jason R. Tubo, DMD, MAGD - Master of the Academy of General Dentistry

Advanced Cosmetic Bonding | Minimally Invasive Dentistry  
Completely Digital Treatment (NO impressions!)  
Single-tooth implants | Full-mouth reconstruction  
Computer-Guided Surgery | 3D Cone-Beam X-ray  
Crowns | Veneers | Advanced Esthetics



Whitinsville  
family dentistry

(508) 234-8107

12 Prospect Street  
Whitinsville, MA

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





Real People. Real Results.

See more of Jen's case and more REAL Before and After cases actually done by Dr. Jason Tubo at [www.DrTubo.com](http://www.DrTubo.com).

Finding yourself a little addicted to Dr. Tubo's Before and Afters?

See them when they're brand new  
Follow Dr. Tubo on Instagram:




@dr.jasontubo





**NOW ACCEPTING**  
**Easter Reservations!**  
**Sunday, April 17, 2022**  
*(reservations only on Easter Sunday)*

Book your table today at  
**wrightsfarm.com or call 401-769-2856**



**WRIGHT'S FARM**  
**RESTAURANT**  
 84 Inman Rd., Harrisville, RI 02830

Hosting at home?  
 Check out our Party Pans.  
 Feeds up to 20 people!



Serving Dine-in  
 & Take-out

Finish with our  
 Handmade Gourmet Fudge  
 available in  
*Wright's*  
 Gift Shop

*Make this Spring a Fresh Start*  
*Enjoy the Sounds of Spring*





**Have you been putting off taking care of your hearing, tinnitus or hearing aids? Make this spring a fresh start.**

**We are here to help!**  
[www.hearjoyaudiology.com](http://www.hearjoyaudiology.com) for online booking  
 HEAR JOY IS AN INDEPENDENT PRACTICE

**HearJOY**  
 AUDIOLOGY  
 PRECIOUS SOUNDS. LIFE'S PLEASURES



**Dr. Mary Ellen Rancourt**  
 43 Main Street  
 South Grafton, MA  
**Call 774-293-1515**  
 Dr. Rancourt has over 30 years of experience as an audiologist, serving newborns to elders.

**RETAIL METAL SALES**  
**Open To The Public**



**ACCURATE METAL**  
 Sales & Fabrication  
 A Division of Industrial Transfer & Storage, Inc

**508-765-4929**  
 529 Ashland Ave • Southbridge  
 accuratemetalsales.com  
 Hours: Mon-Fri 7am-5pm

Mild Steel • Stainless Steel  
 Aluminum • Abrasion Resistant  
 Hot Rolled • Cold Rolled

Sheared • Plasma Cut • Bent  
 Rolled • Saw Cut • Punched  
 Drilled • Welded • Fabricated

*Whether you need 1 piece or a truck load, we can accommodate you!*

Design Services  
 Mig & Stick Welding  
 AWS D1.1

**Take your mask off**

As of March 1, masks are no longer required in the Simon Fairfield Public Library in Douglas. We have also put out our train tables and kids toys for the first time in two years. We remain dedicated to providing content digitally through Libby and Kanopy, and will continue book deliveries every Thursday. We hope that you will come visit sometime, though, to browse our collections which aren't available online. We have renewed subscriptions to physical magazines that we stopped carrying during the worst of the pandemic and have new books arriving on the shelves every week. Don't be a stranger.

*Thanks for reading,*  
 Justin Ray Snook  
 Director, Simon Fairfield Public Library  
 290 Main Street, Douglas

**Morning Grief Workshop**

UXBRIDGE - "Grieving with Great HOPE," is a five-week grief support workshop from Good Mourning Ministry, a Catholic Apostolate, being offered in the morning by St. Mary Parish, Uxbridge. This workshop will be held at St. Mary Parish Center, 77 Mendon St., Uxbridge, on Monday, March 28, April 4, 11, 25 and May 2 from 10:30 am - 12:30 pm. This workshop is for anyone who is grieving the death of a loved one. Whether you have lost a spouse, child (including pregnancy loss), grandparent, sibling, cousin, or friend, you are welcome to attend.

As Catholics, we are given hope for eternal life in the risen Lord for ourselves and for our loved ones. Everyone mourns at their own pace and everyone experiences grief in their own unique way; grief has no expiration date. Participants will gather together as a community of faith to become Disciples of Hope by walking through the seven intentions of mourning. The cost is \$12.00 and includes the workbook. You may register through our website, by calling the office at 508-278-2226, or emailing [dmoriarty@stmaryuxbridge.org](mailto:dmoriarty@stmaryuxbridge.org).

**Whitinsville Social Library wants to hear from you**

To plan for the next five years, Whitinsville Social Library is evaluating its services and programs. Please help us by completing a short survey online at [www.surveymonkey.com/r/WSLSurvey2022](http://www.surveymonkey.com/r/WSLSurvey2022) or picking up a paper copy at the library. All surveys are due by Tuesday March 15. Whether you visit the library often, haven't been back since the start of the pandemic, or have never stepped foot inside, we want to hear from you.

*Rebecca Sasseville, Library Director*  
 Whitinsville Social Library  
 The public library for Northbridge, MA



**Colin's Property Maintenance**

- Tree Removal
- Tree Trimming
- Bobcat Work
- Storm Damage
- Clean Outs
- Trash Removal

Fully Insured **774-230-9080** Free Estimates  
 CHARLTON, MA  
 ~ Servicing Worcester County ~

MA & ISA Certified Arborist

**Full Circle**  
 T-R-E-E-C-A-R-E



Insect and disease diagnosis and treatment #16339

**Specimen and ornamental tree and shrub care**  
 Since 1989

Dwight A. Bristowe  
 Office: 508-476-3258  
 Cell: 508-523-9631  
[www.FullCircleTreeCare.com](http://www.FullCircleTreeCare.com)



