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SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS Friday, January 23, 2026

Premeer Gives Back Foundation honors Travis DoRosario with 2025 “Be The Good” Award

UXBRIDGE — The Premeer Gives Back Foundation is proud to announce Travis DoRosario, a longtime Uxbridge resident, as a 2025 recipient of its Be The Good Award at their recent Evening of Giving event, recognizing her selfless commitment, leadership, and tireless dedication to the community she loves.

Thimble Pleasures Quilt Guild to hold biennial show March 14 & 15

UPTON — Thimble Pleasures Quilt Guild will hold their biennial quilt show on Saturday and Sunday, March 14 and 15, at Blackstone Valley Regional Vocational Technical High School from 10 a.m.-4 p.m. Visitors to the show will have the opportunity to view the TPQG Raffle Quilt and to purchase raffle tickets to win this beautiful quilt.

Turn To SHOW page A8 Turn To AWARD page A8

Nominations welcome for Uxbridge High School Athletic Hall of Fame

UXBRIDGE — The Uxbridge High School Athletic Hall of Fame will be accepting nominations for its next induction class. Nominations can be submitted on an ongoing basis, and the review of nominations for this class will be taking place in April and May of 2026. The ninth induction is being planned for November of 2026. Nominations can be submitted online using a form available on the Uxbridge High School Web site or by

following this link: <https://bit.ly/UHSHOF23>. The UHS Athletic Hall of Fame honors the tradition, commitment, and excellence of athletics at Uxbridge High School. Nominations are accepted in four categories: individual student-athletes, coaches, contributors, and teams. Criteria are available on the by-laws; individuals must have graduated from UHS at least ten years ago (prior to 2016), while a ten-year waiting period from

the time of the team’s distinction must have passed before a team can be considered for induction. Questions regarding the nomination process can be directed to the Uxbridge High School Athletic Hall of Fame Committee, via the Committee’s recording secretary or to the high school principal or athletic director. For more information, visit <https://uhs.uxbridgeschools.com/hall-of-fame>.

Whitinsville Christian School named to Advanced Placement School Honor Roll

WHITINSVILLE — College Board announced that Whitinsville Christian School has been named to the 2025 Advanced Placement® Program (AP®) School Honor Roll, earning Platinum distinction. The AP School Honor Roll recognizes schools whose AP programs are delivering results for students while broadening participation. Schools can earn this recognition annually based on criteria that reflect a commitment to increasing college-going culture, providing opportunities for students to earn college credit, and maximizing college readiness. “Achieving AP Honor Roll Platinum speaks to the determination of our students and the unwavering support of our teachers

and families. This honor reflects a culture where students are challenged, supported, and encouraged to reach their highest potential,” said Tammi Gorman, WCS MS/HS Principal. Whitinsville Christian School had 80% of seniors who took at least one AP Exam during high school, 50 percent of seniors scoring a three or higher on at least one AP Exam, and 15 percent of seniors who took five or more AP Exams. “This award affirms that WCS is providing an excellent education for our students. It also recognizes the hard work and the diligence of our student body in how they prepare for these challenging exams,” said Joel Alberts, WCS Dean of Academic Support. Whitinsville Christian School’s AP Program

consists of AP Music, AP Art (Drawing, 2-D, and 3-D), AP History: Modern, AP Government, AP US History, AP Literature and Composition, AP Language and Composition, AP Seminar, AP Calculus, and AP Biology and will add AP Business and AP Chemistry in 2026. “AP gives students opportunity to engage with college-level work, earn college credit and placement, and build professional career skills they can use no matter what path they choose after high school,” said Trevor Packer, head of the AP program. “Congratulations to this year’s AP School Honor Roll recipients for proving it’s possible to expand participation in these rigorous courses and still drive strong performance.”

James Walsh of Troop 1, Blackstone, had an Eagle Scout ceremony this past Saturday in Divine Mercy Parish Hall. Adam Walsh, James’s father, looks on as Courtney Walsh, James’s mother, pins on his Eagle Scout medal.

Cornerstone Bank continues support for WCAC with \$25,000 Fuel Fund donation

WORCESTER — Temperatures are dropping and Cornerstone Bank, a community bank with locations throughout Central Massachusetts, wants to help make sure residents have the warmth they need to get through the coldest months. Just like last year, Cornerstone is donating \$25,000 to the Worcester Community Action Council’s Emergency Fuel Fund. The Bank contributed \$50,000 in both 2022 and 2023.

“Each year, we see how rising fuel costs place real strain on families,” said Cornerstone Bank CEO Todd Tallman. “WCAC continues to be a lifeline for residents who might otherwise have to choose between staying warm or meeting other essential needs. We are grateful to be able to support their efforts again this year.”

The Emergency Fuel Fund helps homeowners and renters pay home heating bills and past due balances on utility bills incurred from November through April of each year. Income-eligible residents can apply for aid through the agency’s federally funded Low Income Home Energy Assistance Program.

“Our mission as a community bank is to support the well-being of the people who live and work here,” Tallman added. “We hope this contribution helps ease the burden for households facing a difficult winter.”

About Cornerstone Bank
Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts,

Cornerstone Bank’s local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone, which is a subsidiary of PeoplesBankCorp, MHC, operating independently under its own name and brand, provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities through a broad range of deposit and loan products and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank’s personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.



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Coffee Break Women’s Bible Study turns to 1 & 2 Peter

WHITINSVILLE — Coffee Break, a community Bible study for women, will continue its winter/spring season with a study of 1 & 2 Peter: Built to Belong on Feb. 10. God loves us and has wonderful plans for our lives – no matter what the current events look like. Come join with others in a study of 1 & 2 Peter: Built to Belong as we look at who God is and the power and glory He is about to display in the earth. Our God is so trustworthy. All peace and joy are found in Him. You’re only allowed to be a newcomer the first week. After that, we’re all friends. We look forward to meeting you.

Refreshments and childcare are provided—There’s loving care for your babies and toddlers through age five.

Coffee Break is held each Tuesday from 9:30 to 11 a.m. and offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. There’s no “homework” required, and no previous Bible knowledge is necessary. Study guides and Bibles are provided free of charge.

Pleasant St. Church is located at 25 Cross St. in Whitinsville. For directions, questions, or to get more information, please call Anna 774-287-9449, email churchoffice@psrc.org or visit <https://www.psrc.org/adults>.

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Community Calendar January 23–30

- Thursday, Jan. 23
- Uxbridge Select Board Meeting – 6:30 p.m., Uxbridge Town Hall, 21 South Main St. Public meeting; agenda posted on the town website.
 - Whitinsville Library Evening Hours – Open until 8 p.m., Whitinsville Social Library, 43 Church St., Northbridge.
- Friday, Jan. 24
- Douglas Adult Social Center Activities – Ongoing daytime programming, Douglas Adult Social Center, 331 Main St. Call ahead for daily schedule details.
- Saturday, Jan. 25
- Uxbridge Free Public Library Open Hours – 9 a.m. to 1 p.m., 15 North Main St. Library services and browsing available.
 - Whitinsville Social Library Family Time – Regular Saturday hours, children’s area open.
- Monday, Jan. 27
- Northbridge Select Board Meeting – 7 p.m., Northbridge Town Hall, 7 Main St. Public meeting; agenda posted online.
 - Douglas Board of Selectmen Meeting – 6 p.m., Douglas Municipal Center, 29 Depot St.
- Tuesday, Jan. 28
- Uxbridge School Committee Meeting – 7 p.m., Uxbridge High School or Town Hall (location as posted).
 - Plummer Place Senior Center Programs – Ongoing daytime activities, Plummer Place, Whitinsville. Call for schedule.
- Wednesday, Jan. 29
- Northbridge Planning Board Meeting – 7 p.m., Northbridge Town Hall. Public hearing items as posted.
 - Uxbridge Senior Center Programming – Daytime activities, 36 South Main St., Uxbridge.
- Thursday, Jan. 30
- Finance Committee Meeting (Uxbridge) – 6:30 p.m., Town Hall, 21 South Main St.
 - Whitinsville Social Library Evening Hours – Open until 8 p.m.



