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**Friday, September 5, 2025**

# Uxbridge Lions' Seventh Annual Car Show skids into town

UXBRIDGE — The Seventh Annual Uxbridge Lions Club Car Show is ready to rock and roar on Saturday, Oct. 4, from 10 a.m. to 2 p.m. at the Valley Chapel, 14 Hunter Rd. in Uxbridge. All cars, motorcycles and trucks are welcome. This event benefits the Uxbridge Lions' local community projects. Spectators can expect to see a wide range of awesome vehicles displayed by their proud owners. Last year over one hundred enthusiastic owners enjoyed the autumn event with its entertaining music, picnic fare, local vendors, and the Sweet Wise Ice Cream

Courtesy

(Right) Last year's Best in Show winner, Bob Lundell, with his red 1967 Chevrolet Camaro.



**Truck.** The registration fee for every category is only \$15. Admission for spectators is free.

With the number of participants increasing each year, the judges will choose the top 40 with the Best in Show singled out. Spectators will choose their favorite voting for the People's Choice Award. In 2024, Bob Lundell, from Hanson, Mass., captured the Best in Show award with his Red 1967 Chevrolet Camaro. Mike Arthur's 2010 Motorcycle Chopper garnered the People's Choice Award. The restored 1937 firetruck once again was a crowd pleaser. The awards are planned for 1:30 p.m.

Local businesses and organizations can support the Lions Club charities and local projects by electing to be a Diamond Sponsor, with three available; a Platinum Sponsor with five available, Gold Sponsor, or a Silver Sponsor. The Diamond Sponsorship at \$300, provides the name of the business or logo on the dashboard sheet, display area for product and on-site advertising. Platinum, for \$250, provides company name or logo on one row of registered cars and a small display area plus on-site advertising. Gold, at \$125, gives a small display area for product and on-site advertising and finally Silver Sponsorship, at \$75, provides advertising announcements at the event. Checks may be sent to the Uxbridge Lions Club, P.O. Box 455, North Uxbridge, MA 01538. Vendors are welcome to contact Diane

Seely at [dmseely@hotmail.com](mailto:dmseely@hotmail.com) or call 508-450-2451. This year, a Zulu Nyalá safari to South Africa to be offered in a live auction. It consists of six nights' lodging, all meals and two safaris each day. Any adventurers interested? Contact Mike Kaplan at [mike@mikekaplanlaw.com](mailto:mike@mikekaplanlaw.com) or call 508-473-1161.

The Uxbridge Lions Club has been active in the community since 2011 and is a member of Lions International, the largest service organization in the world with clubs in 205 countries. Due to its fundraising activities and the support of the community, the Lions can donate to many local organizations including school and sports programs, scholarships, First Night, Food Pantry, Beautify Uxbridge Project, the Uxbridge Senior Center, while providing important services such as help obtaining hearing aids and glasses. The Uxbridge Lions Club once again has been recognized by the District 33A Lions Clubs as one of the Best Small Clubs.

"Each year, our car show becomes increasingly popular. Feedback from past years has been incredibly positive. The Valley Chapel location is a terrific venue, and the Valley Chapel people have been very cooperative and encouraging," said Mike Sulham, Uxbridge Lions President. "We invite folks to come see these wonderful cars and talk with their knowledgeable owners."

The rain date for the Lions Car Show is Saturday, Oct. 18.

*Celebrate America's many freedoms during Constitution Week*

UXBRIDGE — Like the Fourth of July, when the country annually celebrates the Declaration of Independence with fireworks and other joyous displays, the same recognition should be given to Sept. 17, the date our 238 year-old Constitution of the United States of America was signed in 1787.

Seventy years ago, Congress designated Sept. 17 to 23 as "Constitution Week." To emphasize further the importance of this Founding Document, three decades ago the federal government mandated a day devoted to the study of the Constitution in public schools. Parents and educators can use Sept. 17 as a 'teaching moment' for our younger generation to come to know and appreciate our collective local and national

al history

On behalf of the Deborah Wheelock Chapter, DAR, the Select Board has issued a Proclamation recognizing Constitution Week. The Uxbridge library will display posters and feature special books for adults and children on the subject of America during this seminal period of its history.

These are exciting times as the Nation approaches a historic milestone with multi-year celebrations of "America 250!" Those living in Massachusetts are especially lucky to be able to claim front row seats at many upcoming commemorations. Seeds, first planted by Boston's own Sons of Liberty and then spread to the 13 colonies included Patriots from Uxbridge. Eventually they sprouted into

America's 'revolution' (aka the War for Independence)!

The National Society Daughters of the American Revolution was founded in 1890 with objectives to promote civic education, historic preservation and patriotism through volunteer community service. Today's women, 18 or older, are invited to join more than one million members who have explored their ancestry while 'doing good.' If interested, contact [www.massdar.org/deborahwheeler.html](http://www.massdar.org/deborahwheeler.html).

Speaking of anniversaries, before we know it Uxbridge will celebrate its 300th on June 27, 2027! Visit [www.uxbridge-ma.gov/300th-anniversary-committee](http://www.uxbridge-ma.gov/300th-anniversary-committee) to sign-up as a volunteer. All are welcome to join the party planning!

# Touchstone Community School appoints Elisabeth Swain as new Head of School

**GRAFTON** — Touchstone Community School is pleased to announce the appointment of Elisabeth Swain as its new Head of School, beginning in the 2025-26 academic year.

Elisabeth follows the tenure of Sally Kent, longtime Touchstone teacher and Head from 2019-2025.

Swain brings more than 20 years of experience in progressive education, including leadership roles in schools, nonprofit consulting, and curriculum development. Her approach to education emphasizes equity, creativity, and whole-child learning—values deeply aligned with Touchstone's mission.

"Elisabeth's experience, vision, and warmth stood out immediately," said Emily Shugarman, Chair of the Board of Trustees. "We're excited to welcome her leadership into our community."

Swain brings a strong academic foundation to her role, with advanced degrees in both Educational Leadership and Elementary Education. Known for her thoughtful and inclusive approach to school leadership, she and her family look forward to becoming an active part of the Touchstone community.

"I'm honored to lead a school so clearly committed to joyful, meaningful education," Swain said. "Touchstone is a truly special place."

About Touchstone  
Community School

Touchstone Community School is a progressive, independent school for preschool through grade



*Courtesy*

**Sally Kent (left), former Head of School, and Elisabeth Swain (right), current Head of School.**

8 in Grafton. Since 1982, it has provided a vibrant, student-centered education rooted in curiosity, compassion, and social responsibility.

BVCC to host  
ribbon cutting ceremony  
at Honeysuckle Roastery  
& Café's new  
Whitinsville location!

WHITINSVILLE — The Blackstone Valley Chamber of Commerce is proud to welcome Honeysuckle Roastery & Café to their new location in Whitinsville with a celebratory Ribbon Cutting Ceremony on Wednesday, Sept. 10 at 9:30 a.m. The event will take place at 670 Linwood Ave., Building B, Whitinsville, and is free to attend!

Honeysuckle Roastery & Café, is bringing its signature charm and passion for handcrafted coffee to a brand-new space in the heart of Whitinsville at the Linwood Mills. Known for roasting their own beans, Honeysuckle is committed to excellence in every sip, offering everything from classic espresso drinks to creative specialty beverages and teas. There is something to delight everyone.

"We're thrilled to welcome Honeysuckle Roastery & Café to the Blackstone Valley and to their beautiful new location in Whitinsville," said Liz O'Neil, Director of Programs, Events, and Membership for the Blackstone Valley Chamber of Commerce. "They've already built a warm, welcoming brand in Uxbridge, that's beloved in the community, and we're so excited to celebrate their continued growth and success."

All are invited to attend the ribbon cutting ceremony and experience the warm hospitality and fresh flavors of Honeysuckle for themselves. Come celebrate this exciting new chapter! Attendees can register for this free ribbon cutting online at [www.blackstonevalley.org/events](http://www.blackstonevalley.org/events).

For more information, visit [www.blackstonevalley.org/events](http://www.blackstonevalley.org/events).

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.



# Bay Path announces opening of new Diesel Technology program

CHARLTON — Bay Path Regional Vocational Technical High School is proud to announce the launch of its newest Chapter 74-approved program, Diesel Technology, beginning with the start of the 2025-2026 school year. Incoming freshmen will be the first to enroll in the program, making Diesel Technology the school's 23rd Career Technical Education (CTE) shop.

The Massachusetts Department of Elementary and Secondary Education recently approved Bay Path's applica-

tion to establish Diesel Technology as an official Chapter 74 program. The new offering was made possible in part through grant funding from the Skills Capital Modernization Grant, supported by the Massachusetts Executive Office of Education.

Students in Diesel Technology will embark on a four-year program that provides a solid foundation in preventative maintenance, safety practices, diagnostics, and essential technical skills. Areas of study will include diesel engine systems, electrical and electronic fundamentals, hydraulics, braking systems, and other relevant topics. The program is designed to prepare students for both immediate entry into the workforce and advanced training opportunities in the diesel technology industry.

"We are incredibly proud and excited to announce the launch of our new Diesel Technology program at Bay Path Regional Vocational Technical High School. This is more than just a new program—it's a direct investment in the future of our students and our local economy. The demand for skilled diesel technicians is high and growing, offering our graduates access to high-paying, essential careers right here in our community. This program will provide our students with the hands-on skills and technical competencies needed to succeed in a rapidly


evolving industry. By partnering with leading local businesses and using state-of-the-art equipment, we're ensuring our students receive an education that is both rigorous and relevant. We're preparing them for a meaningful career that will contribute to the strength and vitality of our region for years to come," said Kyle Brenner, Superintendent-Director of Bay Path Regional Vocational Technical High School.

The Diesel Technology program underscores Bay Path's mission to provide high-quality technical

education that equips students with real-world skills and opens doors to meaningful careers.

Bay Path extends its gratitude to MassHire, our many sponsors, community partners, and advisory board members whose guidance and sup-

port made the launch of Diesel Technology possible, including: Advantage Truck Group, C.M.T.S. Truck Service, E.L. Harvey & Sons Inc., Massasoit Community College, Milton CAT, National Grid, and Volts, LLC.