**NORTH SMITHFIELD FENCE, INC.**  
*Professional Service & Installation*

**SPRING IS UPON US!**



**CHAIN LINK**  
Galvanized and Vinyl Coated



**Ornamental Aluminum/Steel**



**Custom Cedar Gates**



**PVC Vinyl - 100% Virgin Vinyl**  
Available in:  
Classic Series - Color Spectrum - Woodgrain


**FENCING MATERIALS**  
Available for the Do-It Yourself Install

*We have been your official Eastern Illusions Dealer since 2005*

**COMPLETE LINE OF RESIDENTIAL & COMMERCIAL FENCING**  
 375 St. Paul St., North Smithfield, RI 02896 5 minutes from MA, off I-46A  
**Phone: (401) 769-2575 Fax: (401) 766-2956**  
 RI Contractor's Reg. #6112 • Fully Insured For Your Protection

Please visit our website for ideas on your upcoming fence project  
[www.nsfenceri.com](http://www.nsfenceri.com) Terri and Mike

**THE COUNSELING CENTER**  
AT MILLBURY, MA



**GET THE HELP YOU NEED CLOSE TO HOME**

**World-Class Substance Abuse & Mental Health Outpatient Treatment**

The Counseling Center offers a full range of treatment for adults and adolescents in a serene and comfortable atmosphere with flexible scheduling during day and evening hours.

**CALL NOW (508) 785-4990**



BLACKSTONE VALLEY CHAMBER OF COMMERCE



**BLACKSTONE VALLEY CHAMBER OF COMMERCE SIGNATURE EVENT**  
**HOME & COMMUNITY EXPO**

Presenting Sponsor:



**SATURDAY MARCH 12<sup>TH</sup>**  
**10:00AM - 2:00PM**

**NORTHBRIDGE HIGH SCHOOL**  
**427 LINWOOD AVE WHITINSVILLE, MA**



*or free with the donation of a canned food item to benefit Peace of Bread*

*Enjoy a fun day out with the entire family, discovering the best that the Blackstone Valley has to offer!*

**There's something for everyone!**

-  **Chowder Festival**
-  **Local Businesses**
-  **Activities**
-  **Music/Entertainment**
-  **Demos/Mascots**

*Check out our 2022 Sponsorship e-Catalog!*



*For free tickets, scan below!*



**670 Linwood Ave. Suite #5 Whitinsville, MA 01588 | 508.234.9090**  
[www.blackstonevalley.org](http://www.blackstonevalley.org)



# Uxbridge Senior Center news

UXBRIDGE - The Uxbridge Senior Center, 36 South Main Street, has listed its calendar of events for the month.

## News from the director

Zumba and chair yoga classes are back. We are proud to announce our 8-week classes are back and started on March 10. 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 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 program is from 1:30-2:30 p.m. The instructor, Amy Smith, is a licensed Gold Zumba instructor.

Yoga has been shown to improve overall health when practiced regularly. Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. Other benefits include improved balance to help prevent falls, increased energy, and improved relaxation. The class will focus on stretching, breathing, and allowing the mind to be still. The instructor will be Dr. David Tapscott, certified yoga instructor. Dr. Tapscott has been an instructor since 2014 and has a deep passion for yoga. The program began Thursday, March 10, from 2:45-3:45pm.

Each class will run one hour, one day a week for an 8-week period. The suggested donation cost for this 8-week class is \$25.00 for each class. Classes will be held at the Senior Center's Satellite Site which is the McCloskey School located at 62 Capron Street in Uxbridge. Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. At

this time, we recommend for participant's safety, wearing masks and maintaining social distancing guidelines.

Last call for fuel assistance. The SMOC fuel assistance program for the winter season is ending soon. If you need help with your heating costs, please call the center to make an appointment to apply or inquire about eligibility requirements.

Every home in the U.S. is now eligible to order four free at-home COVID-19 test kits delivered to your home. The tests are completely free. Orders will usually ship in 7-12 days. Order your tests now at COVIDTESTS.GOV or call CDC Call Center at 1-800-232-0233 (TTY 1-888-720-7489). *Stay safe, Lisa*

Thursday, March 17, - 11:30 am - 12:30 pm - "PopUp Library. Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. Call ahead to reserve your lunch! Come take advantage of this wonderful program being offered by the Uxbridge Free Public Library.

Friday, March 11, - 12:00 pm - Donna-Lee Shain PhD from Uxbridge Orthopedic & Sports Therapy will be our guest speaker. She will present Dizziness & Prevention of Falls. Call ahead to reserve your lunch.

Friday, March 11 - Facebook Live Pictionary with Sally & Gail! Be sure to tune in to play along with us. Just go to the Uxbridge Senior Center Facebook Page.

Thursday, March 17 - 12:00 pm - St. Patrick's Day Celebration sponsored by the Uxbridge Elderly Connection, Inc. Frank Ruscitti will be here to entertain us! Please be sure to call ahead to RSVP as space is limited.

Monday, March 21- 1:30 - 3:30 pm - Hobby Lobby Trip with Sally. Space is limited so call ahead to reserve your seat on the van.

Wednesday, March 23 - 1:30 pm - Pysanka Easter Eggs - Celeste Langlois will hold a class on how to make your own Ukrainian Pysanka Easter Egg. This class is sponsored by the Uxbridge Cultural Council and will be limited to 15

people. Call 508-278-8622 to sign up.

Friday, March 25 - 1:30 - 2:30 pm - Facebook Live Family Feud with Sally & Gail. Be sure to tune in and play along from the comfort of your home. Just go to the Uxbridge Senior Center Facebook page.

Monday, March 28- 1:30 pm - "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment at the Uxbridge Senior center.

Tuesday, March 29 - 11:00 am - 12:00 pm - Ask the Nurse Free Blood Pressure Clinic with Celeste Kopech, Salmon Health VNA. RSVP to participate and to join us for lunch.

Wednesday, March 30 - Movie Trip to Blackstone Valley 14 Cinema De Lux with lunch at Wendy's. Senior movie ticket price: \$7.75 and popcorn & soda \$4.50 - Movie & Time TBA and space on van is limited.

Card Game will be played during our Monday Congregate lunches and BINGO will be on Wednesdays.

Get ready. The Walk MA Challenge 2022 starts in April. The Walk MA Challenge intergenerational program is open to everyone ages 5 and up! Registration opens on April 1 with the Challenge itself running from May 1 through October 31.