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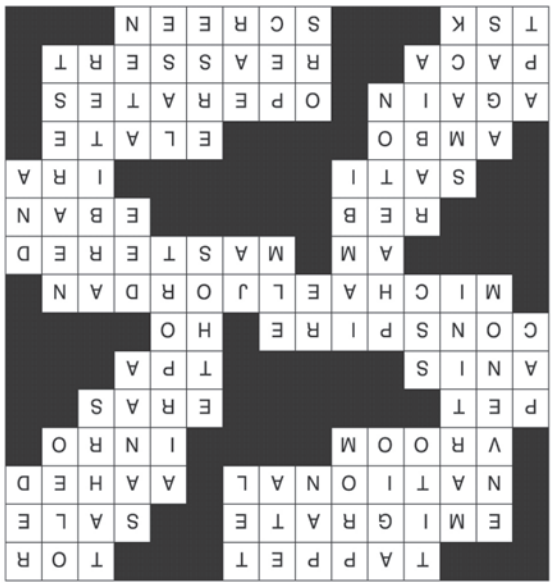
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PUZZLE SOLUTION



EcoTarium selected for call to International Space Station

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STUDENTS WITH
ASTRONAUTS
AS THE ISS
ORBITS 250
MILES ABOVE
EARTH

WORCESTER — The EcoTarium Museum of Science and Nature has been selected to host a live contact with an astronaut aboard the International Space Station (ISS) through ARISS (Amateur Radio on the International Space Station) in spring 2026. In collaboration with the Central Massachusetts Amateur Radio Association (CMARA) and North High School, hundreds of students will be invited to participate in the event and related education programs, and 10 students will have the rare opportunity to speak directly with an astronaut in orbit.

“The ARISS contact is an exciting opportunity for museum visitors, and school children from across the region,” said Jason Gurtman, manager of educational programs at the EcoTarium. “By giving students the chance to speak directly with an astronaut aboard the ISS, we’re sparking wonder and

affirming that there is a place for everyone in space science. This project will serve as a catalyst for curiosity, equity, and lifelong engagement with STEM learning.”

The EcoTarium’s contact with ARISS is scheduled for the week of March 9. NASA will confirm the exact date and time in late February or early March, depending on ISS orbital passes. Recent changes to ISS crew operations may affect the availability of participating astronauts, and the contact schedule remains subject to adjustment. A public community celebration will follow at the EcoTarium on Saturday, March 14, featuring hands-on activities and educational experiences focused on amateur radio and space exploration.

“What a thrill to be able to place a call to outer space using radio waves,” said EcoTarium CEO Noreen Johnson Smith. “For over 125 years, scientists have been expanding the way we use radio waves to communicate and discover distant objects in the universe. Calling the astronauts is an exciting lesson on the power of electromagnetic waves.”

This initiative advances the EcoTarium’s mission of igniting curiosity and inspiring a passion for science, technology, engineering, and math. The Museum offers year-round astronomy programming for visitors of

all ages, including the new NASA-funded permanent exhibit Lift Off! Space Explorers, full-dome shows in the Alden Planetarium, newly renovated observatory, and a monthly Astrophysics Speaker Series.

“Space science and wireless communications technology are foundational to our high-tech future,” said Fred Kemmerer, ARISS technical mentor and American Radio Relay League (ARRL) New England Division director. “An ARISS contact gives young people hands-on exposure to these technologies and often sparks a lifelong interest in high-tech communications and related career paths.”

George Gumbrell, a CMARA board member and parent, emphasized the long-term impact of early exposure to amateur radio. “If you’re interested in science and engineering,” he said, “amateur radio provides a foundation for lifelong exploration.”

Gumbrell’s son Connor, now in high school, was introduced to amateur radio at age 5 and has since spoken directly with an astronaut aboard the ISS.

“The exposure to amateur radio and hands-on problem-solving showed me what was possible,” Connor said. “It’s why I plan to pursue electrical engineering after high school.”

For more information, visit ecotarium.org/iss.

Local students earn President’s List honors at Nichols College

DUDLEY — Nichols College is proud to recognize the academic accomplishments of students on the fall 2025 President’s List.


President’s List recognizes those students who achieve high grades during a single semester. Students whose semester grade point average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President’s List honors.

The following local students have achieved President’s List honors:

- Cameron Burdick of Uxbridge
- Ella Haker of Uxbridge
- Chloe McDonald of Uxbridge
- Shane Okenquist of Uxbridge
- Christian Rachiele of Uxbridge
- Victoria Symock of Douglas
- Erin Wyndham of Northbridge
- About Nichols College

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Milford Federal Bank is proud to sponsor the Pawfect Life Rescue PAW of the WEEK!




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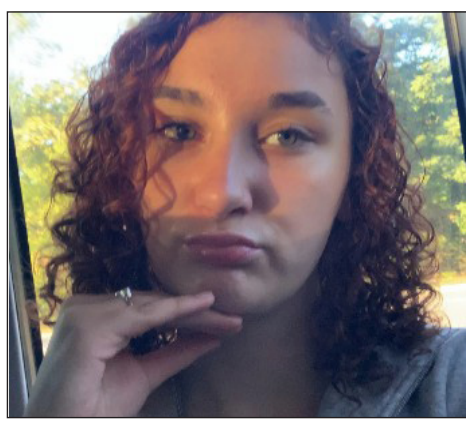


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Friday's Child











Kassidy
Age 15
Registration #7379

Kassidy is a bright, energetic child with a big personality and a love for being the center of attention. She enjoys singing, dancing, and doing arts and crafts—especially when she can show off her creative side. Kassidy is imaginative and expressive, often turning everyday moments into opportunities for fun and performance. She has a great sense of humor and loves to make people laugh with her jokes and silly antics. Kassidy especially enjoys spending quality time with adults and responds well to positive attention and encouragement. She’s at her best when she knows what to expect and feels supported by the people around her. Kassidy is curious, spirited, and full of life. Whether she’s working on an art project or putting on a dance routine, she brings joy and excitement to every activity she takes part in.

<https://www.mareinc.org/child/22540928059>

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The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with. To learn more about adoption from foster care visit www.mareinc.org . Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.





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EDITORIAL

The value of simply having places to gather

Not every important part of community life comes with a mission statement.

Across the Blackstone Valley, there are places that exist for no other reason than to give people somewhere to be. A senior center hosting cards and conversation. A community room used by different groups on different nights. A hall that opens its doors for meetings, classes, or events without much fanfare.

These spaces rarely draw attention, yet their absence would be felt immediately.

In small towns, gathering places do more than host events. They create familiarity. People run into neighbors they might not otherwise see. Conversations happen before meetings begin and linger after they end. Over time, these repeated, casual interactions build the social glue that holds communities together.

What makes these spaces especially important is their flexibility. They adapt to the needs of the moment. One evening they host a public meeting, the next a club gathering, and another a workshop or class. They serve many purposes without being limited to just one. That adaptability is a quiet strength.

There is also something democratic about shared spaces. They belong to everyone and no one at the same time. You do not need a membership, a purchase, or a special invitation to walk through the door. In a world where so many spaces feel restricted or commercial, that openness matters.

These places also support people during transitions. Retirees finding new routines. New residents learning how the town works. Volunteers stepping into leadership roles for the first time. Shared spaces provide a low-pressure way to connect, participate, and feel part of something larger.