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- ### CLUES ACROSS

  - 1. Fairly large
  - 6. Barrels per day (abbr.)
  - 9. Cover the entirety of
  - 13. Leafy appetizer
  - 14. Showy ornament
  - 15. Norse personification of old age
  - 16. Athletes
  - 17. Closes tightly
  - 18. Attack via hurling items
  - 19. Where the reserves stand
  - 21. Sword
  - 22. Begat
  - 23. Damage another's reputation
  - 24. Northeast
  - 25. Turf
  - 28. For each
  - 29. Hours (Spanish)
  - 31. Western state
  - 33. One who offers help
  - 36. Flanks
  - 38. A woolen cap of Scottish origin
- 39. Free from drink or drugs
  - 41. Tunnels
  - 44. Mature
  - 45. More dried-up
  - 46. News organization
  - 48. Steal something
  - 49. Forms one's public persona (abbr.)
  - 51. Female fish eggs
  - 52. Small petrel of southern seas
  - 54. Edible starches
  - 56. Historical
  - 60. In a place to sleep
  - 61. Horse grooms
  - 62. Off-Broadway theater award
  - 63. Chinese dynasty
  - 64. Resembling a wing
  - 65. Small projection on a bird's wing
  - 66. Of the Isle of Man
  - 67. Derived unit of force (abbr.)
  - 68. Plate for Eucharist

- ### CLUES DOWN

  - 1. Vipers
  - 2. Ancient city in Syria
  - 3. Slog
  - 4. Emits coherent radiation
  - 5. "Pollock" actor Harris
  - 6. Bleated
  - 7. Monetary units of Afghanistan
  - 8. Tooth doctor
  - 9. One who takes apart
  - 10. Commoner
  - 11. Beat poet Ginsberg
  - 12. Cave deposit material
  - 14. Home energy backup
  - 17. Begets
  - 20. Face part
  - 21. Frocks
  - 23. Hill or rocky peak
  - 25. Giving the impression of dishonesty
  - 26. About ear
- 27. Male parents
  - 29. Popular grilled food
  - 30. Vaccine developer
  - 32. Not conforming
  - 34. Polite address for women
  - 35. 1970 U.S. environmental law
  - 37. Astronomical period of 18 years
  - 40. One who fights the government
  - 42. Center for Excellence in Education
  - 43. Watches discreetly
  - 47. An electrically charged atom
  - 49. Hymn
  - 50. Arabic given name
  - 52. Popular pie nut
  - 53. City in Zambia
  - 55. Species of cherry
  - 56. John \_\_, British writer
  - 57. Be next to
  - 58. Make angry
  - 59. Give birth to a lamb or kid

## PUZZLE SOLUTION

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## Sunshine Club hosting annual Ham & Bean Supper

DOUGLAS — The Douglas Sunshine Club is having their annual Ham & Bean Supper on Friday, Sept. 19 at the Douglas Adult Social Center, located at 331 main St., Douglas.

We will be having live entertainment provided by the "Driveway Chicks" following the meal. Dinner will be served at 6 p.m., and doors will open at 5:50 p.m. Tickets must be purchased in advance for \$8 per person. These tickets are available at the Adult Social Center, and from the Sunshine Club members. Everyone welcome. If you have any questions, call the center at 508-476-2283.

## PET of the WEEK



Meer Kipper

At 11 years old, this handsome senior is the perfect mix of calm and silly. His foster describes him as easygoing, adaptable, and happiest just being with you. He's gentle, affectionate, and loves people and new friends - whether that means joining you on a walk, curling up for a couch snuggle, or keeping you company while you work. Kipper is housetrained, crate trained, and knows all the basics (sit, down, paw, place, off, rollover)—and he's still learning! Whoever said old dogs can't learn new tricks has clearly never met this boy. He travels well in the car and is always up for a daily woods walk, a neighborhood stroll, or a burst of zoomies in the yard. Stuffed toys are his favorite, and he'll happily toss them around before settling in on your side.

At night, Kipper is easygoing - he sleeps soundly through the night in his bed. Kipper is looking for a car-free home, but he has enjoyed the company of other dogs and may do well with a well-matched sibling—or happily as a solo pet. He's enjoyed walking with doggy pals in the past.

Could Kipper be the senior sidekick you've been searching for?

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### BLACKSTONE

\$745,000, 50 Milk St, Brustulin, Reginaldo, to Steiner, Andrew, and Steiner, Emma.

\$711,000, 51 Glenside Dr, Macdonald, Patrick M, and Macdonald, Rachel A, to Scovil, Daniel, and Scovil, Jennifer.

\$595,000, 9 Tee Jay Ln, Plante, Matthew, to Sena, Nilzete W, and Sena, Viriato B.

\$437,802, 162 Blackstone St, Martinez, Jose, to Alpha Re Lending LLC.

\$365,000, 332 Main St, Antunes, Bruno, and Baptista, Edelinda I, to Tuttle, Stephen.

### DOUGLAS

\$ 735,000, 67 Old Farm Rd, Pope, Daniel V, and Pope, Samantha, to Rapp, Erik, and Rapp, Jacqueline.

\$507,000, 58 Webster St, Frasier, Kenneth B, and Frasier, Patsy A, to Trainor, Johanna, and Trainor, Colin.

\$490,000, 90 Maple St, Smith, Nicholas, and Smith, Jessica L, to Britton, Robert J, and Britton, Michelle R.

\$479,900, 25 Nautical Way #25, Northbrown LLC, to Manipatruni, Sandeep.

### NORTHBRIDGE

\$548,500, 258-260 Main St, Mk Craig LLC, to Waldrof, Andrew.

\$355,000, 1076 Hill St, Jorritsma Florence A Est, and Thiesing, Susan A, to Shenian, Jonathan S.

\$244,750, 113 Heritage Dr #113, Toland, Cortney, and Lakeview Loan Svr LLC, to Lakeview Loan Svr LLC.

\$127,000, 549-551 Church St, Baribeault, Richard E, and Baribeault, Lucien, to Baribeault, Lucien P.

### UXBRIDGE

\$ 548,500, 258-260 Main St, Mk Craig LLC, to Waldrof, Andrew.

\$355,000, 1076 Hill St, Jorritsma Florence A Est, and Thiesing, Susan A, to Shenian, Jonathan S.

\$244,750, 113 Heritage Dr #113, Toland, Cortney, and Lakeview Loan Svr LLC, to Lakeview Loan Svr LLC.

\$127,000, 549-551 Church St, Baribeault, Richard E, and Baribeault, Lucien, to Baribeault, Lucien P.

\$240,000, 55 Freedoms Way, Gray Wolf Dev Corp, to Armitage RET, and Armitage, Stephen D.

\$52,000, 1 Carpenter Ter, Tallage Brooks LLC, to Pacific Premier T Custodi.



# 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 9:45 to 11:45; Balance & Strength Exercise 12pm, Mat Yoga 2pm  
**Tuesday:** Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch

& Bingo 11:30am, Technology Class 1pm (call to make an appt.), Line dancing 2 pm  
**Wednesday:** Balance & Strength 10am, Darts 11:30 am, MahJong 1pm, Dominoes 1 to 2:30pm  
**Thursday:** Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand & Foot card game 12:30pm  
**Friday:** Balance & Strength 10am

**SEPTEMBER EVENTS:**

**Tuesday & Thursday lunch club** please call the Friday before to sign up.  
**September Lunch Menu:**  
**Tuesday 9/2:** Baked chicken, salad, parmesan potatoes & carrot cake  
**Thursday 9/4:** American chop suey, salad, garlic bread, & apple crisp  
**Tuesday 9/9:** Chili cheese dogs, chips & brownie sundae  
**Tuesday 9/16:** Manicotti, green beans, garlic bread & pudding  
**Thursday 9/18:**

**FREE lunch & learn with Azza Law Firm (MUST sign up before Sept 10th)**  
**Tuesday 9/23:** Chicken Caesar salad wraps, pasta salad & lemon bars  
**Thursday 9/25:** Taco bar & cupcakes  
**Tuesday 9/30:** Scrambled eggs, sausages, hash browns, English muffin & fruit  
**WELLNESS CLINIC:** August Clinic dates are Monday the 8th & Tuesday the 23rd. Clinic hours are from 10 am

to 12 pm. If you feel you need an extended amount of time to speak with Nurse Ann please call ahead and let us know.  
**Line dancing classes** will resume on Tuesdays @ 2pm. September 9th will be the first class!  
**Thursday Sept. 11** from 10 am to 11 am, Darci will be here cleaning hearing aids. Please call the center to schedule your appointment.  
**Friday Sept. 12** from 11:30 to 1:00, Rhode Island

Parrot Rescue will be here to educate us on these beautiful birds. They will also tell about the rescue and their efforts to help these birds. Refreshments will be served. Please sign up by Sept. 5th.  
**Thursday Sept. 18 @ 12:00,** FREE lunch and learn with Azza Law Firm. Attorney Amy Azza will be here talking about the details of exactly which documents you be putting in your “emergency folder” for your

children and loved ones. You will learn how to create a “legacy plan” to protect you and your loved ones peace of mind. Please sign up by Sept. 10th.  
**The Sunshine Club** invites you: **HAM & BEAN SUPPER:** Friday Sept. 19th. Doors open @ 5:30, dinner @ 6:00. Live entertainment following dinner, provided by the “Driveway Chicks.” Tickets must be purchased ahead of

time. Tickets are \$8.00 per person, and can be purchased from the Sunshine Club members or at the center. Tickets will be sold until Sept. 12th.  
**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>

## Grafton Historic District Walking Tour brings the past to life

**GRAFTON** — The center of Grafton offers one of the most picturesque historic districts in Central Massachusetts, and a new walking tour organized by the Grafton Historical Society is helping residents and visitors alike appreciate its rich legacy.  
The tour begins on the Grafton Common, a green space laid out in 1728 and still defined by its oval shape

and granite post-and-rail fence, installed in 1845. The common is surrounded by a striking collection of 18th- and 19th-century architecture, from Federal-style homes to late Victorian storefronts.  
Participants are guided past landmarks such as the Grafton Inn, a Federal-style building dating to 1805, and the Congregational Church, a Greek Revival landmark built in 1833.