Computer Class Tutoring every Monday, 3:00 p.m. By appointment only. Students from BVT will be available to help you with your computers and/or devices. \*Please call ahead to book an appointment.

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

Knitting Club every Tuesday, 1:30 pm - Come join the fun.

1st and 3rd Wednesdays - March 16, 10:00 am - bank and pharmacy rides. Please call at least 24 hours in advance. Masks must be worn as well.

2nd and 4th Thursdays - March 24 - Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance. Masks must be worn and limited to 4 people on the van.

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

The senior center is in need of the following donations: Newly packaged napkins, paper towels, 8 oz. Styrofoam cups, 8 oz plastic cups, ground coffee (both regular & decaf), coffee filters, tea bags, sugar packets (regular, sweet n' low, & other brands) & toilet paper. We thank you for your support!

Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

• Uxbridge-ma.gov/Council-Aging • https://www.facebook.com/UxbridgeMASeniorCenter  
 • https://www.youtube.com/channel/UCNh\_Rlq99rucmFH-U07VFBw • https://www.uxbridgetv.org/schedule/192



# Landscape & Masonry Materials

## SPRING HAS SPRUNG!

2677 Broncos Highway  
Nasonville, RI  
(Former Roots & Shoots)  
401-769-4286

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

Delivery Available

Homeowners & Contractors Welcome!



Monday - Friday 7am - 4pm • Sat. 7am - 12pm



Our roofs will weather the storm!

• Siding • Windows • Gutters

Owner Rob Chaille  
[NorEasterRoofing.com](http://NorEasterRoofing.com)

172 Pond Street Uxbridge, MA 01569  
 508-NOR-EAST 508-667-3278

Visit our Showroom at 1 Providence Lane in Whitinsville



COMPLETE AUTO GLASS SPECIALISTS

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



MOBILE AUTO GLASS SPECIALIST

Insurance Company Preferred Shop.

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

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

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

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

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



## SHREWSBURY

Marble & Granite, Inc



Biggest selection of marble, granite and quartz.  
 30 COLORS MARBLE & GRANITE SLABS ON SITE



30 COLORS ON SALE

620 Boston Turnpike (Rt. 9), Shrewsbury  
 1/4 Miles East of Home Depot. (BIG BLUE BUILDING)

508-842-9800



Mon.-Thurs. 8-4; Fri.-Sat. 9-4; other times by appt.

[WWW.SHREWSBURYMARBLEANDGRANITE.COM](http://WWW.SHREWSBURYMARBLEANDGRANITE.COM)





## *A Safe Home Keeps A Family Healthy!*

**LET IT SNOW. BLIZZARD. OR FREEZE.  
YOUR POWER IS PROTECTED.**

Whenever there's a power outage, your KOHLER® generator keeps your lights on, your home warm and your family protected. And it can power your entire house-for as long as you need it to.\*  
No matter the weather, we're with you.  
From engines to generators, we give the world power.

**KOHLER®**  
**IN POWER. SINCE 1920.**

**Morrisette & Son**

**Electrical Contractors,**  
INC.  
ELECTRICAL • HVAC • GENERATORS  
**508-476-9879**  
[MorrisetteElectrical.com](http://MorrisetteElectrical.com)



**Innovative**  
**GENERATOR SERVICE**  
[InnovativeGeneratorService.com](http://InnovativeGeneratorService.com)

**508-244-1714**

**CONTACT US TODAY  
FOR YOUR FREE ESTIMATE**

Visit our Showroom:  
230 Church St, Suite B, Whitinsville, MA 01588



## Paws corner

# Dog goes on strike against leashes

By Sam Mazzotta

DEAR PAW'S CORNER: My dog Perry tugs, fights and whines when I put a collar and leash on him. He will even flop down and refuse to move. I don't know what to do. – Mike D.

DEAR MIKE: Oh, that's frustrating. But you can help Perry to tolerate his collar and leash by making some adjustments and rebuilding a positive association with the leash. Here are a few tips to start with:

•Check the fit and comfort of Perry's collar. Sometimes

owners buy stylish collars that look great on their pet but are uncomfortable and either too big or too small.

•Consider a chest halter instead of a collar. This provides a supportive fit and when you tug on the leash, pressure is distributed around a dog's torso rather than its neck.

•Re-introduce Perry to the new collar or halter gradually. Show him the new gear while offering a treat at the same time. When he's eating, gently drape the leash over his back. Give lots

of praise at the same time. This starts to create positive connections with the new gear.

•Conduct obedience training at home, in 10-minute sessions, while Perry wears the new collar or halter. Review basic commands of "come," "sit," "stay" and "lie down." Leave the leash off at first.

•Add the leash, but don't tug on it. Continue obedience training while Perry wears the new gear. Take the gear off when done.

•Gradually increase the time

your dog wears the collar or harness and leash.

This will take patience, lots of love and encouragement. Always be positive with Perry while retraining to the leash. And if, despite these efforts, he still doesn't respond, contact a professional trainer to help you both get through this stuck spot.

**Pets keep owners fit and healthy**

DEAR PAW'S CORNER: I've read that pets can keep seniors healthy, through reduc-

ing stress, etc. How does that work? – Joel P.

DEAR JOEL: Researchers have found that seniors who own pets have a reduced rate of stress-related ailments, so they've theorized that having an animal companion helps seniors feel less alone and somewhat empowered as they care for a cat, dog, fish or other pet. The unconditional love and affection that pets provide can help their owners feel needed and important, and can help to enhance their quality of life.

So, the simple act of caring for a pet can create a longer, happier life for many people.

But there are more benefits to pet ownership. Owners are more likely to interact with other animal lovers. They tend to exercise more than petless people – especially dog owners, who must take their poodles for frequent walks.

Of course, if a senior doesn't want a dog or cat, the idea shouldn't be pushed. Owners must be able to care for, walk and feed their pets, and provide training and activities. Not everyone can meet these requirements. There also are financial considerations, such as regular veterinary care, food and medicine.

An alternative to owning a pet is to visit one (or have one visit) occasionally. There are organizations across the United States that sponsor pet visits for seniors who love animals but cannot care for one full-time. These visits help provide some of the health benefits of pet ownership to those who otherwise would not receive them.