Maintaining these places is not always easy. Budgets are tight, schedules are full, and the work of keeping buildings open and welcoming often goes unnoticed. Yet the return on that effort is significant. Communities with active, accessible gathering places tend to be more resilient, more informed, and more connected.

It is easy to focus attention on big projects and visible improvements. Those matter. But the quieter investments, the ones that make everyday interaction possible, are just as important. When towns make room for people to simply come together, they create conditions for trust, understanding, and cooperation to grow naturally.

In the end, the strength of a community is not measured only by what it builds or debates, but by how often its residents have opportunities to cross paths, share space, and feel at home in the places they live.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

ICE is not the problem — the illegals are

To the Editor:

Okay, it is time to leave the Commie-wealth of Massachusetts.

As if they have not done enough damage to our state. The high cost of supporting illegal immigrants. High electricity charges. No new electric power plants. Battery storage in your neighborhood back yard.

\$4 billion spent so far of our tax dollars on illegals in the past 4 years. How many affordable housing units could have been built for \$4 billion? How many new senior centers? New fire engines? New police officers? New ICE officers?

Next time someone complains that we in small towns need to spend more money on senior centers, or new town halls, or new fire equipment, just cite how much money the Communists in Boston have spent on illegals. \$4 billion.

And we citizen-taxpayers are the problem? Immigration Enforcement officers are the problem? Hell, no. Get the illegals out. Why should we pay for them?

Beacon Hill has proposed a law to require employers to give illegal alien employees [who, under federal law, have no right to be working in the U.S.] three days notice if a federal investigative audit of legal documents for employees will be conducted. Three days to get out of town. Three days to hide from ICE.

In order to work legally in the U.S., by federal law, you must have U.S. citizenship, a U.S. passport, a green card, some I-9 status to allow you to work legally here. The law of the land. Trump did not invent it. ICE enforces it.

California awarded illegal aliens Medi-Cal, free healthcare, and signed up as many illegals as possible. The state's Medi-Cal system ballooned from \$104 billion to \$197 billion, and the state is \$10 billion in debt. Suddenly, Communism does not work. Suddenly, Medi-Cal is freezing out new illegals who apply.

Did you know that in September alone, ICE [Immigration and Customs Enforcement] and ERO [Enforcement and Removal Operations] arrested and removed 400 illegal criminal aliens from our state?

Did you know that during the feckless Biden administration, ICE removed 6,000 illegals from Minneapolis? Where were the paid agitators?

These illegals are criminals, robbers, rapists, child rapists, assaulters with weapons, murderers accused or convicted of "aggravated homicide," one Salvadoran on the Interpol Red Alert, a third had been ordered by an immigration judge to be deported but had remained in the country illegally, drug traffickers,

child sex predators, and failures to register as sex offenders. Let's keep them here!

Did you know that in addition to the \$4 billion — that's four with an F, and billion with B — that Comrade Healey spent on illegals, she also spent nearly \$1 million on illegals at Logan Airport? Healey was certain that Kamala would name her the next Secretary of Transportation for her quality work.

Communists attack ICE to prevent ICE from removing these lovelies. Do you want them in Massachusetts? Me neither. Do you want to pay and support them, and provide them with legal defense? And SNAP benefits?

Ex-Judge [she just resigned] Hannah Dugan from Milwaukee was convicted of felony obstruction of justice when she allowed an illegal to sneak through a side door of the courthouse to avoid ICE. She is awaiting sentencing. ICE chased him and deported him back to Mexico. Dugan could do six years in federal prison.

Never in Massachusetts. Our very own Judge Shelley Joseph from the wealthy town of South Natick {no illegals live there} also released a twice-deported illegal who was in court on drug charges. She hit pause on the tape recorder in the courtroom while she discussed with the illegal's attorney how he could escape.

She let him out the back door to avoid ICE. Shelley gets a public reprimand. Say it out loud: "Shame on you, Judge!" The Supreme Judicial Court's investigator said that "she had no idea what was going on in her own courtroom under her nose, did not know about the escape plan or authorize it or mislead court officials." Really?

If you watch the video of ICE officers engaging with Renee Wood in Minneapolis, one is opening the door of her car. A very dangerous situation. When an officer is opening your car door, the officer perceives extreme danger. You are going to be arrested. Wood knew it. Felony obstruction of justice, felony obstruction of a federal agent in discharging his duties. She decided she was not going to be arrested. As one wit said, "play stupid games, get stupid prizes."

How do you behave when any officer of the law stops you? "Yes, officer, I'm sorry, officer. Was I speeding, officer?" Has an officer ever ordered you to get out of the car? Me neither.

Would you ever hit the gas?

BEV GUDANOWSKI
UXBRIDGE

The ludicrousness of Trump's position on Greenland

To the Editor:

It is truly curious how, in relation to the impending US takeover of Greenland, the Monroe Doctrine is so thoroughly bolstered by the science and the pertinent facts.

For example, North America and Greenland share the same tectonic plate. With Denmark, on its Eurasian plate, continually inching its way away from us on its side of the Mid-Atlantic Ridge. Such things are a part of Natural Law and naturally occurring borders. Facts that were and still are recognized in pretty much any Monroe Doctrine defensive stance.

Meanwhile, by granting Home Rule to Greenland back in 1979, then further surrendering control over the population with its 2009 Self-Government Act, Denmark quite clearly distanced itself in terms of its sovereignty and what little remained of its authority over the island.

Moving on to Greenland's truly formidable ice sheet. It is a remarkably pure source of potable water. The second largest frozen storehouse

on earth. The preponderance of which comes from moisture as it has long existed on its travels to Greenland from its western side. Thus giving the US another highly legitimate claim, via the Monroe Doctrine, to that ice as a readily renewable resource.

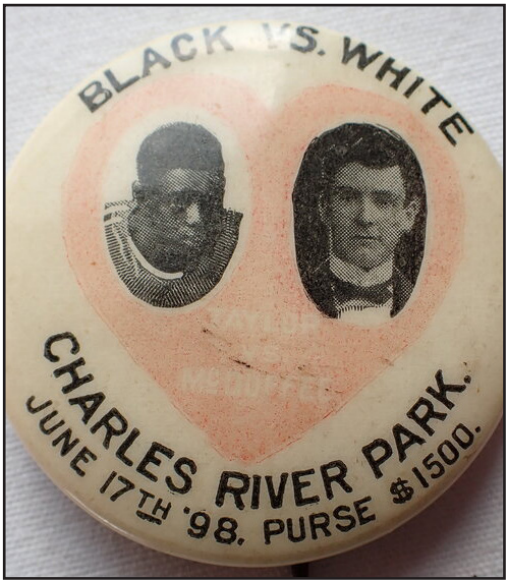
No matter how you seem to come at it legally or otherwise, President Trump's position on the US takeover of Greenland comes across as even more formidable than Greenland's ice sheet itself.

Thus, all Americans should truly be grateful for the fact that the American voters so wisely returned Donald Trump to the presidency.

For his polydimensional problem-solving skills, as great and as greatly needed as those abilities quite obviously are, his skills in that regard often pale in comparison to his devout sense of patriotism and his great allegiance to the future of our republic.

STEPHEN GAMBONE
NORTHBRIDGE

Pinback buttons



Today's column will focus on pinback buttons. Pinback buttons are usually round metal discs with a pin attached to the back that you can wear on a shirt, jacket, etc. We often associate them with political campaigns, but they were used in advertising, political messaging, and for other purposes.

I'll start by providing some history on pinback buttons. Prior to pinbacks several variations of clothes fastener buttons were created by craftsmen to commemorate George Washington's inauguration in 1789. Mount Vernon has nine different inaugural button versions in their collection, according to their website. One has an eagle with the date March 4, 1789, when Washington was originally scheduled to be inaugurated. It was rescheduled to April 30. Another popular president's campaign advanced the use of buttons. During Lincoln's 1860 campaign ferrotype (also known as tintype) photographs were made into campaign buttons. The images on thin metal sheets were reproduced and typically inserted inside of brass holders with campaign messages embossed on the brass. In 1896, the Whitehead and Hoag Company began producing brightly colored pinback buttons using a new plastic material called celluloid.