The Unitarian Church, added in 1863, reflects Italianate design, while other structures showcase how the town evolved architecturally over two centuries.  
The walking tour also highlights homes tied to Grafton’s industrial past, including the Ethan Allen House and Gun Shop, built in the 1830s, where firearms were once produced. Stops at the George Clapp House and other

preserved residences give participants a sense of how daily life changed as the town shifted from a farming community to one influenced by mill industries and the Blackstone Canal.  
According to the Historical Society, the tours are designed to be accessible to all ages and are among the shortest walking tours in the Blackstone Valley. They provide a family-friendly way to connect with

history while enjoying the small-town character of Grafton.  
Tours are offered on a rotating schedule through the fall, beginning at the Historical Society’s headquarters and museum on Millbury Street. Printed brochures and guided narratives are both available, ensuring that history comes alive whether participants prefer a self-guided stroll or a docent-led experience.

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## Local students named to Spring Dean’s List at Western New England University

**SPRINGFIELD** — Western New England University (WNE) takes immense pride in recognizing the outstanding academic achievements of more than 550 students who have been named to the Dean’s List for the Spring 2025 semester.  
Lex Lovell of Uxbridge  
Shayleigh O'Donnell of Northbridge  
Western New England University (WNE) is a private, nation-

ally ranked, comprehensive institution with a focus on preparing work-ready and world-ready graduates. Founded in 1919 in Springfield, Massachusetts as a division of Northeastern College, WNE's 215-acre suburban campus serves more than 3,700 students, including over 2,500 full-time undergraduates. More than 47,000 alumni have earned degrees through

its more than 90 undergraduate, graduate, and professional programs at Colleges of Arts and Sciences, Business, Engineering, and Pharmacy and Health Sciences, and School of Law. Students come from 39 U.S. states and territories and 23 countries. Of 45,104 living alumni, 30% remain within the region, residing in the four Western Massachusetts

counties and northern Connecticut.  
WNE is classified among nationally ranked universities in US News and World Report, and among the Top 100 Undergraduate Engineering programs, and in the Doctoral/Professional Universities category in the Carnegie Classification of Institutions of Higher Education.





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**FRANK G. CHILINSKI**  
PRESIDENT & PUBLISHER

**BRENDAN BERUBE**  
EDITOR

EDITORIAL

Strong schools make for strong communities

When we talk about what makes a community thrive, we often focus on the obvious: safe streets, reliable services, vibrant businesses. But at the foundation of it all are our schools. The health of our schools directly shapes the health of our towns, from the opportunities afforded to children to the vitality of our property values and civic life.

Across our area, from Northbridge to Millbury, many of our school buildings are showing their age. Roofs leak, heating systems struggle, and classrooms designed for smaller enrollments now overflow. State programs such as the Massachusetts School Building Authority provide critical support for repairs and modernization, but the need often outpaces the funding. That leaves communities with difficult decisions about how much to invest, how quickly, and in what priorities.

These choices are not easy. No resident wants to see their tax bill rise, and every town board must balance a long list of competing needs. But we must remind ourselves: investments in education are not optional luxuries. They are necessities. Every time we patch a roof instead of replacing it, every time we defer an upgrade to heating or air circulation, we send a message to students that their learning environment is less important than it should be. Over time, that short-term savings comes at a high cost—both in dollars and in the morale of students and staff.

Strong schools also mean strong towns. Businesses considering where to locate look at school rankings and graduation rates. Families looking to put down roots weigh the quality of the local district before deciding to buy a home. When schools suffer from disrepair or inadequate resources, communities lose opportunities to attract and retain both residents and investment.

In our region, we are fortunate to have strong traditions of civic pride and volunteerism. Our PTOs, booster clubs, and community organizations pour countless hours into raising money for extras, from playground equipment to band uniforms. But the essentials—safe, modern classrooms; up-to-date technology; adequate staffing—cannot rest on bake sales and raffles. They require public commitment at the ballot box and at town meeting.

Investing in our schools is, in truth, investing in our future. It is a commitment not only to today's students but also to the long-term vitality of our communities. If we want to see our region thrive in the decades ahead, we must ensure that our children are learning in environments that inspire and prepare them. That means stepping up, even when the costs sting, because the return—measured in opportunity, stability, and community strength—is immeasurable.

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.

We've all had those moments—the ones where your blood goes from zero to boiling in two seconds flat. You're cool, calm, and collected until you're not. It could be the driver who cuts you off or the co-worker who sends a "quick email" at 4:59 p.m. Maybe it's that person with a different political opinion than yours. It's different for everyone, but sometimes we lose control!

There's a part of your brain called the amygdala—two little almond-shaped clusters buried deep in your head, responsible for fight or flight mode. Whenever you lose control, the amygdala presses the panic button. Stress signals flood your body. Heart rate spikes. Cortisol surges. Rational thought goes out the window, and you're in fight mode.

The amygdala is like a built-in alarm system, constantly scanning

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Ask an Indigenous person whether we are a “nation of immigrants”

To the Editor:

A simple lesson on US immigration policy invariably comes to us in the form of the statement: “I am not an immigrant.”

A short and sweet sentence that, when spoken truthfully and forthrightly, quite openly announces that you are declaring yourself to be a totally legitimate stakeholder in any and all conversations that involve fair and just immigration policies.

And yet Democrats, leftists and their closely associated ilk so routinely see things as being otherwise. Persisting with their tired old hoax that “we” are somehow a nation of immigrants. Utter nonsense that most of us have learned to ignore over time as nonsense.

However, for the American Indians, the situation is far more dire. So dire that such politically motivated rhetoric comes perilously close to being truly despicable whenever someone of American Indian lineage and/or descent is within earshot of that particularly heinous belief system.

Which is why, as a user, I consulted with an AI language model to better rebut the falsehoods that were involved in last week's edition.

User's Question: In the US a question such as “Who's an immigrant, and aren't we all?” is highly misleading, is it not?

Initial Response: Yes, the question "Who's an immigrant, and aren't we all?" can be considered misleading in the context of the U.S. immigration debate.

Definition of Immigrant: An immigrant is typically defined as a person who moves to a country with the intention of settling there permanently or for an extended period. This includes individuals who may have come through legal channels, such as visas or refugee status, as well as those who may

have entered without authorization.

Given this context, here are the key points regarding the complexities of language and identity in relation to First Peoples:

1. Misleading Immigration Narratives: The question "Who's an immigrant, and aren't we all?" can oversimplify the immigration debate and erase the unique identities and histories of the so-called "Indigenous" tribes and their members, who are the original inhabitants of these lands we live in.

2. Marginalization of Indigenous Peoples: Using broad terms like "Indigenous" or "Native American" will dehumanize First Peoples by homogenizing their diverse identities and experiences. This language erases their historical connections to the land, their communities (tribes), and their rights to exist within the languages and cultures that are unique to them.

3. Language as a Tool of Dehumanization: The terminology used to refer to originating tribes and their members can impact their perceived humanity. Terms that do not acknowledge their unique cultural identities contribute to a narrative that diminishes their dignity and agency.

4. No Compromise on Identity: Thus, there can be no compromise when it comes to using terms that can and do dehumanize First Peoples. Our language choices must honor their identities and histories in their uniqueness, ensuring that their voices are not decentralized out of the conversations about rights and belonging. It is essential to recognize that First Peoples are not immigrants, nor can we compromise on such things on our behalf or on theirs, for they and they alone are the original inhabitants of this land.

Stephen Gambone  
Northbridge

Planting Bulbs this Season for Spring Flowers

Following a long New England winter, few signs of spring are more welcome than the first sprouts of green popping up in a barren garden. The promise of a season of beautiful blooms, the tiny shoots are the gardeners reward of a past autumn spent preparing and planting.

Experts agree fall offers ideal conditions to plant perennials. In fact, autumn is the preferred time to plant spring blooming bulbs. Therefore, it's time once again to review a beginner's guide to preparing, planning and planting bulbs now for a flourish of flowers come spring.

\*\*

Choosing Choice Bulbs

If you are selecting bulbs in bulk, such as loose bulbs offered at discount garden centers, it's important to follow a few rules of thumb. Typically, big bulbs produce the largest blooms and may yield more flowers, therefore, it may be worth the cost to pay a bit more for good sized, healthy bulbs. However, if you are on a budget and have the time to wait, smaller bulbs will eventually increase in size and bloom each year.

When choosing a bulb, look for those that are firm and plump. Hold them in your palm and select bulbs that feel heavy for their size. Avoid bulbs with bruises, spots or signs of mold. And steer clear of soft, mushy and lightweight bulbs. Sprouting bulbs may indicate a bulb that has been in storage for a long time.

\*\*

Planning a Flower Garden

A little thought and preparation go a long way in reaping the benefits of a successful spring and summer flower garden. The planning you take time for in the fall will be apparent when the flower garden plantings burst with color and texture next year.

Know your flowers before you plan to plant. While most bulbs require an area where there is full sun, other varieties such as the iris and crocus enjoy some shade after blooming. For best results select a location in full sun or sun with morning shade only. Well drained soil is a requisite for flower bulbs. If you have poor soil, raised flower beds may be an effective alternative.

\*\*

For best results, design your garden with pen and paper first, mapping out the size of the beds and the flowers to scale. Keep in mind color, texture and fragrance are all important factors when deciding on a particular flower garden plan. Plotting a garden plan is an exciting chore, and there are some basic rules that ensure a pleasant mix of color for a showy display. Notice how a clump of daffodils and tulips are much more charming than a tidy row of the springtime flowers. The eye is drawn toward the burst of color when these flowers are situated in generous groups of plantings. Be sure to take an accurate bulb count of such large splashes of plantings. Your layout plan should also include using flower bulbs as accents in perennial beds, or to fill in rock gardens or as an interesting border to greenery. Be sure to plan for extra bulbs to fill in areas or to add as landscape accents.