If nothing else, take time out to say hello to the neighbor's dog, or spend time with relatives and their pets. They'll love the attention, and you'll love the stress relief that pets can provide.

Send your tips, questions or comments to [ask@pawscorner.com](mailto:ask@pawscorner.com). (c) 2022 King Features Synd., Inc.

**5-STAR RATING**  
**GAF**  
**BBB**  
**Certified**

**Licensed in MA**  
**Registered in: RI, CT, & NH**  
 Financing Options From **ENHANCIFY**  
**We work with Home Insurance Companies**

**CONTACT US FOR A FREE QUOTE!**  
**508-278-3300**  
[www.shineconstructioninc.com](http://www.shineconstructioninc.com)

**SHINE CONSTRUCTION INC**  
 NEVER ROOF AGAIN

**SERVICES WE OFFER:**  
**Roofing Skylights Gutters**  
**Siding Windows & Doors Decks**

**GRAFTON JOB CORPS**  
**Job Corps**  
**BUILDING FUTURES**  
**CHANGING LIVES**

**Come work for an awesome team, and be proud of the work you do!**

Job Corps is a career training and education program for students ages 16 through 24 who meet low-income requirements, designed to help students find a path to personal and career success.

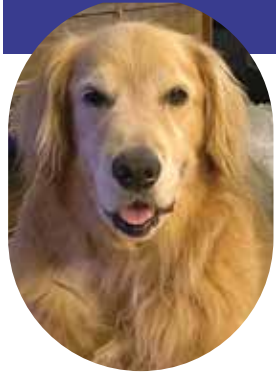
**We are recruiting for the following positions:**

- Assistant Cooks
- Bookkeeper
- Residential Advisor
- Residential Coordinator
- Medical Clerk part-time, 20 hours/week
- Career Transition Specialist

We offer a robust benefit package for full time employees working 30 hours a week or more! This includes: Medical/Dental/Vision, Health Saving/Flexible Spending Account, Group Term Life and A&D, Voluntary Life and AD&D, Short/Long Term Disability, 401K (after one year of service), vacation/sick time and 11 paid holidays. Adams and Associates, Inc. is a **100% employee-owned organization** employing more than 2,000 staff members at 17 locations, including 13 Job Corps sites across the country. We provide academic and vocational training services to approximately 11,000 young people from ages 16 to 24 each year. Adams has offices in Reno, NV, Columbia, MD, and Worcester, MA to provide support and expertise to our Job Corps locations. **We are an Equal Opportunity Employer**

**Careers Begin Here!**





Living ON with Lincoln

# A March Puppy

By Amy LeClaire

New England winters are far too long. By late February we're craving sunshine, inspiration and sandals. We need something to look forward to, something more fun—something that smells like a puppy.

I couldn't be happier with news that fell on my lap last Thursday night (on February 24). We were number 11 on Cloverdale's list for a 2022 puppy, a confirmation made last June with Lincoln's nod of approval. The dogs were part of his ancestry. So, when Cloverdale's beautiful Molly gave birth to a litter of eight puppies during a January 31 blizzard (requiring immediate attention from owner Jane Zimmerman, who prepared for the safety and care of her dame's scheduled caesarean section), puppy parents sighed in relief. Meanwhile, my husband and I counted our blessings. We would receive a puppy from the next litter, having moved up to spot #3; and though no birthing timelines are ever exact, we estimated a late spring litter.

In the meantime, we would enjoy a clean home, perhaps a few spontaneous vacations, and a few more lazy mornings. Everything was falling into place. Yet something was amiss. Our Empty

Nested home was beginning to feel like a blank piece of paper with a checklist. Floors, done. Grocery shopping, done. Work projects, done. Tasks were stitched together in one suspicious line. As a creative (dogless) person, I felt a bit frayed at the seams. I missed the mayhem and mess of a dog. I missed coloring outside of the lines. Nothing is more motivational to a story deadline than the heated stare of a ninety-pound Golden, a ball wedged at the side of his mouth, muddy paws. "Can you wait a few minutes, Lincoln?" His head tilted to the word wait. Then he'd lay to rest, head over paws, and that expression alone (what about Lincoln?) forced me to be more productive. There's time for work. There's time for play.

Amid both, have you ever noticed how dogs lighten our loads, and make what's, perhaps, too-perfect, a bit more precarious? Take the dog involved in a serious training session; but he's more interested in the scent of ketchup on the expert's sleeve. Or (in Lincoln's case) the one who finds the small, obscure spot of exposed leather in the backseat of a new car that's been covered with a mat. A dog lives with innocence and irony and, in the process, they pull us away from the noise of life. "Look at that person going for a walk!" His big blonde head would bloom to the sight of a new person, head out window. "We'll go for a walk later, Lincoln." He'd freeze to my words, connecting fully

with my promise. "Sounds good." Then he'd move back to the window, a new moment upon him.

"Would you like a puppy from this litter, Amy?" The text message fell over me like confetti. I grabbed my phone, paced, and checked for punctuation, for meaning. "Is this really happening?" A peppery heart beat and follow-up phone call led to a blessed truth. Cancellations happen. We had moved up on the list and were able to take home a puppy from the litter of Molly and Mister Big, a Martha's Vineyard stud. I used a foolishly large Sharpie (the first writing utensil available) to etch down doodles of puppy notes on a calendar, then hung up. "We're getting a puppy!! And it's happening in one month!" I spat the news to my husband, then allowed it to sail off with me to Impact Fitness, where I was scheduled to teach a 6:30 Zumba class. I parked and collected my thoughts. I agreed to get back to Jane in one day with a firm decision. There was no pressure. That puppy would be scooped up in seconds should I decline. But my heart knew. I found myself typing. "We'd love to take home a puppy from your current litter and, additionally, keep our spot for the fall litter!" Who needs an entire day to think? Fate had just lined up two puppies in the time frame we had hoped for—six months apart in age. The next litter was going to be available in the fall (at the earliest).

"I can feel your puppy. I can even smell him." Mar-

garet, one of my Zumba members, sensed my good news as I breezed into class. I couldn't hold back my love for my March puppy. He was already with me.