Political buttons are some of the most popular with collectors. The American Political Items Collectors group lists several subcategories of pinbacks. Some are presidential campaigns, focus on a single election year, single political parties, 3D items, local campaigns, Women's Suffrage movement, Prohibition movement, social causes, and Civil Rights.

Other types of collectible pinback buttons include comic characters, events, advertising, funny or serious sayings, entertainment, and sports.

You can buy some pinbacks for under a dollar while others can sell well into the thousands, and we've seen some good results in our auctions. A group of political pinbacks, including McKinley for president, sold for over \$200. A group of 17 advertising, souvenir, Temperance Movement, circus & other pinbacks went for \$330 in 2024. As you might expect, sports related pinbacks are some of the most collectibles. Twelve early 1900s tobacco premium and 1930 Cracker Jack baseball pinbacks brought over \$260. Major Taylor was an African American cyclist who lived in Worcester and is in the U.S. Bicycling Hall of Fame. A pinback button labeled "Black vs. White" promoted an 1898 race between Taylor and Eddie McDuffee. It sold in one of our 2022 auctions for over \$1,400.

There is also a Worcester connection to one of the most iconic pinback buttons ever made. Harvey Ball is said to have created the iconic smiley face image that became popular on buttons since the 1960s. An article in the Smithsonian Magazine said that Ball was paid \$45 for what took him about 10 minutes to design the image for the State Mutual Life Assurance Company. Smiley face pinback buttons with the original State Mutual markings on the back have recently sold between \$10 and \$60 in online auctions. It's not a windfall but still enough to put a smile on your face.

The single-collector Civil War auction we've been working on will begin soon. We're preparing for a major auction with fine jewelry, sterling silver, art, and other antiques and collectibles that will take place after that. We also have been accepting consignments for a major sports and comic book auction that will take place in the summer. It will feature the first baseball Ted Williams signed when he signed a contract with the Boston Red Sox. Please visit our website <https://central-massauctions.com> for links to upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services info@central-massauctions.com or (508-612-6111).

Lanterns Along Main Street

There was a time when every important message in life arrived in an envelope.

You could tell what kind of day it was going to be by the look of the mail. A thick envelope meant paperwork. A thin one with careful handwriting meant something better. Sometimes it was a birthday card. Sometimes it was a note from an old friend who had not forgotten you. Either way, it required a small ritual.

You carried it inside. You sat down. You opened it slowly. You read it more than once.

These days, most of our messages arrive silently. They pop onto a screen and vanish with the swipe of a finger. Efficient, yes. Convenient, absolutely. But I sometimes wonder what we lost when we stopped holding words in our hands.

I was reminded of this last week, when I found a small stack of old letters tucked inside a desk drawer. They were not famous letters. No historic figures. No dramatic confessions. They were simple notes from people who mattered to me at different points in life. A thank-you card from a neighbor after we helped move a couch. A short letter from a relative who has since passed. A postcard sent from a vacation years ago, the handwriting slightly crooked, the ink faded around the edges.

What struck me was not the content alone. It was the care. Someone took time to sit down, choose a pen, and shape each word. Someone thought enough of me to place a stamp in the corner and walk it to a mailbox. That effort carried meaning all its own.

In our Massachusetts towns, we still see glimpses of that slower rhythm. You notice it when someone holds the door at the post office and waits, rather than rushing past. You see it when neighbors exchange Christmas cards that arrive days after the holiday, yet feel no less warm. You hear it when someone says, "I wanted to tell you this in person," and means it.

We live in a world that rewards speed. Faster replies. Faster news. Faster everything. There is nothing wrong with progress. I appreciate being able to check in on family with a quick message or send a photo across the state in seconds. But speed should not replace intention.

There is something grounding about slowing down long enough to put thoughts on paper. When you write a letter, you tend to choose words more carefully. You pause. You reconsider. You often soften your tone because you know the message cannot be edited after it is sent. That alone might improve a few conversations in modern life.

I am not suggesting we abandon technology or return to quill pens and candlelight. I am suggesting we remember that human connection benefits from effort. A handwritten note does not need to be long. It does not need perfect grammar. It needs sincerity.

Imagine what would happen if more of us sent a simple card to a teacher who made a difference, a neighbor who checked in during a tough week, or a family member who rarely hears how much they matter. Those envelopes would carry more than paper. They would carry recognition.

Our small towns have always thrived on these quiet gestures. The casserole dropped off without being asked. The wave to a familiar face at the grocery store. The short conversation at the hardware counter that turns into advice about life rather than screws. These are the lanterns along our main streets. They do not blaze. They glow steadily, guiding us back to one another.

This week, I plan to write a few notes and send them the old-fashioned way. No special occasion. No dramatic reason. Simply a reminder to people I appreciate that they are seen and valued.

If you are looking for a simple way to make the world around you feel a little warmer, consider doing the same. Write one letter. Address one envelope. Drop it in the mailbox and walk away knowing you have sent something more lasting than a notification.

In a fast-moving world, choosing to slow down, even briefly, can feel quietly revolutionary. And sometimes, the smallest acts carry the brightest light.

LANTERNS
ALONG
MAIN
STREET
By CHARLES

BVCC’s Women’s Success Network hosts Business After Hours at District V House in Sutton

SUTTON — The Blackstone Valley Chamber of Commerce’s (BVCC), Women’s Success Network (WSN) invites local professionals and business leaders to attend the Business After Hours on Thursday, Feb. 12 from 5:30-7:30 p.m. at District V House, located at 356 Manchaug Rd., Sutton.

Please join us for this engaging networking event offering attendees the opportunity to connect with fellow professionals, build meaningful business relationships, and enjoy a relaxed evening in one of Sutton’s most stylish local spaces. Guests will have the chance to sip, shop, and enjoy light bites while learning more about the businesses and organizations that

make up the Blackstone Valley’s vibrant economy.

“Business After Hours events are more than just networking, they’re about bringing professionals together in a way that feels genuine and welcoming,” said Executive Director of the Blackstone Valley Chamber of Commerce, Liz O’Neil. “These gatherings give business leaders the opportunity to step away from the office, meet new faces, and build meaningful connections. The WSN, and District V House allow us to create an engaging environment that supports collaboration, community, and local business.”

Members of the BVCC are invited to attend for a fee of \$25,

while the price for future members is set at \$35. Interested parties are encouraged to RSVP by February 5, 2026, to secure their place. Register online at, www.blackstonevalley.org/events. For more information, please contact Liz O’Neil at, 508-234-9090, or lonelil@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 which impact commerce and the quality of life in the Valley.

Whitin Community Center announces Children’s Benefit celebrating more than 50 years of impact

SUTTON — The Whitin Community Center (WCC) is proud to announce its upcoming Children’s Benefit, taking place on Wednesday, March 25 at 5:30 p.m. at the beautiful Pleasant Valley Country Club in Sutton.

This special evening will celebrate more than 50 years of memories, milestones, and meaningful impact made through WCC’s children’s programs. Designed as a fun event to celebrate the successes of our youth, the event will bring together alumni, families, community members, and supporters for a night of connection, celebration, and giving.

Guests will enjoy a cocktail hour with passed hors d’oeuvres, followed by a light buffet. The evening will also feature alumni recognition and community spotlights, highlighting individuals and stories that exemplify the positive influence of the WCC’s children’s programs. A special Youth Theatre performance will showcase the talent and confidence fostered through the Outreach program.