\*\*

For an interesting mix, merge short plants with tall specimens to give variety and depth as well as differing textures. And don't underestimate the power of fragrance. Nothing is more delightful than a pathway of floral scents welcoming visitors to your door!

You should also decide if you want to plan out every aspect of planting a semi formal garden, or if you choose instead to toss convention and bulbs to the wind, planting bulbs the natural way, thus creating a natural sprinkling of blooms.

Scaling plants to the bed is another important factor when plotting your plan. A simple rule to follow is to keep in mind the tallest plant in an island flower bed should have a mature height that is equal to about half the width of the bed. Place these plants in the center, so they can be viewed from all sides. Also remember to take into account plants that grow and expand quickly.

\*\*

Color is another major consideration when planting your bulbs. If you want your garden to be a showcase all season, select a variety of bulbs that flower during early, middle and late spring and summer for a continuous burst of color.



TAKE THE HINT  
KAREN TRAINOR

Just as in the home, in the garden bed cool colors seem to recede and warm colors appear to come forward. To make a small garden area appear larger and more spacious, plant flowers in cool, light colors. As a general rule white goes a long way in a garden bed, but if you use a lot of white flowers in an area, consider adding a dramatic splash of bright red or bright pink or purple for visual contrast. And, remember, if you are growing flowers to cut and bring the blooms indoors, choose colors that will go with the decor of your home, as well as harmonize with one another in the garden.

Gardens, in fact, are often planned around color. The ambience of your outdoor living space is determined by color and your choices decide whether your garden flowers contrast or complement each other which can result in either a subtle hue of color or a spectacular show of brilliant blooms. The former, which relies on soft pastels to make a statement in the flower garden, is often achieved through monochromatic planning. Choosing flowers of all the same color family may offer a soothing garden setting. Interest is accomplished by providing varying textures and flower heights in monochromatic pastel gardens.

For a more showy garden, eye catching bright reds, yellows, purples and whites take center stage in a flower bed. Such contrasting colors can be often be achieved with little effort simply by matching up opposite colors on the standard color wheel.

\*\*

Planting Prep: Planting time varies depending on location, but here in the Northeast it ranges from September until as long as the soil can be worked, usually around the end of October.

Prepare your bed by making sure soil is properly fertilized. Be sure to dig out the soil to the proper depth. Loosen the soil and if you choose, add a bulb booster to the soil. Bulbs should be planted with pointed side up. Place them firmly, yet gently, into the ground. Cover the bulbs loosely with soil, water lightly and add a layer of mulch. Typically, bulbs should be planted three times as deep as the bulb is wide. In sandy soils, you can plant a little deeper, and in heavy soils you can dig a slightly shallower hole. Bulbs should be spaced approximately a width twice the diameter of the bulb.

Note: Tulips should be planted one inch deeper than indicated if the soil is not too heavy and their location is permanent as deep rooting can prolong the effective life of the tulip bulb.

\*\*

Forcing bulbs

Forcing bulbs indoors allows the impatient gardener to enjoy springtime blooms during the winter season. Certain bulbs, such as the narcissus and hyacinth lend themselves to forced budding.

To do: Drop a bulb into a glass jar and fill with water and small pebbles until the water level reaches the base of the bulb. Position the jar in a sunny window. Water must remain at the same level, so add moisture as needed. To prevent mold, change the water periodically.

\*\*

Win a Three Course Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month (or whenever I receive enough tips for a column) will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

\*\*

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

From anger to strength

for threats. It's the reason our ancestors ran from saber-toothed tigers instead of trying to pet them.

You'd think letting it all out would make you feel better, like releasing steam from a pressure valve—but it's not really like that. After a moment of rage, your brain doesn't just cool off. It can stay locked in fight mode for hours. During that time, your logical thinking is foggy, you are emotionally reactive, and even your memory and ability to learn drop dramatically.

Why? Because when the amygdala floods your system with stress signals, it hijacks the prefrontal cortex—the part of your brain responsible for reasoning, planning, and impulse control. That's why you say things you regret, or make deci-

sions that feel smart in the moment but dumb five minutes later.

The brain is like clay—it reshapes itself based on what you do over and over. Every time you snap, you're carving a deeper groove in that "anger pathway." The more you use it, the stronger it gets. Which means the next outburst comes faster, with less provocation.

It's like lifting weights for the wrong muscle. The more reps you put in, the bulkier that anger response becomes. Or like watering weeds instead of flowers—pretty soon the weeds take over, choking out everything else.

Over time, your fuse shortens. You become easier to trigger. People start tiptoeing around you, because they don't know what version of you

they're going to get. To add insult to injury, chronic anger literally weakens the brain circuits tied to empathy and self-control. The amygdala causes your fight response to grow more dominant, while the prefrontal cortex loses influence. The result? You become more impulsive, less compassionate, and stuck in a loop where anger trains the brain to get angrier.

But let's look on the bright side! When you pause, take a breath, and decide not to blow your top, you're doing more than just "holding it together"—you're actually retraining your brain. That moment of restraint activates your prefrontal cortex—the part of your brain responsible for judgment, impulse control, and higher reasoning. At the same time, it signals the amyg-

Turn To **MOORE** page **A5**

POSITIVELY  
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# The Blackstone River Heritage Corridor: Birthplace of America’s Industrial Revolution

WHITINSVILLE — The Blackstone River winds its way through Massachusetts and Rhode Island, a 48-mile waterway that once powered the mills and factories that transformed the young United States. Today, the region it flows through is recognized as the Blackstone River Valley National Heritage Corridor, a living landscape that preserves the story of America’s first Industrial Revolution.

From farmland to factory towns

In the late 1700s, the Blackstone Valley was a largely agricultural region. That changed in 1790, when Samuel Slater built the Slater Mill in Pawtucket, R.I., widely considered the birthplace of America’s factory system. The Blackstone River’s steady current provided the power needed to run the mill’s machinery, and soon dozens of textile mills sprang up along the river, stretching northward into Massachusetts towns like Uxbridge, Northbridge, and Millbury.

The valley became an early hub of industrial innovation. Entire villages grew up around mill complexes, with worker housing, schools, and stores. Immigrants from Ireland, French Canada, and later from southern and eastern Europe came to the valley seeking jobs, bringing with them diverse traditions that shaped the cultural fabric of the region.

Labor and community

Life in the mill towns was demanding. Workdays were long, and conditions were harsh by today’s standards. Yet the mills provided steady employment, and the communities

that formed around them developed strong identities. Uxbridge became known for textile production, Sutton for its early ironworks and later manufacturing, and Grafton for a mix of mills and agriculture.

The Blackstone Canal, completed in 1828, connected Worcester to Providence, providing a crucial trade route. Although short-lived—the rise of railroads soon eclipsed canals—it demonstrated the valley’s central role in the nation’s early transportation and industrial networks.

Decline and preservation

By the mid-20th century, many mills had closed, as manufacturing shifted south or overseas. What remained were aging brick mill buildings, fading industrial villages, and a river badly polluted from decades of waste.

Community leaders and historians began to recognize both the challenges and the opportunities. The Blackstone River was not just an industrial relic—it was a resource worth reclaiming. In 1986, Congress designated the Blackstone River Valley National Heritage Corridor, one of the first of its kind in the United States. The goal: preserve the valley’s industrial history while promoting environmental restoration and community revitalization.

A corridor of stories

The Corridor is not a single park but a partnership—linking dozens of sites across 24 communities in Massachusetts and Rhode Island. In Massachusetts, key landmarks include:

- River Bend Farm in Uxbridge,

once part of the Blackstone Canal system and now a visitor center.

- Whitinsville’s textile mills, where the Whitin Machine Works once produced machinery sold around the world.
- Asa Waters Mansion in Millbury, built by one of the region’s early industrial entrepreneurs.

Each site offers a window into a different chapter of the industrial story—from water power and textile production to labor struggles and immigrant life.

Today’s Blackstone River Valley

Much has changed since the days when the Blackstone was called “the hardest-working river in America.” Once one of the nation’s most polluted waterways, the river has seen dramatic improvements thanks to decades of cleanup efforts. The Corridor today promotes recreation as much as preservation, with canoe launches, bike paths, and hiking trails inviting residents and visitors to rediscover the river as a natural treasure.

At the same time, mill complexes in towns like Grafton and Northbridge are finding new life as apartments, offices, and cultural centers—reminders that the valley continues to adapt while honoring its past.

A shared legacy

For residents of the Blackstone Valley, the Heritage Corridor is more than a historical designation. It is a recognition that this region helped shape the nation. The industrial revolution that began along this river rippled outward, influencing how Americans lived, worked, and built

communities.

Today, when families walk the tow-path at River Bend Farm, paddle along the canal, or attend cultural programs at mill sites, they are taking part in that legacy—keeping alive the story of how the Blackstone Valley’s ingenuity and labor powered a new era for the country.

## Timeline of the Blackstone Valley

- 1790 – Slater Mill opens in Pawtucket, R.I.
- First successful water-powered cotton spinning mill in America.
- 1828 – Blackstone Canal completed.
- Links Worcester to Providence, boosting trade and industry.
- 1840s–1890s – Mill towns expand.
- Immigrant labor fuels the growth of Whitinsville, Uxbridge, Millbury, and Sutton.
- 1900s – Peak industrial output.
- The Whitin Machine Works becomes one of the largest textile machinery manufacturers in the world.
- Mid-1900s – Decline.
- Mills close as industry shifts elsewhere; pollution worsens along the river.
- 1970s – Environmental movement.
- Local advocates push to restore the Blackstone River and preserve mill history.
- 1986 – National Heritage Corridor designated.
- Congress recognizes the Blackstone Valley as “the birthplace of the American Industrial Revolution.”
- 2000s–present – Renewal.
- River cleanup, recreation projects, and mill redevelopment mark a new chapter for the region.