Luke was about to be blessed with love.

"Thank you for including me in his name, Mom." The pup's name had emerged easily. A biblical name meaning Healer, it came with hope in the wake of global illness, political unrest, and mental instability. It came with good news and presence. Dogs do this for us. They remind us that we will all be okay. Along with that, it came with connection to Lincoln. "Both your names begin with the letter L and have the hard C sound, Lincoln."

"But mine has two syllables. Luke only has one."

"No one will ever compare to you Lincoln."

I see him smiling up at



Lincoln reminds me - everything will be okay.

me, a touch of humor in his eyes. "I guess he can have my light blue ball."

Stay tuned for more puppy news as, together, we cel-

ebate more dog adventures in Living with Luke.

Write to me - amyclair@hotmai.com



Every day is a good day.

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

- Grooming
  - Daycare
  - Boarding
- by Kelly Hauk



BEST OF CENTRAL MASS  
Best Pet Groomer 2016 & 2017

www.barknbubblesmillbury.com



A Senior Lincoln guards his blue ball.

WWW.TLCPETHAVEN.COM

Over 30 years in Business  
Denise and Bill Jones

**TLCP**

Dog and Cat Grooming & Boarding  
Luxury Suites Available  
Doggie Daycare  
In-Home Services Available

**PET HAVEN & Mobile Groom-In-Vans**  
68 US Route 146, Sutton MA • 508-865-3180

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

**AAHA ACCREDITED**

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

Preventative Medicine, Surgery, Dentistry, In-House Laboratory, Digital Radiography, Acupuncture, Chiropractic and Laser Therapy for Dogs and Cats.

Ultrasound & Surgical Specialists Available by Consultation.

Specialty services available as well as night and weekend appointments.

510 Hartford Ave W, Uxbridge, MA 01569  
P. 508.278.5869 | F. 508.278.9384 | info@uxbridgeanimalhospital.com

**WWW.UXBRIDGEANIMALHOSPITAL.COM**



# WANTED

**Junk Cars & Trucks • Large Equipment**  
(Tractors, backhoes & trailers)

## PAYING \$150-\$600 CASH

• **NO TITLES NEEDED**  
• **FREE PICK-UP**



**7 DAYS A WEEK!**

# CALL 401-639-9398

## Tales from beyond

# The ghost of Phillip Babb

**By Thomas D'Agostino**

The Isles of Shoals runs rampant with tales of shipwrecks, pirates, murder and ghosts. One of the island's most famous ghosts is that of Phillip Babb.

Babb lived on Appledore Island where he was constable, butcher, and innkeeper. Legends say he was a retired pirate who chose the largest of the shoals for his home but there is no real proof of such tales.

Appledore is one half mile wide and long. In the early 17th century, Maine imposed a tax on the island and the

autonomous islanders rebelled by dismantling their homes and rowing them to Star Island. After that the island became its own sovereign body.

Phillip Babb was born in England around 1634. He married and had children with his wife, Mary. Some claim he was Don Pedro of "Ocean Born Mary" fame but neither he nor his son's mortality dates coincide with that legend. If he was a privateer, it was well before Mary Fulton was born. None-the-less, he left a legacy of free boating and phantom sightings that the Isles of Shoals shall forever endure.

Babb's manners were rudely fashioned and kindled much disgust in his fellow islanders. He was said to be a wicked, loathsome man, always wearing a heavy butcher's frock with a great knife sheathed on a thick belt. He lived on the south side of the island in a cottage near the cove that now bears his name. It is documented that for some reason or another he and a fellow islander dug a massive hole near that cove. It was rumored that he may have come across some lost buried loot and either dug it up or was burying it for safe keeping.

Phillip Babb died on March 3, 1671 and was buried in the family plot on Appledore, but he has not rested. He still roams the cove watching over his long gone possessions. One night an islander was emerging from his workshop when he spied a wild form running towards him. At first he thought it to be an unsavory jest by one of his close friends. As the figure drew within arms reach, the man saw the face of a corpse with hideous sunken eyes. The angry wraith then heaved the giant knife from his belt and brandished it in the frightened man's face. The terrified Shoaler fled to the safety of his home, barely touching the ground along the way.



Another dweller of the island saw a figure meandering about in the moonlight at Babb's Cove. He could not make out the form as anyone he knew on the island. The dark shade began to approach the apprehensive islander. The man thought it odd that he heard no footsteps on the gravel path as the silhouette approached. He then recognized the figure as that of Phillip Babb. He could see the black eye sockets and glowing butcher's frock reflecting in the gibbous moon. He shouted at the ghost who then made its way down the path before vanishing into the darkness in front of the petrified islander.

There are many more accounts of the alleged pirate turned butcher phantom roaming the island in the dead of night. Many have encountered the heinous spirit who wields a ghostly knife in their faces. Apparently he was so wicked and despicable in life, he cannot seem to let his attributes rest in death. The great storm of 1851 filled the remains of the hole where Babb and his companion dug for lost treasure. A Coast Guard house now sits where the hole once was. Whether or not there was treasure found or buried, no one knows for sure except the restless ghost of Phillip Babb.

*Thomas D'Agostino and his wife Arlene Nicholson are seasoned paranormal investigators, authors, and co-organizers of Paranormal United Research Society. You can find out more about them by visiting [www.tomdagostino.com](http://www.tomdagostino.com).*

# Top Reasons We Love March.

1. Daylight Savings Time
2. St. Patrick's Day
3. March Madness
4. Official start of Spring
5. Free grinder when you mention this ad.

(Limit one per customer, while supplies last)

79 River Road in Uxbridge, MA

[bvcannabis.com](http://bvcannabis.com)

 **Blackstone Valley Cannabis**

Goodness grows here.

**Please Consume Responsibly.** This product has not been analyzed or approved by the Food and Drug Administration (FDA). There is limited information on the side effects of using this product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential harms. It is against the law to drive or operate machinery when under the influence of this product. KEEP THIS PRODUCT AWAY FROM CHILDREN. There may be health risks associated with consumption of this product. Marijuana can impair concentration, coordination, and judgment. The impairment effects of edible marijuana may be delayed by two hours or more. In case of accidental ingestion, contact poison control hotline 1-800-222-1222 or 9-1-1. This product may be illegal outside of MA.