In addition, attendees will have the opportunity to support WCC’s mission through a Fund-A-Need, directly benefiting children’s pro-

grams that continue to enrich and empower youth throughout our community.

Sponsorship opportunities are available for businesses and individuals looking to make a meaningful impact while gaining visibility within the community. Those interested in sponsoring the event are encouraged to contact Development Director, Victoria Waterman at Victoria.Waterman@OurGym.org.

Tickets for the WCC Children’s Benefit will be available online soon. For updates and additional information, please visit www.WhitinCommunityCenter.com or call 508-234-8184.

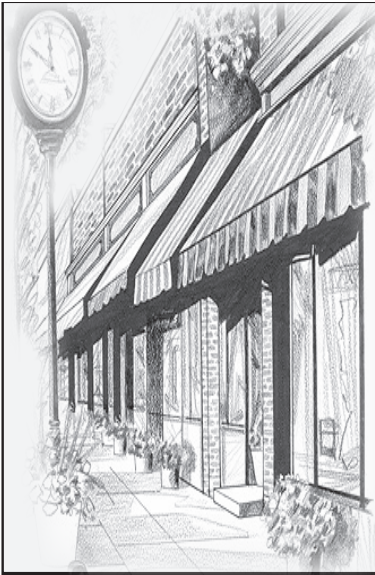
The Whitin Community Center

is committed to enhancing the health and well-being of individuals and families and building a strong community in the Blackstone Valley. We offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together. The Whitin Community Center is the Blackstone Valley’s most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information, call 508-234-8184 or visit www.WhitinCommunityCenter.com.

Lindsey Labossiere named to Dean’s List at Hofstra University

HEMPSTEAD, N.Y. — Lindsey Labossiere of Uxbridge excelled during the fall 2025 semester at Hofstra, achieving a GPA of at least 3.5 to earn a spot on the Dean’s List. Lindsey’s major is Criminology.

Hofstra University’s primary mission is to provide a quality education to its students in an environment that encourages, nurtures, and supports learning. At Hofstra, new ideas take shape through collaboration, engagement, and interaction. Hofstra students create their success with small classes and dedicated faculty, alongside a beautiful campus, plus all the opportunities of New York City within easy reach.



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From Uganda to Jamaica

VISITING PRIEST CONNECTS WITH SAINT JOSEPH STUDENTS

WEBSTER — Saint Joseph School recently welcomed Fr. James Kandole Saturday, a Catholic priest serving in Jamaica, for a two-day visit on Tuesday, Dec. 2, and Wednesday, Dec. 3. Fr. Saturday is a longtime friend of Rev. Richard Polek, pastor of Saint Joseph Parish, and the two met through Food for the Poor, an international relief and development organization that supports communities in need through emergency aid and long-term assistance, including housing and other basic necessities.

Fr. Saturday began his visit by joining the school community for its Advent Prayer Service on Tuesday morning. Afterward, he spent the day in the school’s classrooms, meeting students and staff across every grade level. Teachers noted how naturally he connected with younger children—at times sitting on the floor with them to talk about their interests and questions. In the Pre-K 3 classroom, Fr. Saturday used a small Nativity set as a hands-on way to discuss the birth of Jesus, helping students reflect on the meaning of the season in an age-appropriate, engaging way.

Later that afternoon, students in Grades 5–8 gathered in the parish center for an energetic question-and-answer session. Students asked everything from his favorite foods—such as matooke (green bananas) and Jamaica’s well-known jerk chicken—to thoughtful questions about his childhood in Uganda, his decision to become a priest, his favorite Bible verse, and his guiding purpose in life. Fr. Saturday emphasized a consistent theme throughout the discussion: his hope is to help others “fall in love with God,” encouraging students to live with humility, perseverance, and trust in God.

Middle school students were especially interested in Fr. Saturday’s reflections on his ministry in Jamaica and his community’s experience during Hurricane Melissa, a Category 5 storm that struck Jamaica in 2025. He spoke candidly about the fear and uncertainty of the hurricane, the practical steps people took to find safety, and the lasting emotional impact of the destruction—while also sharing a message of faith and resilience in the



Saint Joseph School National Junior Honor Society member Axel Kapitulik (Grade 8) presents a \$500 check to Fr. James Kandole Saturday. The donation will support Fr. Saturday’s ministry and help fund repairs to his church following Hurricane Melissa, a Category 5 hurricane that struck Jamaica in October 2025.

aftermath.

Fr. Saturday returned on Wednesday for a final gathering with the entire student body. Beth Boudreau, Principal of Saint Joseph School, presented him with a school gift bag and Saint Joseph School items as a token of appreciation. During the assembly, the Saint Joseph School National Junior Honor Society (NJHS)—advised by Mrs. Karen Lefebvre—presented Fr. Saturday with a \$500 donation to support his church’s work.

NJHS is a national student organization that recognizes middle school students for scholarship, leadership, service, character, and citizenship. At Saint Joseph

School, members commit to service throughout the year and organize regular fundraisers to support a variety of charitable causes—both local and beyond. The donation to Fr. Saturday’s ministry is one example of how NJHS students at Saint Joseph School put their values into action through planned giving and ongoing service initiatives.

The assembly concluded with the school community singing “Sto Lat” and taking a group photo with Fr. Saturday. Staff and students expressed gratitude for his visit and shared hope that he will return to Saint Joseph School again in the future.



Fr. James Kandole Saturday sits with Saint Joseph School’s PreK three-year-old students during his classroom visit, speaking about the Nativity and the birth of Jesus as the children listen attentively.

WARM UP

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Timothy Ryan — Courtesy



Family, friends, colleagues, and community members showed their support for the Uxbridge Police Department last week, as Officer Stephen LaPorta was laid to rest.



SEND US YOUR NEWS!!!

Email Us @

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SHOW continued from page A1

The quilt measures 74.5 by 74.5 inches, and is named Dresden Bloom. The quilt was created by TPQG members Karen Pierce, Glory Torres, and Rita Partridge. Their focus in creating this quilt was to find a pattern that showcased both applique and piecing techniques. Once the pattern was determined fabrics were selected that were bright and cheerful. The quilt was custom quilted by Kimberly Cloutier of Blooming Quilts.

You are invited to attend the quilt show and view this quilt in person and purchase raffle tickets. Tickets are also available from quilt members before the show and are \$2 each or six for \$10.




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AWARD
continued from page A1

Uxbridge.

DoRosario was also the driving force behind the creation of the Uxbridge Dog Park, a project that took many years of persistence, advocacy, and behind-the-scenes work. Through it all, she never gave up—motivated solely by her love for her community.

For nearly a decade, she has spearheaded Uniquely Uxbridge Day each September, helping celebrate local businesses, organizations, and town pride. In addition, she volunteers as a youth soccer coach and can regularly be

found attending or serving on numerous town committees and meetings.

Her passion, perseverance, and unwavering commitment have helped shape Uxbridge into the vibrant community it is today.“It is truly an honor to present the Premeer Gives Back Foundation’s Be The Good Award to an incredible human being who gives so much of herself to others,” said Chris Whitten, President of the Premeer Gives Back Foundation and broker/founder of Premeer Real Estate. “Uxbridge would not be the same without her.”

In addition to this recognition, DoRosario was

also presented with a generous gift card donated by Revival 122 Restaurant in Whitinsville as a token of appreciation for her outstanding service and dedication.

The Premeer Gives Back Foundation proudly congratulates Travis DoRosario on this well-deserved recognition and thanks her for her selfless dedication to the Uxbridge community.

Premeer Gives Back is the charitable foundation of Premeer Real Estate, a real estate company with offices in Smithfield, Rhode Island, and Uxbridge, Massachusetts, deeply committed to investing in the communities it serves.