## Community Calendar: Sept. 5 – Sept. 12

- Friday, September 5
- BVAA Art Show & Open Paint – 10 a.m. to 3 p.m. at the Blackstone Valley Art Association Gallery, 5 South Main Street, Uxbridge. The public is invited to enjoy the current art display, and even drop in to paint; art supplies are available on-site.
- Saturday, September 6
- BVAA Art Show & Open Paint – Same as Friday, 10 a.m. to 3 p.m., allowing another day to explore the art or participate in the open painting session.
- Sunday, September 7
- No specific public events confirmed for this date. Consider featuring a local business spotlight,

- human interest story, or informal meetings such as community group gatherings.
- Monday, September 8
- Quick Pickling Workshop – 6:30 to 7:30 p.m. at the Uxbridge Free Public Library’s Reading Room (15 N Main St). Adults and teens (ages 13 and up) can join gardeners from Blackstone Valley Veggie Gardens to learn how to make quick pickles. Each participant will take home a pint jar. Space is limited.
  - Community Preservation Committee Meeting (Northbridge) – 6:30 p.m.
  - Uxbridge Select Board Public Hearing – 6:30 p.m. start time (details

- posted on town site).
- Tuesday, September 9
- Planning Board Meeting (Northbridge) – 7 p.m.
  - Trustees of Soldiers’ Memorials Meeting (Northbridge) – 7 p.m. (likely concurrent or sequential with Planning Board).
  - Uxbridge Council on Aging Meeting – 3 p.m.
- Wednesday, September 10
- Uxbridge Housing Authority Public Hearing – 7:30 a.m.
- Thursday, September 11
- Finance Committee Public Hearing (Uxbridge) – 6:30 p.m.

**MOORE**  
*continued from page A4*

dala to calm down, which lowers stress hormones such as cortisol and adrenaline.

The more often you do this, the stronger those calm, rational circuits become. You’ll find yourself less over-reactive, more compassionate, and better at handling conflict. Neuroscientists refer to this as emotional regulation—your ability to feel the surge but not get swept up by it. It’s like building a stronger inner pilot who can take back the

wheel from that raging chimp in your head.

If the payoffs to restraint weren’t obvious, there are other benefits as well. People tend to trust and respect those who stay steady when others lose control. Cooler heads don’t just prevail—they lead.

Regulating your outbursts is essential, no matter what—but especially if you’re leading an organization or a family. Keeping calm isn’t just about appearances; it keeps your brain in an optimal state where you can make wise decisions, guide others with clarity, and earn respect

that lasts. Have you noticed? The strongest leaders—the ones people trust most—are typically those who remain calm under pressure.

So next time your blood starts to boil, hit pause. Walk into the other room, close your eyes, and breathe for a few minutes. That’s how you train your brain for strength instead of weakness. Anyone can lose it—real power is staying calm.

*Toby Moore is a columnist, the star of Emmy - Nominated A Separate Peace, and the CEO of Cubestream Inc.*

## Places to Visit in the Corridor

- River Bend Farm Visitor Center (Uxbridge)
- Gateway to the Blackstone Canal. Trails, exhibits, and family programs.
- Whitinsville Historic District (Northbridge)
- Mill village built around the Whitin Machine Works, with preserved worker housing and churches.
- Asa Waters Mansion (Millbury)
- Early 19th-century home of an industrial pioneer; now a cultural and event venue.
- Blackstone River & Canal Heritage State Park (Uxbridge–Northbridge–Sutton)
- Hiking and biking trails, canal towpaths, and canoe access points.
- Slater Mill Historic Site (Pawtucket, R.I.)
- The original 1790 mill where America’s Industrial Revolution began.
- Blackstone River Bikeway (Woonsocket, R.I. to Worcester, MA – ongoing sections)
- Paved bike path tracing the river, offering scenic views and links to historic sites.

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# Pourings & Passages: Books leading a local renaissance



Gus Steeves

Jim Weigel, left, talks to a customer as a couple store volunteers look on.



**BY GUS STEEVES**  
CORRESPONDENT

While education can lead to an intellectual renaissance, physical bookstores can do the same economically. That, at least, could be said of Main Street in Danielson, where one of the earlier establishments was Pourings & Passages in April of 2021.

## Three ways to preserve the beauty of your summer garden



Melinda Myers

Lay flat-faced flowers, like these Shasta daisies, face down on a flat surface to dry.

Fall is quickly approaching and as you prepare for the change of seasons, consider preserving some of your summer garden's beauty. Photograph, dry, or press a few of your favorite flowers to enjoy and share with others.

Cell phone cameras have greatly improved and allow even novice photographers the opportunity to capture the beauty of their gardens and favorite plants. Visit your garden in the early morning or evening when the light tends to be perfect for taking pictures. Try focusing on a favorite flower; bouquet or garden that you love. Watch how plant shapes, colors and textures contrast and combine to create pockets of beauty in the garden.

Harvest and dry some of your favorite flowers for dried arrangements and crafts. Pick the flowers when they are at peak bloom and dry them. Cut the flowers midday when they contain less moisture, reducing the dry time.

Use a bypass pruner or garden scissors to cut the stems above a set of healthy leaves. Remove the foliage and gather them into small bundles. Secure the stems with rubber bands. They will contract when the stems shrink and continue to hold the stems tightly. Use a spring-loaded clothespin to hang the bundles from a hanger, clothesline or nail.



**GARDEN MOMENTS**  
\*\*\*\*\*  
**MELINDA MYERS**

Allow the flowers to dry in a warm, dark, dust-free location.

Lay flat-faced flowers, like daisies, face down on a flat surface to dry since they tend to close a bit when hung upside down. Simply cut off the stem and place the flowers face down on newspaper or craft paper in a warm, dry location. Once dried, you can glue them in place or use florist wire to create stems for arranging.

Be sure to pick a few seedpods and seedheads from perennials and ornamental grasses. Allow them to dry on the plants, harvest and use them to add interesting texture and form to your dried flower arrangements and projects.

Try pressing a few flowers to use for making cards, gifts, and works of art. Just place the leaves and flowers between pieces of craft or similar paper in a flower press or heavy book. You can purchase or make your own flower press with wood, bolts, wing nuts, cardboard, and paper. Be sure to sandwich the flowers between sufficient layers of paper to protect the pages of your book.

Use freshly picked flow-

ers at their peak of beauty for best results. Arrange the leaves and petals as desired before pressing, since they will dry the way you place them.

Once your flowers are placed in between the paper and pages of the book, close it, and stack a few books on top for added weight. Or evenly tighten the flower press to apply needed pressure. Your dried flowers will be ready in about a month.

Store pressed flowers in paper envelopes or between sheets of paper. Place them in cardboard boxes in a dry location until you are ready to create your pressed flower project.

As your gardens transition into fall, look for other flowers, foliage and seed pods to add to your dried flower collection. Continue to photograph your garden and enjoy the beauty every change of season provides.

Melinda Myers has written more than 20 gardening books, including the *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything" instant video series* and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).



Gus Steeves

The store as seen from the street corner.

is part coffeeshop in the sense you can get a coffee from the coffeemaker if you want one. It doesn't have a counter for that purpose, although counters and displays around the store feature locally made jewelry, crafts from St James folks, giant sea-shells, half-done puzzles, Killingly students' art, fancy tableware, toys and teddy bears, among other things.

Those are interspersed with what Weigel's calls their "main mission" – the books themselves, shelved through seven rooms, one of them "The Man Cave." That's where automotive, firefighting, policing, and home repair books are.

Some visitors know that room once had a very different life. It was the fitting room for the site's previous incarnation as a bridal shop. It's become one of the various representations of Weigel's sense of humor on subtle display around the store.

As you'd expect with thousands of books, there's a broad spectrum of topics – pretty much anything from kids' earliest picture books to archaeology, local authors to famous world names, a fair amount of politics

(which he noted doesn't move well right now), history, crafts, foreign languages, and loads of cookbooks, spiritual books, and children's books.

One of the latter stood out as the store's most successful author event: Allison Silver's "Book of Sam's Dreams" sold 72 copies in a couple hours. Like other local authors' books, that sells for the retail price, and Weigel noted many authors give the store a share of the earnings or donate the copies entirely. (Most of the store's used books go for a few bucks apiece.)

Although the place raises funds for St James – he aims to donate \$25,000 a year – Weigel noted that he's sometimes had people complain about a few of the books they offer; objecting they're not Catholic. He makes a point of saying Pourings & Passages is not a religious bookstore, and talked about some of his experiences with past efforts to censor books (which he strongly opposes, noting "The good guys never ban books").

One of them was Judy Blume's "Forever," which one parent of a school he worked in got the administration to require students

to get parental permission to read. He recalled the students themselves got creative about circumventing that – they obtained several copies and set up their own lending library for just that book.

"Every adolescent kid needs to read this because they shouldn't get their information from their friends or a back alley," Weigel said, describing the book as "extremely well written."

Since they rely on donations – and a couple boxes of them came in while we talked – and don't order books, they can't guarantee any particular book will be available, but do take a list of ones clients are seeking. Weigel noted he discards quite a few because of condition and refuses those that smell like the attic or basement. But he's also seen some unusual titles sell despite being in not-good shape, since the buyers were seeking their information.

"Whenever I open a box of books, I do my Snoopy dance," he noted.

To Weigel, although bookstores are "a very risky business" normally, this one has the "perfect" business model, since it's all-volunteer and all-donation-based, in a place with "a very reasonable rent" for five years. He has started getting some calls lately from people seeking to sell books because of the slowing economy, but he turns them down, and noted even other places that normally do buy are refusing or only offering store credit.

Despite that, he said he thinks "used bookstores tend to do well in economic downturns because they can still afford to buy used books," and is looking forward to the store's 10th anniversary in November.