4 Chamberlain Pines Indoor Golf

Air Purifiers in All 5 Booths!

15 North Main St., Bellingham, MA 02019  
[www.chamberlainpines.com](http://www.chamberlainpines.com)  
**(508) 966-2187** [chamberlainpines@gmail.com](mailto:chamberlainpines@gmail.com)



## Q & A with The Car Doctor

John Paul is AAA Northeast's Car Doctor. He has over 40 years' experience in the automotive business and is an ASE certified master technician. He will answer reader's questions each week. You can find the Car Doctor podcast at [www.johnpaul.podbean.com](http://www.johnpaul.podbean.com) or other popular podcast sites. Email your car questions to [jpaul@aaanortheast.com](mailto:jpaul@aaanortheast.com). Follow John on Twitter @johnpaul and friend him on facebook [mrjohnpaul](https://www.facebook.com/mrjohnpaul)



**Q.** I own a 2020 Honda HRV. The car is only a year-and-half-old and I had to call AAA yesterday due to a dead battery. The car has about 4500 miles on it and I did not leave anything on. It was below freezing yesterday but shouldn't a battery work even in cold weather when the car isn't that old?

**A.** The average life of a battery in the northeast is just about five years and I would expect the battery in your 2020 Honda to start the car in any weather. The issue may be how little you drive the car. If you are driving short distances, the battery may not be fully recharging after each trip. Driving the same multiple short trips over time can lead to a discharged battery. At this point the best thing to do is have the battery fully recharged and then tested. To keep the battery fully charged drive the car at least 30 minutes once per week.

**Q.** I have a 2007 Cadillac SRX; about a year ago the key would not go into the lock position where it could be removed. I had to disconnect the battery when I parked the car or the battery would eventually be drained. I brought the car to a local repair shop to have it repaired and paid about \$300 to \$400. It worked some of the time and over the summer it worked about 3-4 months with no problem. It is doing it again and the key won't come out of the ignition switch. I originally thought it was a linkage

adjustment issue. The shop said it's an electrical issue and they could only do so much. Any ideas would be helpful, so I don't have to spent money for guess work.

**A.** This is not going to be simple. The vehicle should be checked for computer codes first. If codes are found a very specific procedure needs to be followed to troubleshoot the issue. The issue may be caused by an ignition power feed to the car's computer. Voltages need to be checked in several circuits. Intermittent issues may be caused by a faulty relay or even a faulty computer.

**Q.** I recently inherited a 2010 Chevy Malibu with 6000 original miles on it. The car is essentially all original with the exception of the battery. The tires look brand new but based on what you have said in the past, I'm guessing I should replace them. What else should I do?

**A.** Replacing 12-year-old tires makes sense for both safety and ride quality. I would also check all the vital fluids and change as needed. If it were my car I would change the brake fluid, coolant, thermostat, drive belts. Also, I would also check the brakes and lubricate the caliper slides. It is not usual to perform repairs to very low mileage cars. As the other service is being performed have

the technician give the car a thorough inspection to see if there is anything else that needs attention.

**Q.** I'm in the market for a small SUV. I have friends with an Audi Q5 and BMW X3. I have driven them both and they just are not for me. I recently read about the Cadillac XT4. Have you driven this SUV and what did you think?

**A.** The Cadillac XT4 is a very nice small luxury SUV but not quite perfect. Although beauty is in the eye of the beholder, I thought Cadillac absolutely nailed the styling. The interior is well designed, quite roomy for a small vehicle with comfortable seats and good controls. Cadillac did a great job of having the "right" number of buttons combined with a very intuitive touch screen. The engine has plenty of pep, but does get a bit noisy when pushed hard. The ride was comfortable but just a bit jittery over uneven roads. Overall, the Cadillac SUV is a competent, comfortable compact luxury SUV.

**BLACKSTONE VALLEY Xpress**  
CROSSTOWN ADS AND BUSINESS NEWS

For news: [news@theyankeeexpress.com](mailto:news@theyankeeexpress.com)  
To advertise: [ads@theyankeeexpress.com](mailto:ads@theyankeeexpress.com)



(508) 476-3926

**Specializing in Transmissions**

**Classic Car Service and Repair**

- Brakes
- Tires
- Shocks
- Exhaust

- Alignments
- Tune-Ups
- All General Repairs

151 Davis St,  
Douglas MA  
(508) 476-3926



Located 1.5 miles off of Route 146 exit 3 on Route 16 in Douglas

# KEARNS



## COLLISION Repair

**FREE ESTIMATES • QUALITY SERVICE**

1734 Providence Rd., Northbridge, MA • 508-234-5211  
Thomas F. Colonair Jr.

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



# ADVANCED

## Gutter Systems, Inc.

### Spring Clean-Up!!

"Did you have water damage to your gutters?"

- Carpentry • Roofing
- Siding Repairs



- Aluminum Seamless Gutters
- Copper Gutters
- Gutter Guard



**Installations**

- Repairs
- Cleaning

- Replacement Windows
- House Cleanouts
- Handyman Services

RESIDENTIAL & COMMERCIAL

# (508) 278-2202

FULLY INSURED • FREE ESTIMATES

[www.gutters-downspouts.com](http://www.gutters-downspouts.com)



MASS. REG.#128580  
CSL #104402

## 10% OFF ANY JOB\*

\*With this ad. Cannot be combined with other offers

"Made You Look!"

You Don't Lift a Finger

774-287-1133

\$299  
15 Yard  
Dumpster

Single Item  
to Complete  
clean-outs

Serving Metro West & Beyond




JUNK REMOVAL & DUMPSTER RENTAL

your locally owned and operated

AFFORDABLE JUNK REMOVAL.COM



# Bloem's Auto Repair





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

Quality Pre-Owned Vehicles Now Available!

WE DO IT ALL

Total Car Care!



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





• On March 12, 1969, the London drug squad appears at house of Beatle George Harrison and his wife Pattie Boyd with a warrant and drug-sniffing canines. Sgt.