Since 2019, the foundation has donated \$117,750 to local charities, guided by its motto, “Be the Good.” With a strong focus on community involvement, Premeer Real Estate contributes \$150 to a charity of the client’s choice for every successful closing, ensuring that each transaction helps make a positive impact locally.

For more information about the Premeer Gives Back Foundation or the Be The Good Award, please visit www.PremeerRealEstate.com/ community or contact Chris Whitten at chris@premeerrealestate.com or (401) 527-1004.

DOUGLAS ADULT SOCIAL CENTER

331 Main St.
(508) 476-2283
Hours of operation: Monday through Thursday, 9 a.m.-3 p.m.; Friday 9 a.m.-noon

DAILY ACTIVITIES: All our daily activities are free of charge.

Monday: Painting class 9:45am to 11:45am, Balance & Strength Exercise 12pm, Mat yoga 2pm

Tuesday: Walking club 9am, Cribbage 9:00am, Lunch & Bingo 11:30am, Technology class 1pm (call to make an appt.), Line dancing 2pm

Wednesday: Balance & strength 10am, Darts 11:30am, Mahjong 12:45pm, Dominoes 1 to 2:30pm

Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:00am, Hand and Foot card game 12:30pm

Friday: Balance & strength 10am, Zumba 11:30am

The Adult Social Center Food Pantry is open to any resident/ family in town. We have a large variety of food, personal care items, household cleaners, and fresh bread from Panera. We are open Monday – Thursday from 9 to 3, and Friday from 9 to 11:30. This is a confidential pantry, come in and take what you need no questions asked. We are located below the post office.

We will accept non-perishable items during our regular business hours. Monday- Thursday 9-3 & Fridays 9-12. Please DO NOT leave anything on our ramp after hours.

Inclement weather: The

center is closed to patrons if school is cancelled. If school is delayed we will open at our regular time.

Tuesday & Thursday lunch club, please call the Friday before to sign up. Lunch is \$4.00 per person. If you would like to attend we offer free rides to and from the center and are willing to waive the lunch fee is necessary.

January Lunch Menu:

Tuesday 1/6: bbq chicken mashed potatoes, corn & pudding

Thursday 1/8: Free lunch & learn with Attorney Azza. Please sign up by 1/1/26.

Tuesday 1/13: Chili, salad, Italian bread & cookies

Thursday 1/15: Mac & cheese, broccoli, garlic bread & Jell-O

Tuesday 1/20: Chicken soup, ham salad sandwich & apple pie

Thursday 1/22: Salad bar & fruit

Tuesday 1/27: Broccoli & cheese quiche, fruit & banana bread

Friday Shopping Schedule: Please call 48 hours in advance to schedule your ride. Grocery shopping pick up starts at 9:30.

Hannaford: 1/2

Walmart: 1/9 & 1/23

Price Chopper: 1/16

Rider’s choice: 1/30

JANUARY EVENTS: The center will be closed January 1st & January 19th.

Wellness Clinic Dates: Monday January 5th & Tuesday January 20th from 10 am to 12 pm. The nurse is happy to check your blood pressure, can do a finger stick blood sugar. You can read the nurse’s page in our bi-monthly newsletter. If you have any questions or concerns, please stop in and see the nurse.

Lunch & a Series: Thursday January 15th @ 11:30. Mac & cheese, broccoli, garlic bread & Jell-O, \$4.00 per person. We will be watching Season 1 Episode 1 & 2 of Man on the Inside starring Ted Danson. Please sign up by 1/9. Come back on Thursday January 22nd @ 11:30 to finish season 1. Lunch is salad bar & fruit, \$4.00 per person. Please sign up by 1/16.

Free Valentine Craft: Wednesday January 21st @ 1:00 pm. We will be making a coffee filter Valentine wreath. Refreshments will be served. Please sign up by 1/15.

PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES

Check our website for events that may not be listed here

<https://www.douglas-ma.gov/202/AdultSocial-Center-Senior-Center>

LEGALS

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO25P4394EA
INFORMAL PROBATE PUBLICATION NOTICE
Estate Of:
Barbara E. Lavallee
Date of Death: September 15, 2025
To All persons interested in the above-captioned estate, by Petition of **Michael N Lavallee of Northbridge MA** a Will has been admitted to informal probate.
Michael N Lavallee of Northbridge MA has been informally appointed as Personal Representative of said estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

January 23, 2026

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO26P0002EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate Of:
Thomas J. Bent, Jr.
Date of Death: 06/20/2025
To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **David John Raymond of Franklin MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:
David John Raymond of Franklin MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.
IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/03/2025**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections

within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Kathryn M. Bailey, First Justice of this Court.
Date: January 05, 2026
Stephanie Fattman,
Register of Probate
January 23, 2026

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO25P3768EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate Of:
Priscilla A. Ames
Date of Death: 11/12/2024
To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Derinda Love of Manchester ME** requesting that the Court enter a formal Decree and Order and for such

other relief as requested in the Petition. The Petitioner requests that:
Derinda Love of Manchester ME be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.
IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/24/2026**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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WITNESS, Hon. Kathryn M. Bailey, First Justice of this Court.
Date: January 14, 2026
Stephanie Fattman,
Register of Probate
January 23, 2026

PLUMMER PLACE HOME OF THE NORTHBRIDGE SENIOR CENTER

The following events will take place at Plummer Place, Home of the Northbridge Senior Center. We are located at 20 Highland St. in Whitinsville. Telephone: (508) 234-2002. Northbridge residents have priority for all programming and events.

Regular Programs:
Mindful Meditation with Kelly
Every Thursday at 9:30am
S c r a b b l e
Monday, February 9th at 9:30am
Dull Men's Club
Tuesday, January 27th at 9:30am

Special Events and Programs:
NEW Women's Collective!
Ladies — ignite your next chapter with our new Women's Collective — where a fresh focus on community meets bold creativity. Next meeting date: Thursday, February 12th at 10:00am. No sign up required! Please drop in and join us. Coffee/tea/hot chocolate will be available. Any questions? Please call Amy at (508) 234-2002.

Looking for a New Health/Wellness Perspective for the New Year?
Are you interested in beginning a journey to better health, happiness, and a longer life? Learn where and how centenarians are living across the world in this exciting three-week program exploring the Blue

Zones with Amy Cowen, our program and volunteer coordinator. This program will include a book, a guest speaker, light refreshments, some healthy challenges, and more fun surprises! Sign up in the main office. \$20 per person payable in cash on the day of the first class. Thursdays:
February 19th, 26th, and March 5th
All classes will meet from 10:00am-11:00am

Active Agers Health Fair
Get moving, get informed, and get inspired! Please join us at Plummer Place's first-ever Active Agers Health fair for older adults! This event is packed with fun and engaging activities, screenings, and wellness tips to keep you thriving! Your health, your way, your day! Wednesday, February 25th 12:30pm-2:30pm
The first 20 people in the door will receive a free reflective drawstring backpack. Free door prizes will be drawn throughout the afternoon and grab and go snacks will also be available, as well as bone density and blood pressure screenings. There is a \$5 attendance fee, payable in cash at the door the day of this event. Please call the main office to sign up so we can gauge attendance.

State Representative David Muradian's Office Hours
Tuesday, January 27th at 10:30am

WPI students complete intensive research projects

WORCESTER — At Worcester Polytechnic Institute (WPI), all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to addresses an important societal need or issue.

Known as the Interactive Qualifying Project (IQP), this project is a core part of the innovative undergraduate experience at WPI. Centered around project-based learning, this hands-on approach offers students opportunities to help develop thoughtful solutions to open-ended problems. These real-world problems affect the quality of life for people in the communities where students work, giving students a chance to make a difference in the world before they graduate. All WPI undergraduates are required to complete an IQP, usually in their junior year, through which they apply science and technology to address an important societal need or issue. About two-thirds of WPI students complete their IQP at one of the university's 50+ off-campus project centers located in more than 30 countries around the world.