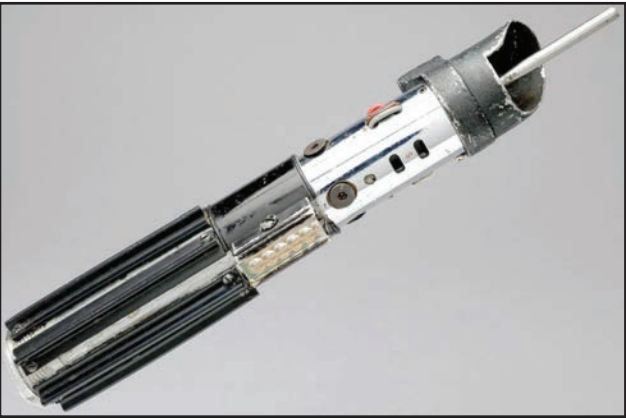
"I love when kids come in to get books," he added. "That's the best part."

Gus Steeves can be reached at [gus.steeves2@gmail.com](mailto:gus.steeves2@gmail.com).

## Latest auction news



ANTIQUES, COLLECTIBLES & ESTATES  
\*\*\*\*\*  
WAYNE TUISKULA



It's been over a month since my last auction news update. As usual, there is a lot to catch up on beginning with some news from the United Kingdom.

Auction staffers found a rare book while appraising items in a Bristol, England estate. A book specialist was looking through a "run of the mill bookcase" when she spotted the rare book, according to the Smithsonian Magazine. She recognized the pale green book with mountains and a dragon as "the Hobbit." When the book was first published in 1937 the author, J.R.R. Tolkien, designed the cover with eagles soaring over forests and mountains. Tolkien also created ten black and white illustrations. There were 1,500 copies of the first edition printed with a few hundred now currently known. The book was missing the dust jacket and had faded over the years. Despite this, it sold for nearly \$57,000.

It seems like every year I write about a new sports memorabilia auction record. A new sports card auction record was set by the "2007-08 Upper Deck Exquisite Collection Dual Logoman Autographs Jordan & Bryant card,

numbered 1-of-1" card. Collector Matt Allen and Canadian investor Kevin O'Leary (known as "Mr. Wonderful" on the "Shark Tank" television show) were the winning bidders. Upper Deck first issued "Exquisite" cards for \$500 for five cards during their 2003-2004 release. This is one of the first times that patches and signatures were used with a card, according to ESPN. The card sold for \$12.932 million, eclipsing the \$12.6 million paid for a 1952 Topps Mickey Mantle card in 2022.

In upcoming auction news, over 1,000 Hollywood props are hitting the auction block this week. One of the highlights of the auction is Tobey Maguire's Spider-Man costume from the 2002 movie that is estimated to bring between \$100,000 and \$200,000. The Batman suit worn by Michael Keaton in the 1989 Batman movie is expected to bring from \$250,000 to \$500,000. The bullwhip, belt, and whip holster used by Harrison Ford in "Indiana Jones and the Last Crusade" also has a \$250,000 to \$500,000 estimate. After some vetting, a lightsaber thought to have been used by Darth Vader was confirmed to be

authentic. The lightsaber was created from a camera flash. Plastic strips were added, and it was modified to hold a blade, according to CBS. Estimated at \$3 million, the "Star Wars" saber is sure to be the highlight of the auction.

We are offering some film props and clothing in a one collector Laurel and Hardy memorabilia online auction that is currently running. The online Pennsylvania transportation museum auction ends on September 9th. A one collector Civil War memorabilia auction will be online next month. Future auctions will include gold jewelry, sterling silver, art, and advertising signs, along with a wide variety of other items from multiple estates. We are always accepting valuable pieces and collections for upcoming sales. Please visit our website <https://centralmassauctions.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@centralmassauctions.com](mailto:info@centralmassauctions.com) or (508-612-6111).



# Agawam South Rehab promotes Bay Path alum to Assistant Director of Nursing

CHARTON — Agawam South Rehabilitation is proud to announce the promotion of Isabella Boateng, RN, to the position of Assistant Director of Nursing & Infection Control Nurse. In her new role, Boateng will help lead the facility's nursing department, ensuring the continued delivery of high-quality, patient-centered care.

Boateng will be responsible for overseeing daily nursing operations, supervising and mentoring nursing staff, and leading the facility's vital infection prevention and control initiatives. She will collaborate with interdisciplinary teams to develop and implement comprehensive care plans, serving as a key liaison between administration, healthcare providers, residents, and their families.

"Isabella is a natural leader whose dedication to patient-centered care is evident in everything she does," said Dr. Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director at Bay Path Practical Nursing Academy, where Boateng graduated from with a Certificate in Practical Nursing in 2021. "Her clinical expertise, calm demeanor under pressure, and compassionate approach have made her an invaluable asset. I am thrilled to see her step into this leadership role and



Courtesy Photo

**Isabella Boateng** confident she will excel in advancing the mission of care at Agawam South Rehab." Boateng's journey to this leadership position is marked by continuous professional

growth. She recently earned her Associate of Science in Nursing from Capital Community College and became a Registered Nurse in June 2025. Her career includes valuable experience as a Clinical Nurse Liaison with Stern Consultants, where she honed her skills in care coordination and patient advocacy, and as a Licensed Practical Nurse (LPN) with Genie Healthcare.

Boateng shared her excitement and feelings of being honored for the opportunity with Dr. Bolandrina, who recognized Boateng's focus on providing compassionate, high-quality care and advocating for patients even as a PN student. Boateng looks forward to supporting Agawam South Rehab's exceptional nursing team and contributing to their continued success in serving the community.

With a strong foundation in geriatric treatment, dementia care, and regulatory compliance, Boateng brings a wealth of knowledge and a resourceful, energetic approach to her new role. Her promotion reflects Agawam South Rehab's commitment to recognizing and fostering talent from within its community.

## National Grid assistance at Uxbridge Senior Center

UXBRIDGE — Life can be hard, but finding assistance shouldn't be. The Uxbridge Senior Center is proud to present Connect to Caring with National Grid. Meet with Customer Advocates at the Uxbridge Senior Center, located at 36 South Main St. in Uxbridge, to help you with options to manage your energy bill and ways to save money.

The Connect to Caring program provides you with assistance programs and connects you with the resources your family needs, all under

one roof, all in one day. National Grid Customer Advocates will be available to meet one on one on the third Wednesday of the month from 10:30 a.m.-12:30 p.m. to discuss options to manage your energy bill and help you find assistance including Discount Rates, Payment Plans, Budget Plans and the Arrears Management Program (AMP). No appointment is needed, please bring the following when you visit: if you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance

letter to enroll in the Discount Rate Program. Connect to Caring program is open to all interested individuals; you do not have to be a senior or Uxbridge resident.

Please join us for upcoming dates on Wednesdays, Sept. 17, Oct. 15, Nov. 19 or Dec. 17 from 10:30 a.m.-12:30 p.m. at the Uxbridge Senior Center, located at 36 S. Main St. in Uxbridge. Please call the senior center with any questions at 508-278-8622 or email lbernard@uxbridge-ma.gov.

## Uxbridge Senior Center hosting free flu shot clinic

UXBRIDGE — The Uxbridge Senior Center, located at 36 South Main St. in Uxbridge, is proud to sponsor a free flu shot clinic. This is an annual program, which will be provided again this year by the Uxbridge Hannaford's Pharmacy.

The clinic will take place on Tuesday, Oct. 7 from 9 a.m. to noon at the Senior Center. Everyone is welcome; the 65+ flu vaccine will be available for those that are interested. Please bring your insurance cards with you, no copays required

and remember to wear a short-sleeved shirt. Safety precautions will be in place for everyone's safety. Please call the Senior Center to obtain your registration forms before attending this event at (508) 278-8622 or email: lbernard@uxbridge-ma.gov.

## Holidays mean Wreaths Across America time

UXBRIDGE — The goals of the not-for-profit "Wreaths Across America" grow ever bigger. Annually, the organization raises more money and places more live balsam wreaths on veterans' graves nation-wide than previously. This year join the Deborah Wheelock Chapter; Daughters of the American Revolution, in adding to the number of wreaths decorating headstones of veterans in both Prospect Hill and St. Mary Cemeteries. It is a beautiful way to remember and honor all fallen heroes, a beloved veteran, family member or dear friend.

Dec. 13, 2025, marks the date when community volunteers will place wreaths on more than two million veterans' graves in local, national and military cemeteries as well as at Veterans' Memorials and historic sites across America. Wreath-laying is a family affair, and a wonderful way to teach young people appreciation for the sacrifices made by others for them. For information on volunteering, contact [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org).

The Deborah Wheelock Chapter, DAR, has a goal of 100 wreaths to honor veterans buried in Uxbridge

cemeteries. To sponsor a wreath for Uxbridge or elsewhere order at [www.wreathscrossamerica.org/MA0190P](http://www.wreathscrossamerica.org/MA0190P). Your tax-deductible donation of \$17 is twice-appreciated, because \$5 will be 'rebated' to the Chapter for each wreath bought. All accrued rebates will be earmarked to support other local veterans' needs.

The deadline for delivery in the New England region is December 1st. Help Deborah Wheelock Chapter; DAR, meet or exceed its goal to honor veterans during the holiday season!

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Friday's Child

🌿🌿🌿



Sincere

Age 10

Registration #7381

Sincere, who prefers to go by John, is an incredibly smart and thoughtful boy with a bright imagination. When asked what he wants to be when he grows up, John says he wants to be "brave" like a superhero—a reflection of his kind heart and strong spirit. John enjoys a variety of creative and enriching activities. He loves drawing, coloring, baking, swimming, playing video games, and going to church—especially because it means a trip for ice cream afterward. He does very well in school and is especially passionate about science, though he also has exceptional reading skills for his age. While John isn't interested in most sports, he thrives in artistic settings and truly enjoys swimming. His creativity, intelligence, and gentle personality make him a joy to be around.

<https://www.mareinc.org/child/22542013028>

Can I Adopt?

If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ+ singles and couples. As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

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](http://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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# Climate, health advocates concerned about new solar and battery rules

BY GUS STEEVES  
CORRESPONDENT

REGION — As area towns face changing their bylaws to address larger solar and battery storage projects in light of state law passed last November, citizens are trying to figure out what the new laws actually mean, and how to face the issue.