Pilcher, the man behind the raid, was convicted of planting drugs in other cases and went to jail in 1972.

• On March 13, 1836, Texan Gen. Sam Houston begins a series of strategic retreats to buy time to train his ill-prepared army, which consisted of 374 poorly equipped men. A month later, his newly

trained army won a stunning victory against Mexico's Santa Anna.

• On March 17, 1601, the first parade honoring the Catholic feast day of St. Patrick, the patron saint of Ireland, is held in what is now St. Augustine, Florida. The first St. Patrick's Day parade in New York City was held in 1762.

• On March 20, 1823, Ned Buntline, the "dime millionaire" and discoverer of Buffalo Bill, is born. More than any single writer, Buntline was responsible for creating a romanticized and misleading image of the American West. He once said, "I found that to make a living I must write 'trash' for the masses."

• On March 18, 1852, in New York City, Henry Wells and William G. Fargo join with other investors to launch their namesake business. In July 1852, their company Wells Fargo shipped its first loads of freight from the East

Coast to mining camps in northern California.

• On March 15, 1901, paintings by the late Dutch painter Vincent van Gogh are shown in Paris, causing a sensation across the art world. Van Gogh had died by suicide, and in his lifetime he had sold only one painting.

• On March 19, 1916, eight Curtiss "Jenny" planes of the First Aero Squadron take off from Columbus, New Mexico, in the first combat air mission in U.S. history. They flew in support of the 7,000 U.S. troops who invaded Mexico to capture revolu-

tionary leader Pancho Villa.

• On March 16, 1945, the west Pacific volcanic island of Iwo Jima is declared secured by the U.S. military after weeks of fierce fighting. More than 6,000 Marines died fighting for the island, along with almost all the 21,000 Japanese defenders

• On March 14, 1950, the FBI institutes the "Ten Most Wanted Fugitives" list. Since its debut, hundreds of criminals on the list have been apprehended or located, many as a result of tips from the public. (c) 2022 Hearst Communications, Inc. All Rights Reserved

**Family owned and operated since 1992**

## Jim Morrissette's Oil Burner Service, Inc.



**Serving the Blackstone Valley for over 30 years**

**Buderus Boilers**                      **Oil Heating Systems Installed**  
**24 hr. Emergency Service**       **Automatic Delivery Service**  
**Affordable Budgets**                **Senior Citizen Discounts**

**103 Gendron Street, Northbridge, MA 01534**

[www.morrissetteoil.com](http://www.morrissetteoil.com) **508-234-3026** [info@morrissetteoil.com](mailto:info@morrissetteoil.com)

## TAX PREPARATION & FINANCIAL SERVICES

*for Individuals, Small Businesses & Corporations*  
 Tax Preparation • Tax Planning • Life Insurance • Annuities • Notary Public Services

As your trusted partner in success, CTFS is large enough to offer a full range of professional services at a fair price, but small enough to give you the individual attention that you deserve. Call us today for more information.

**CTFS**  
 CONSOLIDATED TAX  
 AND FINANCIAL SERVICES

**(508) 381-3715**  
[www.ctandfs.com](http://www.ctandfs.com)



**MENTION THIS AD & SAVE \$25**

## Resource directory

[ads@TheYankeeXpress.com](mailto:ads@TheYankeeXpress.com)

### home

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

MARK SARKISIAN, JR.  
[markjr@capitolsiding.com](mailto:markjr@capitolsiding.com)  
[www.capitolsiding.com](http://www.capitolsiding.com)

30 Auburn Street  
 Auburn, MA 01501  
 Tel 508-832-5981  
 Fax (508) 832-0464

### home

**CLEAN OUTS**  
 DONE BY  
**MrCleanest.com**  
 WE DO EVERYTHING!!  
 "Better than the rest" - VERY REASONABLE PRICES TOO!

Estate / Cellar / Attic / Garage  
 Carpets / Floors / Upholstery  
 RESIDENTIAL & COMMERCIAL SNOW PLOWING

**508-740-1883** DOUGLAS MASS.

## Economy Canvas & Awning Co.

Retractable & Stationary Awnings  
 Boat & Truck Covers and Related Products

Pool Cover Repairs  
 Over 34 years of service in the community

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

115 Hamilton St., Southbridge, MA **508-765-5921**  
[www.EconomyCanvasAndAwning.com](http://www.EconomyCanvasAndAwning.com)

### automotive

*A.P. Mandella Landscaping*

**STUMP GRINDING**  
 Chip Removal  
 LOAM & SEED  
 Small Backhoe services

Call Anthony @ 508-340-1640  
 Auburn, MA

Fully Insured  
 Free Estimates

**SOCHIA'S OIL & GAS INC.**

13 Cook Street  
 E. Douglas, MA  
**508-476-2278**  
[www.SochiasOil.com](http://www.SochiasOil.com)

**FUEL OIL - PROPANE - KEROSENE**  
 SALES • SERVICE • INSTALLATION

Serving: WHITINSVILLE, UXBRIDGE, DOUGLAS, SUTTON,  
 MILLVILLE, MENDON, UPTON, MILLBURY, WEBSTER,  
 GRAFTON, OXFORD, DUDLEY, HOPEDALE

Heating - Air Conditioning  
 24 Hour Burner Service

**RIVERS EDGE**

HEAVY TOWING  
 & Truck Trailer Repair  
**508-278-9924**

**GI Joe Figures & Vehicles Wanted**

From the  
 1980s and  
 1990s

Please call **860-933-5549**

**LEGACY**

LOCKS & SECURITY  
 LOCKS • DOOR HARDWARE • KEYS  
 Commercial • Residential • Industrial

Joshua Young  
[LegacyLocks508@gmail.com](mailto:LegacyLocks508@gmail.com) **508-207-2851**

290 Providence Rd.  
 S. Grafton, MA

Kris Sutton  
[kris@streetcarsolutions.com](mailto:kris@streetcarsolutions.com)

**STREET CAR SOLUTIONS**  
[StreetCarSolutions.com](http://StreetCarSolutions.com)  
**508-839-7071**



**RE: Real Estate**



**Mark Marzeotti**

When you're selling any item, you usually want to sell it for the greatest profit possible, right? That happens when there's a strong demand and a limited supply for that item. In the real estate market, that time is right now. If you're thinking of selling your house this year, here are two reasons why now's the time to list.