"The WPI project-based curriculum's focus on global studies brings students out of the classroom and their comfort zones and into the global community to apply their knowledge and to solve problems," said Professor Kent Rissmiller, professor of International & Global Studies and associate dean of The Global School. "Students are immersed in all aspects of a different culture-from the way people live and work to the values they hold to the foods they eat, all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork; make a real and meaningful difference in their host community; and gain a competitive edge for any resume, or graduate or professional school application."

The following students completed projects in the fall of 2025:
Julia Philbrook of Uxbridge, class of 2027, majoring in Biomedical Engineering, completed a project titled "An HRV Biofeedback Educational Application in Iceland."

Brady McMaster of Douglas, R.I., class of 2027, majoring in Mechanical Engineering, completed a project titled "Assessing the Community Impact of Theater Alliance."

About Worcester Polytechnic Institute
Worcester Polytechnic Institute (WPI) is a top-tier, STEM-focused university with an R1 research classification and global leadership in project-based learning. Founded in 1865, WPI's distinctive approach integrates classroom theory with real-world practice, preparing students to tackle critical challenges through inclusive education, impactful projects, and interdisciplinary research. With more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments and over 50 global project centers, WPI advances knowledge and innovation in fields such as life sciences, smart technologies, advanced materials and manufacturing, and global innovation. Learn more at www.wpi.edu.

Public Listening Session planned on Gray Rock Pocket Forest project

UXBRIDGE — A Public Listening Session about the Gray Rock Pocket Forest (GRPF) project will be held at the Progressive Club, 18 Whitin St., Uxbridge, on Saturday, Jan. 24, 1 – 3 p.m.

Light Refreshments will be served.

This session is open to all. There will be an informational presentation followed by feedback from attendees about the project. Input from the public is necessary for the success of this project. There will be an optional tour of the GRPF after the session.

The GRPF Posse is a small group of Uxbridge citizens leading this project. One of the members who has been involved from the project's inception, David Tapscott, offers this explanation:
"The Gray Rock Pocket Forest is an idea. This idea has a place on East Harford Avenue which is the site of the Gray Rock Estate, the Angel of Hope Memorial, the Charles R Smith Memorial Park and Peaceful Pond. It is a forested "pocket" of land surrounded by streets and homes. The basic idea is to preserve and enrich this place.

It is a place rich in history. Birds and trees thrive there. It is cool on scorching hot summer days. It is a place of peace and solace at any time of year. We want to keep its history alive, educate visitors about the creatures and plants that live there, and give access to all to enjoy what it has to offer.

To make this idea a reality, we need strong community support, starting with ideas from all members of the public. Please attend and give us your thoughts."

For more information, please contact dtapscott@uxbridge-ma.gov or call Uxbridge Board of Health at (508) 278-8600, option 8.

To take a survey regarding this project, visit <https://arcg.is/1TGnWL2>.



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Sally Selvidge – Activities Coordinator
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The National Random Act of Kindness Week for 2026 is scheduled for February 14th - 20th. This year's theme is "The Science of Kindness".

5 Fascinating Facts About Kindness
Kindness gets rid of stress - People who are naturally kind have 23% less cortisol, which is the stress hormone.

Being kind increases stamina - In a research study, 50% of the participants reported that they felt stronger and more energetic after helping people.

Being kind can reduce your blood pressure - Practicing acts of kindness helps release a hormone known as oxytocin, which protects the heart by reducing blood pressure.

Kindness stabilizes our mood - It stimulates the production of serotonin, which is basically a mood stabilizer.

Being kind makes us happy - Performing an act of kindness triggers elevated levels of dopamine in the brain and a natural high is produced, often referred to as 'helper's high.'

Changes in SNAP Benefits
On July 4, 2025, President

Bill Act of 2025, which made significant changes to the Supplemental Nutrition Assistance Program (SNAP) that all states must implement. SNAP benefit changes will happen on a rolling basis at each client's annual recertification. Clients will be notified by DTA when they need to recertify, and if any of these changes apply to them.

Beginning November 1st, more people must meet ABAWD (Able Bodied Adults Without Dependents) work rules at application or recertification. This includes parents with teens 14+, homeless individuals, veterans, and people up to 65. DTA will check if you have to meet the work rules during your Recertification. Before then, you do not need to contact DTA about the work rules. For more info go to the Mass.gov website

Our Super Bowl Party is scheduled for Friday, February 6th at 12 noon and our Valentine's Day Party is scheduled for Friday, February 13th at 12 noon. Please sign up early since our lunch schedule fills up fast.

Happy Valentine's Day to All!!!!
Sincerely,
Lisa

AARP Tax Assistance Program starts on Monday, February 2nd. Call to make your appointment.

Monday, February 2, 2026 – 3:00 pm – 4:00 pm - Computer Tutoring with students from Blackstone Valley Tech. Please call ahead to book an

appointment. This will be held on the first Monday of each month.

Wednesday, February 4th – 12:00 pm - AARP New Tax Information for Seniors. Kathryn Converse will be here to discuss new tax info. Please call ahead to RSVP.

Thursday, February 5, 2026 - 10:30 am – Veterans' Services with Carl Bradshaw by appointment only. Call 508-278-8622 to sign up.

Friday, February 6, 2026 – 12:00 pm – Lunch & Learn with Chief Montminy. Superbowl Celebration. There is typically a wait list for these events. Be sure to RSVP.

Monday, February 9, 2026 – 1:30 pm – Making Valentine's Day Gnome with Sally! Cost is \$7.00 per person due upon signup.

Tuesday, February 10, 2026 – 1:00 pm – Uxbridge Library Book Club. They will be discussing "The Library of Borrowed Hearts" by Lucy Gilmore. You are welcome to join us for lunch on this day, just be sure to call ahead to "book" yours! Next book club meeting is on Tuesday, March 10, 2026.

Tuesday, February 10, 2026 - 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment. Next date will be Tuesday, March 10, 2026.

Friday, February 13, 2026 – 12:00 pm - Annual Valentine's Day Celebration. We will have Tim Brooks – The Crooner at Large entertaining us! This event is sponsored by the Uxbridge Elderly Connection, Inc. Please be sure to sign up early as these events fill up quickly and space is limited.

Monday, February 16, 2026 – The senior center will be closed in Observance of Presidents' Day. We will re-open on Tuesday, February 17th at 8:00 am.

Wednesday, February 18, 2026 – 10:30 am – 12:30 pm – National Grid Customer Care Event – A representative from National Grid will be available to answer and assist you with discount rates, payment plans, arrears forgiveness, special protections, energy saving, and more. If you plan on joining us for LUNCH on this day, please call ahead to RSVP as space is limited. This event will be held monthly on the 3rd Wednesday.

Wednesday, February 18, 2026 - 11:30 am - 12:30 pm – "PopUp Library". Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program is being offered by the Uxbridge Free Public Library.

Thursday, February 19, 2026– 1:30 pm – 3:30 pm – Big BINGO at the Uxbridge Senior Center. Join us for a fun afternoon of BINGO & cash prizes! Packets of 10 games for \$10. Transportation will be provided.

Let us know if you'd like to join us for lunch on this date by calling or stopping by to RSVP. You must sign up by 12 noon the day before game day.

Friday, February 20, 2026 – Heather Deary will be here to entertain us during lunch! Be sure to RSVP.

Monday, February 23, 2026 – 1:30 pm – "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please call 508-278-8622 to schedule your appointment.

Tuesday, February 24, 2026 - 11:00 am – 12:00 pm – Ask the Nurse Free Blood Pressure Clinic with the Salmon Health VNA. RSVP if you'd like to join us for lunch.