Last week, several from across the

## Plummer Place

### Home of the Northbridge Senior Center

(508) 234-2002

The Plummer Place Brew Crew is a new monthly program beginning this fall offering exciting networking opportunities, guest speakers, timely topics and fun activities to jump start your day! We will perk you up beginning with our first get-together on Wednesday, September 3rd at 9:30am. Treats and coffee/tea on us. For more information, please contact Amy Cowen at Plummer Place or just stop by to join! All are welcome. 2025 meeting dates are September 3rd, October 1st, November 5th and December 3rd.

The WISE program at Plummer Place starts Monday, September 15th from 1:00-3:00pm and continues every Monday for 5 weeks. WISE is offered as life-long learning courses for older adults through Assumption University. The course this part of the semester is “Soul Searching with Oprah” taught via video by instructor Kathleen Fisher. The course is \$25/person due at sign up at Plummer Place. Call Michelle at Plummer Place for more information.

We are accepting donations for Plummer Place. Heavy duty plasticware utensils, heavy duty plates large and small, bowls, napkins, plastic cups, crystal lite packs, bottled water either large or small, creamers, sugar packets, decaf coffee and regular coffee, Shaw’s gift cards. We appreciate all donations!

## 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. WO25P2988EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Estate Of:  
**Eric Weylin Stockwell**  
**Date of Death: 04/25/2025**

To all interested persons:  
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Erica L Stockwell of Millville 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:  
**Erica L Stockwell of Millville 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 09/23/2025.** 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. Leilah A. Keamy, First Justice of this Court.**  
Date: August 25, 2025  
Stephanie Fattman,  
Register of Probate  
September 5, 2025

state came together in an online forum under the auspices of Responsible Solar Massachusetts, with the big takeaway being that local Boards of Health (BOH) have a lot more authority to regulate, and even stop, such projects than many people think.

According to Mass Association of Health Boards' Government Relations Director Mike Hugo, local health boards have a different status than other boards.

“A health regulation is looked at by the court as a state statute,” he said.

Courts often say other kinds of boards “did it wrong,” but will only review a BOH decision to determine “whether it's arbitrary and capricious or not.” If the BOH held public hearing(s) on the issue and can show they did due diligence to look at possible health harms, the courts typically uphold such decisions, he explained.

Such information was good news to other participants. They're concerned the new laws defining what's eligible for state alternative energy incentives – dubbed “Smart 3.0” – aren't actually very protective for land and communities.

Responsible Solar's Janet Sinclair said the law says developers “can't put solar in core habitat” or on “permanently protected land,” but those are already prohibited. She's concerned it does too little to save the most important remaining forests, the ones that sequester the most carbon.

“For those of us facing forest clearcuts for solar, there's not really much here that helps us,” she said, later adding, “we worked so hard to get better regulations.”

Instead, she'd like to see the state adopt Audubon Society's proposal that would prohibit solar in the 40

percent of critical forests that aren't yet protected.

Katherine Harris agreed, saying the official restrictions would not prevent solar development of the coastal pine barrens of the southeast, in part because those pines are fairly short-lived.

To Faith Berry, it's “disconcerting” that many solar arrays and battery sites of that area are in cranberry wetlands and often above Plymouth County's key water sources. (That's a key issue for Oakham residents, too; their Planning Board rejected a battery storage site in part because it'd endanger the Quabbin watershed, but the company appealed to the state.)

“I have some concerns about how the state is circumventing NEPA [National Environmental Protection Act] guidelines,” Berry said.

She also noted the electric companies have been adding significant fees to customers' bills to cover such projects, but the fees don't seem to be related to what their energy use is.

Sinclair said NEPA limits might not apply because most of the funding isn't federal money; most of it comes from those ratepayers via the “smart program” fees. The 2024 law requires the state to create regulations for such projects, with solar arrays of more than 25 MW and battery storage over 100 MW both going directly to the state's Energy Siting Board for hearings. Smaller ones go to local boards, but can be appealed to the state.

She described the problem as not illegal, just “really bad.”

To Berry, “What we really need to focus on is how do we grasp some level of control locally?”

She sees that as happening “through having more local siting hearings.”

Other issues the forum raised

were impact on Native American lands, with Harrison observing Natives “have stewarded this land for thousands of years.” But today, most important Native cultural and sacred sites are in private hands and some are “prime sites for solar,” so she urged raising Native land concerns through the public hearing process. She noted the Mass Environmental Policy Act and Mass Historical Commission require consulting with any affected Native tribes if the project requires a state permit or has state funding, and local boards can do that, too.

Hugo said BOH authority comes from the MGL Chap 111 “nuisance” statutes, which requires the board to take action if it determines something is a public health threat. That has been used to shut down long-running businesses and to kill projects even after other boards have approved them.

Regarding battery projects specifically, he said they pose various potential public health risks, including noise from the industrial cooling fans. Others have cited the fact such facilities usually cannot be extinguished if they catch fire; fire departments can only limit their spread while they burn and produce toxic gases.

To Hugo, “We can save this industry tons of money by putting the Boards of Health in the process early. ... They should be going to the Board of Health first.”

He said he's organizing a zoom forum for health boards on this issue, noting, “If you're talking clearcutting forests, you're talking public health. ...If it's framed the right way, it works.”

Gus Steeves can be reached at gus.steeves2@gmail.com.

# Apple picking pointers



picked over. It's also a good idea to visit the orchard early in the day, which means cooler temperatures and smaller crowds.

- Dress appropriately. Orchards can be dusty, muddy and buggy. The ground also may be uneven. Individuals can wear comfortable clothes and closed-toed shoes that can get dirty. Also, they should dress in layers, as it can be chilly early in the day and then warmer later on.
- Pick correctly. Instead of yanking on the apples, which can damage the tree and apples, people should gently roll or twist the apple upwards from the branch. If the

apple is ripe it will detach easily with stem intact.

- Avoid bruising. It's wise to inspect the apples to make sure they are firm and brightly colored. Those with bruising or insect damage should be left behind.
- Don't overload. Only pick what you need. Apples are delicate, and overloading the apples into bags can crush or bruise the ones on the bottom. Plus, over-picking means that the apples may spoil before they can be eaten.

After a day at the orchard, apples can be stored unwashed in a cool, dark place, which will help them stay fresher, longer.



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# Regional Transit Authority celebrates milestone

BY KEVIN FLANDERS  
STAFF WRITER

REGION — The Worcester Regional Transit Authority (WRTA) recently celebrated surpassing five million rides, a milestone that reflects growing ridership and a commitment to expanding access across the region.

The WRTA has long served as a critical link for residents throughout Worcester County, connecting riders to jobs, schools, medical appointments, and other essential services.

“For those without access to a car, transit offers independence, consistency, and a reliable way to participate in daily life,” read a statement released by the authority.

Since 2020, the WRTA has provided fare-free service to riders, made possible through funding from the Coronavirus Aid, Relief, and Economic Security (CARES) Act and the Fair Share Amendment.

Suspending fares has helped eliminate a major barrier for riders, making public transit more accessible and equitable across the region, officials said.

“Surpassing five million rides is a powerful reminder of the essential role public transit plays in the lives of our residents,” said WRTA Administrator Josh Rickman. “This milestone reflects the ongoing investments in service reliability, route efficiency, and community engagement. Our operators, contractors, and staff have worked hard to make

transit more dependable, responsive, and aligned with the needs of the people we serve.”

Doug Belanger, a Leicester selectman who also serves as the WRTA Advisory Board Chairperson, was thrilled to join fellow leaders in celebrating the recent milestone.

“This achievement shows what happens when we prioritize smart planning and consistent service delivery,” Belanger said. “From expanding service hours to launching new initiatives, WRTA has stayed focused on building a transit system people can count on. Five million rides is proof that we’re moving in the right direction.”

Looking ahead, WRTA leaders are committed to investing in several additional service enhancements.

These include service analyses and surveys; accessibility upgrades for visually impaired riders; a central hub lobby renovation; bus stop improvements; and intelligent transportation systems (ITS) upgrades.

Officials are also planning to improve customer-facing technologies, including bus tracking and other services.

A community celebration to mark the five million rides is scheduled for Sept. 18 during the quarterly “Riders’ Forum.” Attendees can enjoy fun giveaways and have the opportunity to engage directly with WRTA staff members.

Information about the upcoming surveys will also be available at the event.

“WRTA team members will be

on site at the central hub to share details about new initiatives and gather valuable community feedback,” read the statement released by the authority.

The event will take place from 9 a.m. to 5 p.m.

The WRTA is a regional transit system that serves Worcester and the surrounding 36 communities in central Massachusetts. The WRTA’s bus fleet includes diesel-electric hybrid vehicles, as well as clean-diesel buses.

As the second largest regional transit authority in Massachusetts, the WRTA also provides paratransit services for elderly and disabled riders.

All fixed routes and paratransit services are free through June 2026.

## Students named to Western New England University’s Spring Dean’s List

SPRINGFIELD — Western New England University (WNE) takes immense pride in recognizing the outstanding academic achievements of over 790 students who have been named to the Dean’s List for the Spring 2025 semester.

Thomas Andolina of Uxbridge  
Rose Handlin of Whitinsville  
Sarah Johnston of Uxbridge  
Nicholas LaPolt of Douglas  
Lex Lovell of Uxbridge  
Shayleigh O’Donnell of Northbridge  
Jeremy Okenquist of Uxbridge  
Thomas Schreiber of Uxbridge

Western New England University (WNE) is a private, nationally ranked, comprehensive institution with a focus on preparing work-ready and world-ready graduates. Founded in 1919 in Springfield, Massachusetts as a division of Northeastern College, WNE’s 215-acre suburban campus serves more than 3,700 students, including over 2,500 full-time undergraduates. More than 47,000 alumni have earned degrees through its 90+ undergraduate, graduate, and professional programs at Colleges of Arts and Sciences, Business, Engineering, and Pharmacy

and Health Sciences, and School of Law. Students come from 39 U.S. states and territories and 23 countries. Of 45,104 living alumni, 30% remain within the region, residing in the four Western Massachusetts counties and northern Connecticut.