1. Demand is very strong

# Want top dollar for your house? Now's the time to list it

this winter. Spring, the hottest time of year for homebuyers and sellers, has started early, according to REALTORS and economists. . . . Home shopping season appears to already be in full swing!

REALTORS in the field aren't the only ones saying buyers are already out in full force. That claim is backed up with data released last week by ShowingTime. (ShowingTime is a platform real estate agents use to schedule appointments.)

*The Showing*

Time Showing Index tracks the average number of monthly buyer showings on active residential prop-

erties, which is a highly reliable leading indicator of current and future trends for buyer demand. The latest index reveals this December was the most active December in five years.

As the data indicates, buyers are very active this winter. Last December, 2021 saw even more showings than December of 2020, which was already a stronger-than-usual winter. And remember - you want to sell something when there's a strong demand for that item. That

time is now.

2. Housing supply is extremely low. Each month, realtor.com releases data on the number of active residential real estate listings (listings currently for sale). Their most recent report reveals the latest monthly number is the lowest we've seen in any January since 2017. And don't forget, the best time to sell an item is when there's a limited supply of it available.

Even though supply is at a historic low, home sales

are at a 15-year high. According to the latest Existing Home Sales Report from the National Association of Realtors (NAR), existing-home sales totaled 6.12 million in 2021 - the highest annual level since 2006. This means the market is hot and homeowners are in a great place to sell now while sales are so strong.

The ratio of buyers to sellers favors homeowners right now to a greater degree than at any other time in history. Buyer demand is high, and supply is low. That gives sell-

ers like you an incredible opportunity.

Bottom line If you agree the best time to sell anything is when demand is high and supply is low, contact Marzeotti Group or a local real estate professional to discuss listing your house today.

**DRIVER AVAILABLE**

Semi-retired, part time/full time, CDL, medical card, perfect driving record.

**774-502-6146**

## PAVING & SEALCOAT SOLUTIONS

- ◆ Driveways
- ◆ Parking Lots
- ◆ Pressure Washing
- ◆ Crack Filling
- ◆ Asphalt Repair

Serving Southeastern MA and Surrounding Areas  
Customer Satisfaction Guaranteed

# 508-254-5206

PAVINGANDSEALCOATSOLUTIONS.COM

Maribeth Marzeotti  
Broker Associate/GRI/SRES

25 Union Street, 4th floor  
Worcester, MA 01604

508-864-8163  
MBMarzeotti@gmail.com  
www.MarzeottiGroup.com

Maribeth Marzeotti  
Realtor

## Lake Realty

Maureen Cimoch  
Real Estate Consultant  
Cell 508.769.9211

111 East Main Street, Webster  
www.LakeRealty.net  
www.WebsterLake.com or .net

SMART

## BLACKSTONE VALLEY Xpress

CROSSTOWN ADS AND BUSINESS NEWS

For news: [news@theyankeeexpress.com](mailto:news@theyankeeexpress.com)  
To advertise: [ads@theyankeeexpress.com](mailto:ads@theyankeeexpress.com)

## 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**

# QUALITY BUILDING MATERIALS

## FOR ALL YOUR NEW CONSTRUCTION AND REMODELING NEEDS!

PROFESSIONAL SERVICE • FREE DELIVERY • ESTIMATING

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

# C & S

## LUMBER

CO., INC.

Family Owned And Operated Since 1952.  
124 Main St., Millbury

[cslumberco.com](http://cslumberco.com) • 508-865-4822

Mon. - Fri. 7:30 a.m. - 5 p.m. • Sat. 7:30 a.m. - Noon

VISIT US FOR YOUR NEXT PROJECT!

HOMEOWNERS WELCOME!

Call today for your **FREE In-Home Consultation**

SUPER WINTER SALE

Block that damaging SUN

**Save 20%** on all sliding door treatments

**Save 25%** on all Honeycomb and Solar/Roller Shades

Cannot be combined with any other coupons or offers. Offer valid until 3/31/22

Independently Owned & Operated by Sue Adams

## Local: 508-865-9300

430 Main St., Oxford, MA

We repair all makes and models of Garage Doors and Electric Openers

- Commercial and Residential -

Visit our display by appointment

Sales • Service • Installation

**800-605-9030 508-987-8600**

www.countrysidedoors.com email: countrysidedoors@aol.com

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





# Lydia Taft House



Short-Term Rehab

Exceptional

Long Term Care

Getting back to your active life is your goal and ours too. The Lydia Taft House is professionally staffed and equipped to provide you with Exceptional Medical & Rehabilitation Therapy between Hospital & Home.

60 Quaker Hwy (Rt 146 A) Uxbridge, MA

Medicare/Medicaid Certified

[www.rehabassociates.com/lydiataft](http://www.rehabassociates.com/lydiataft) (508)278-9500



**Any Room, Any Home, Anywhere**

**Morrisette & Son**  
 Electrical Contractors, INC.  
 ELECTRICAL • HVAC • GENERATORS  
 508-476-9879  
[MorrisetteElectrical.com](http://MorrisetteElectrical.com)

Choose Morrisette & Son as your installer, and receive:

- Upgraded Diamond Dealer Parts & Compressor Warranty to 12 years (from standard 5 years parts/7 years compressor)
- Financing through the MassSave HeatLoan
- Rebates through MassSave, with processing on your behalf
- Extended Labor Warranty Available
- Highly trained technicians with Installation & Service
- Maintenance Contracts Available

MITSUBISHI ELECTRIC DIAMOND DE LORAIN

**FOR ALL YOUR FUEL NEEDS**

**NEW BOILER INSTALLS**

- Crown Boilers
- Williamson Furnaces
- Oil Tank Installs

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

**We do NOT Sell Biofuel!**  
 Which will help prevent system breakdowns.

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

**LMT Oil, Inc.**  
 Keeping You Warm & Comfortable  
 508.434.1335

A Full Service Oil Company  
 24-Hour Emergency Service

**WWW.LMTOIL.COM • WE DO ONLINE ORDERING**