Thursday, February 26, 2026 – 1:30 pm - Afternoon Movie at the Senior Center! We will be watching Alfred Hitchcock's 1951 Thriller/ Crime movie "Strangers on a Train". Popcorn and refreshments to be served and transportation is available.

Friday, February 27, 2026 - 12 noon – February Birthday Cake Celebration.

We will celebrate all the February birthdays!

Card Game played during lunch on Mondays. No card game on February 16th.

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

Tuesday's Walk & Talk Walking Club Program will resume in the Spring.

Knitting Club every Tuesday @ 1:30 pm – Even if you don't know how to knit or crochet, come and visit us! The group members are always willing to teach you!

Every Wednesday – 9 am – 3 pm – The Uxbridge Senior Center Transportation Program Community Shuttle. This shuttle is for seniors and individuals with disabilities to destinations such as post office, pet care appointments, hair salon or barber, bank, pharmacy & shopping anywhere in the Uxbridge/Northbridge area. Note: this replaces the weekly bank/pharmacy and Shaw's Ocean State rides. Call 508-278-8622 for more information and to book your FREE ride. Requests require a 48-hour notice.

Wednesdays - "Canasta" Hand, Knee & Foot Card Game – START TIME IS NOW 1:15 PM due to parking spaces. Let us know if you'd like to join us for lunch!

Wednesdays – Play Scrabble! – START TIME IS NOW 1:15 PM due to parking spaces. – Come by for an afternoon playing Scrabble. Boards are supplied by the senior center. Let us know if you'd like to join us for lunch!

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

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

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

www.facebook.com/UxbridgeMASeniorCenter

https://www.youtube.com/channel/UCNh_RIq99rucmFH-UO7VFBw
<https://www.uxbridgetv.org/schedule/192>

Join Blackstone River Greenway Visitor Center for a tour through local history

WORCESTER — Join the Blackstone River Greenway Visitor Center at Worcester for the exhibit "From Small Town to Heart of the Commonwealth" Saturdays through February from 1 – 1:30 p.m.

Join us on a tour through the exhibits of the Blackstone River Greenway Visitor Center, highlighting the history of the Blackstone Canal, the Industrial Revolution, and the City of Worcester.

Meet at the Visitor Center. Appropriate for ages eight and up. Children must be accompanied by an adult.

Reasonable accommodations available upon advance request. For ADA/Reasonable Accommodations, please call 617-645-0358 or e-mail Moneesha.dasgupta2@mass.gov.

Wine tasting event to benefit Blackstone Valley Emergency Shelter

UXBRIDGE — The community is invited to support the Blackstone Valley Emergency Shelter at a wine tasting fundraiser event Saturday, March 7 from 7 to 10 p.m. at Blissful Meadow Golf Club in Uxbridge.

Tickets are available at bvemergencyshelter.org.

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- Strong understanding of G-code, tooling, and machining best practices
- Ability to read and interpret technical drawings
- Experience with Fanuc, ProtoTrak, and Hurco controls preferred
- Demonstrates commitment to quality, safety, and continuous improvement

Sign-On Bonus Eligibility:
The \$10,000 sign-on bonus is available to candidates who meet experience and skill requirements and successfully complete onboarding milestones. Bonus is paid in structured installments over the first year of employment.

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Assumption students named to Fall Dean’s List

WORCESTER — Assumption University has announced those who have been named to the University’s Dean’s List for the fall 2025 semester. Students named to the Dean’s List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on this prestigious list, which is announced at the completion of the fall and spring semesters.

Juliana Buchanan of Douglas
Ashley Schofield of Douglas
Isabella Nolan of Uxbridge
Kyleigh Sacco of Uxbridge
Olivia Gray of Uxbridge
Adelaide Greenwald of Uxbridge
Mara Keane of Northbridge

“Earning the right to be named to the Assumption University’s Dean’s List is an extraordinary accomplishment and we congratulate those students who demonstrated exemplary academic excellence this semester,” said Assumption University President Greg Weiner, Ph.D.

“These students have demonstrated a deep commitment to the pursuit of truth in the company of friends that lies at the heart of the Catholic liberal education Assumption provides.”

About Assumption University
Assumption University, founded in 1904 by the Augustinians of the Assumption, is a premier New England university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption’s graduates are known for their intellectual seriousness, thoughtful citizenship, and devotion to the common good. The University offers 37 majors and 49 minors in the liberal arts, sciences, business, nursing, professional studies, and other areas, as well as graduate degrees and professional credentials. For more information about Assumption University, please visit assumption.edu or follow us @AssumptionUMA.

Fairlawn CRC announces speaker lineup for 2026 January Series

WHITINSVILLE — The January Series at Fairlawn Christian Reformed Church, an award-winning lecture series from Calvin University in Grand Rapids, Mich., brings together thought leaders and inspiring voices from around the globe. Recognized as one of the country’s leading lecture and cultural arts series, the January Series offers a unique opportunity for the public to access high-caliber lectures from diverse experts.

The Series will be shown via simulcast at Fairlawn CRC, 305 Goldthwaite Road in Whitinsville. The one-hour lectures will take place Monday through Friday, Jan. 19-30, at 12:30 p.m. Brochures with more information may be found at the Whitinsville Library or Fairlawn CRC. Call Ellen Stahl, 508-234-2349 with questions.

This year’s lineup features a dynamic mix of ten speakers whose work spans faith, public health, storytelling, and the arts. Among them are:

David Brooks, New York Times columnist and bestselling author, offers wisdom on moral character, empathy, and rebuilding community in divided times.

Naomi Tutu, daughter of Archbishop Desmond Tutu, human rights advocate, and international speaker, exploring justice, reconciliation, through the lens of Dr. Martin Luther King Jr.

Dr. Vivek Murthy, U.S. Surgeon General, addressing loneliness, mental health, and the importance of human connection in an increasingly digital age.

Harry Smith, longtime NBC News correspondent and storyteller, shares stories on how less can really be more.

Wu Man, Grammy-nominated musician and leading ambassador of the Chinese pipa, sharing how music bridges cultures and creates understanding across generations.

Titus Lucas of Whitinsville achieves Dean’s List at NECC

HAVERHILL — Congratulations to Titus Lucas of Whitinsville on being named to the Northern Essex Community College Fall 2025 Dean’s List.

To be included, students must attain a grade point average of 3.3 or higher within the term, carry six or more credits within the term, and be matriculated in a degree program.

Northern Essex Community College, the first federally designated Hispanic Serving Institution in New England, is an education leader for the Merrimack Valley. Through a supportive learning environment and cultural inclusion, NECC embraces all identities and inspires initiative and excellence through top-notch affordable certificate and associate degree programs online and at campuses in Haverhill and Lawrence. NECC offers many bachelor’s degree transfer options, workforce development and community education classes, and is host to the NECC Police Academy, MassHire Merrimack Valley, and Gallaudet University’s Regional Center for the deaf and hard of hearing. Visit Northern Essex online at www.necc.mass.edu.

Caitlin Christine Lozeau of Douglas named to Clarkson University Dean’s List

POTSDAM, N.Y. — Caitlin Christine Lozeau of Douglas, a freshman majoring in aerospace engineering, was named to the Dean’s List for the Fall 2025 semester at Clarkson University.

Dean’s List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

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Clarkson University is a proven leader in technological education, research, innovation and sustainable economic development. With its main campus in Potsdam, N.Y., and additional graduate program and research facilities in the Capital Region and Hudson Valley, Clarkson faculty have a direct impact on more than 7,800 students annually through nationally recognized undergraduate and graduate STEM designated degrees in engineering, business, science and health professions; executive education, industry-relevant credentials and K-12 STEM programs. Alumni earn salaries among the top 2 percent in the nation: one in five already leads in the c-suite. To learn more, go to www.clarkson.edu.

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