WNE is classified among nationally ranked universities in US News and World Report, and among the Top 100 Undergraduate Engineering programs, and in the Doctoral/Professional Universities category in the Carnegie Classification of Institutions of Higher Education.



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# Douglas Cultural Council announces local grant opportunities

DOUGLAS — The Douglas Cultural Council has announced grant opportunities for cultural activities, including community-oriented arts, humanities or science programs.

Organizations, schools and individuals may apply for these local grants. Proposals are due to the Douglas Cultural Council by Thursday, Oct. 16.

The grants can support a variety of artistic and cultural activities in Douglas, including, but not limited to, music and dance performance and workshops, visual arts, historical presentations, science education and field trips. Funded projects in the past have included Lighting up the Douglas Common, summer reading and science programs for children at the Simon Fairfield Public Library,

music performances and dance workshops at the Douglas Adult Social Center and presentations at the Douglas Historical Society.

For the upcoming grant cycle, the Douglas Cultural Council will distribute up to \$8,400 in grants.

The Douglas Cultural Council is part of a network of 329 Local Cultural Councils (LCCs) serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, sup-

porting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Mass Cultural Council, a state agency, which then allocates funds to each community.

Applications must be submitted online through the Massachusetts Cultural Council at [www.mass-culturalcouncil.org](http://www.mass-culturalcouncil.org). Click on the Communities tab, then Local Cultural Council Program. Click on Find Your LCC to locate the Douglas

LCC. Once on that page, click on the Apply Now button.

For questions about the Douglas Cultural Council, or to become a member, residents may contact Jennifer Zifcak at [jstinchfield@douglas-ma.gov](mailto:jstinchfield@douglas-ma.gov) (774) 262-4463. For more information about the Douglas Cultural Council, visit our Facebook page at “Douglas, Massachusetts Cultural Council” <https://www.facebook.com/profile.php?id=100084814531889>.

## Community invited to join focus group to help fight scams

DUDLEY — Tri-Valley, Inc., an Aging Services Access Point (ASAP) serving the southern Worcester County area, is partnering with SilverShield, a leading scam prevention organization, to host a community focus group dedicated to helping older adults and caregivers recognize and fight scams using a new scam detection service.

The focus group will take place on Thursday, Sept. 25 at Tri-Valley, Inc., 10 Mill St., Dudley, with two available sessions: 10:30-11:30 a.m. and 1-2 p.m.

Participants will have the opportunity to test a new anti-scam tool developed by SilverShield, which is designed for use via text and email, no app required. In addition, participants will share their experiences and offer feedback related to this new service.

To thank attendees for their participation, all focus group participants will receive:

- A free lunch
- A free one-year subscription to the SilverShield Scam Detector service
- Entry into a gift card raffle, with the first four attendees of each focus group to check in receiving an additional raffle ticket

This event is open to the public and aims to bring community members together to help shape tools that empower individuals to better detect and respond to fraudulent activity.

“Scams are becoming increasingly sophisticated and harder to spot,” said Joe Vaudreuil of Tri-Valley, Inc. “We’re excited to partner with SilverShield to equip our community with the tools and knowledge they need to stay protected and informed. We’re thrilled to offer this opportunity to older adults and caregivers in our community to have their voices heard.”

To sign up for a focus group, participants can register directly at <https://forms.gle/eLXiRfcz6UCDrnVz9>.

# Celebrate the Winter Garden with Warren Leach and the BVG

WHITINSVILLE — Warren Leach, plant collector, nurseryman, horticulturist and noted landscape designer, will be the guest speaker at the Sept. 11 Open House for the Blackstone Valley Gardeners (BVG).

Leach is co-owner of Tranquil Lake Nursey in Rehoboth, which specializes in field grown Daylilies, Iris, distinctive perennials and woody plants. He is an award-winning landscape designer, with images of his garden design at Brigham Hill Farm in North Grafton archived at the Smithsonian Institution in Washington, D.C.

The winter garden is truly a low

maintenance affair and a time to enjoy – no weeding, watering or deadheading! The landscape may be quiet, but it need not be bleak. Plants with bright berries, twigs, stems and even winter-blooming flowers shrug off the snow and cold. They bring cheer even as the sun sinks lower in the sky.

Leach’s new book, published by the Timber Press, is “Plants for the Winter Garden.” In his program “Celebrating the Winter Garden,” he will showcase gardens he has designed, and will suggest planting design ideas for your own garden.

The Blackstone Valley Gardeners

meet monthly (September through May) at the United Methodist Church, 61 Linwood Ave. in Whitinsville. There is easy access to the rear of the church and the meeting room. Enter the parking lot via the passageway next to Domino’s Pizza at 72 Church St. in Whitinsville. This is the best GPS setting. A hospitality gathering begins at 6:30 p.m., with the program at 7 p.m.

Mark your calendar for Sept. 11 to meet one of New England’s premier plantsmen. Warren will bring copies of his book, and will be available to answer questions about your winter garden. Don’t miss it!

## Fall hiking tips



ture and provide warmth even when damp. According to a study on mountain hiking in the Austrian Alps, 75 percent of fall accidents occur on descents, so having extra traction can help.

- Mind the daylight. As fall inches closer to winter, daylight hours diminish rapidly. It’s easy to underestimate how quickly dusk will arrive. Plan your route to account for your pace so you can be off the trail well before sunset. Pack a flashlight or headlamp just in case.

- Mind the habitat. Anytime you hike you should be mindful of the natural settings around you. Stick to the trails so you do not disturb delicate vegetation. Also, never feed wild animals. They can grow accustomed to an easy hand-out and lose their fear of humans, putting themselves at risk of harm. Remember to dispose of trash properly and always take out what you bring in.
- Stay fueled and hydrated. Despite the cooler temperatures of fall, dehydration may occur as the body loses fluid through exertion and respiration. Pack plenty of water and take sips regularly. Bring along energy-rich snacks like protein bars, trail mix and dried fruit to maintain energy levels throughout the excursion.

Fall hiking trips enable people to immerse themselves in the stunning beauty of the season while also getting some exercise and enjoying ample fresh air.

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# QCC’s Children’s School getting a start on leadership

WORCESTER — Quinsigamond Community College’s Children’s School: Early Childhood Education Lab School has been promoting leadership through recent visits by guests, including Senator Robyn Kennedy and QCC Chief of Police Steve DiGiovanni.

In an effort to introduce young learners to positive leadership role models, both Kennedy and DiGiovanni held reading sessions and engaged in a discussion that educated the children on their roles in the community. The visit was part of the Children’s School’s ongoing commitment to providing enriching experiences that support early childhood development.

“Our focus with the children right now is on all the different roles it takes to make a community thrive,” said Director of the Children’s School/ Early Childhood Education Lab Erin Roache. “These visits were a wonderful way to start. It was beautiful to see our diverse population of children



Sen. Robyn Kennedy (left) reads a book at QCC’s Children’s School: Early Childhood Education Lab School.

given a connection to people in leadership whom they might not otherwise have the opportunity to connect with.”

Both visiting leaders emphasized the importance of early childhood education and community investment in young people’s development. The interactive format allowed children to ask questions and see leadership in action.

“Chief DiGiovanni and Sen. Kennedy were patient and took time

to listen and respond to the children. Senator Kennedy even fielded a few tough questions about the current political climate. What a beautiful moment to see the children we advocate for become their own advocates with leadership,” Roache commented.

Following DiGiovanni’s visit, the children participated in a Touch-a-Truck style event, where they could explore various community service vehicles up close. The hands-on experience allowed children to learn about different careers in public service while fostering curiosity about their community helpers.

The Children’s School serves as both a childcare facility for community families and a practical learning laboratory for early childhood education students at QCC. The dual purpose creates a unique environment where future educators gain real-world experience while children receive care and education.

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## Back-to-school, back-to-buying: S.C.E. Real Estate on the Fall Market

DOUGLAS — As summer winds down in Massachusetts and the kids head back to school, the real estate market quietly shifts gears. While spring gets most of the buzz, September often acts as a “second spring” for buyers and sellers.

If you’ve been considering selling, here’s why early fall can be one of the best times of the year to make your move:

- **Faster Decisions:** Buyers who have been searching all summer often know what they want and are quicker to make strong offers.
- **Year-End Timing:** Many buyers are eager to close before the year ends for tax reasons or to be settled for the new year.
- **How we help you stand out** At S.C.E. Real Estate, we believe selling your home should feel personal and seamless, not transactional. This season, our focus is on:
  - **Tailored Marketing** – We use real-time market insights to position your home for maximum visibility.
  - **Smart Timing** – We’ll help you launch at the

help your home show its best.

Why sellers have the advantage in early fall

- **Serious Buyers Only:** The window before the holidays naturally filters out the “lookers” and attracts buyers who are motivated to act.
- **Great Curb Appeal:** Fall is a beautiful season in New England, changing leaves, crisp air, and welcoming curb appeal

moment buyers are re-engaging after summer.

- **Home Prep & Polishing** – From light edits to highlighting your home’s best features, we make sure your property feels welcoming and memorable.
- **Confident Guidance** – With buyers eager to move quickly, we’ll help you evaluate offers and negotiate with clarity.

The bottom line

September isn’t just back-to-school season, it’s also back-to-buying season. With fewer competing listings and plenty of motivated buyers, fall is a prime window to list. Our team at S.C.E. Real Estate is here to guide you every step of the way and help you make the most of this moment.

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## Join Mendon Historical Society for Sept. 28 program

MENDON — Mendon Historical Society member, Dennis LaPlante, will be giving a PowerPoint presentation Sunday, Sept. 28 at 2 p.m. at the Mendon Senior Center on Fort Ninegret, a 17th century fortified settlement in Charlestown, R.I.; Conanicut Battery, an 18th century fortification in Jamestown, R.I.; and the 1778 “Battle of Rhode Island” during which a number of British ships were scuttled including the discovery of Captain Cook’s ship, the Endeavor, and the process Dennis employs to build historical ship models.

Come, see and hear this interesting presentation. Reservations are suggested. Please email [mendonhistoricalsociety@gmail.com](mailto:mendonhistoricalsociety@gmail.com).

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