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Volume 33, Issue 5 | Blackstone's Hometown Newspaper Since 1993 | October 2026

October is Cider Festival Time Daniels Farmstead

Celebrate the flavors of fall at the Daniels Farmstead's Cider Festival Sunday, October 4th from 11:00am to 3:00pm. As the leaves begin to turn and the air gets crisp, there's no better way to welcome autumn than on a Sunday on the farm with Farmers Markets surrounded by good food, music, great company, and everything cider.

This is a free community event, bring the family and settle in for a beautiful fall afternoon. Warm up with a cup of hot cider or sample a variety of locally crafted hard ciders from regional cideries. Treat yourself to fresh-baked goods and warm cider donuts — a classic fall favorite — and stop by Dorris' Kitchen for delicious homestyle fare made with fresh, seasonal ingredients. Be sure to visit the Daniels' House Museum. Daniels Farmstead is located at 286 Mendon Street, Blackstone, MA. Danielsfarmstead.org.



BLACKSTONE VALLEY PHYSICAL THERAPY SERVICES

Welcome BVPTS

Blackstone Valley Physicall Therapy Services finally opened its doors on September 14, 2026. After months of anticipation residents can now call and check out the team and services offered that include: Physical Therapy, Wellness Program Gym, Personal Training, Dry Needling and Aquatic/ Pool Therapy.

BVPTS is conveniently located at 98 Canal Street, Suite 2, the Historic Block building in Blackstone.

When Ayla Sheppard sees a problem she finds a solution



When Ayla Sheppard of Edgewater Drive sees a problem she starts working on a solution. On August 16th, she organized a cleanup for Harris Pond in Blackstone. See page 8



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Blackstone Historical Museum
23 Main Street

Historical Notes

By Helen Murray

The Blackstone Historical Museum is open to the public every Thursday from noon until 3pm. There is never an admission charge. There will also be Saturday openings on October 3rd and 17th during the same hours.

Visitors from the Blackstone Senior Center will be welcomed to the museum for tours and treats on October 15th.

In recognition of Veteran's Day, Glen Dusablon will be guest speaker at the museum on Saturday November 7th. Mr. Dusablon is curator of the Veterans Memorial Museum in Woonsocket. He will be displaying military swords as well as speaking about Blackstone resident, the late Sgt. Edward W. Busko. Sgt. Busko served in the U.S. Infantry during WWII. For his heroic actions he was awarded the Purple Heart and the Silver Star. All are invited to attend this event.

Bill Davidge donated a photo of the 1995 championship team of the over-30 men's softball league here in town. The team photo and ball signed by all the players are now on display along with sports trophies and photos of local athletes.

Mrs. Harriet Sharp donated a small booklet, published in Providence in 1931. It contains a very concise account of the Blackstone Canal from inception to completion. The Commission would like to thank Harriet and Bob Sharp for their donations to the museum.

Property Taxes Due Dates

November 2nd, 2026
February 1st, 2027
May 3rd, 2027

Catch the Mike Urban Show on YouTube

From Chief Gilmore's Desk

Halloween 2026

The Blackstone Police would like to remind everyone that October means Halloween, and that means SAFETY.

Child Safety

Kids should stay with their parent or guardian, carry flashlights or glow sticks, use caution when crossing streets, stay on well-lit roads and be reminded not to talk to strangers or get in any stranger's car.

Parent Safety

Make sure your kids are properly supervised, make sure you know where your kids are going, costumes or masks should not inhibit vision of kids, set strict curfews, and make sure you check all your child's treats before they indulge.

Driver Safety

Motorists need to be reminded about the dangers of Halloween as well. With the added pedestrian traffic drivers need to use extreme caution on Halloween. The Blackstone Police Department will be adding additional cruisers and mountain bike patrols to the roadways to help make the street safer for all. We encourage input from residents that notice unsafe drivers or areas so we can focus our manpower to these areas.

Residents to Participate in the Jimmy Fund Walk

Nine residents from Blackstone will participate in the 2026 Jimmy Fund Walk for Dana-Farber presented by Hyundai on Sunday, October 4.

Adrienne Myerson-Raymond, Mary Benjamin, and Jeanne Lunny, along with several other Blackstone residents and thousands of other walkers, will participate in the annual event that will unite the community to raise funds to support all forms of adult and pediatric care and research at Dana-Farber Cancer Institute. Last year marked a historic milestone, with the Walk raising more than $11.2 million for Dana-Farber Cancer Institute and setting the stage for an even greater impact in 2026.

"Each year, the Walk brings our community together in a powerful way, with people of all ages supporting Dana-Farber's groundbreaking research and patient care," said Jessica Abbott, assistant vice president of the Jimmy Fund. "For more than three decades, this event has been a celebration of hope, where every step helps fuel breakthroughs, support patients, and inspire progress."

Together Against Cancer

The Jimmy Fund Walk for Dana-Farber takes place along the famed Boston Marathon® course. Participants have the flexibility to choose from four distance options ranging from a 5K to a full marathon. Walkers can also participate virtually at a time and location that works for them.

To support a walker, visit JimmyFund.org/Walk or call 866-531-9255. You can also sign up to volunteer on Walk Day.

Deadline for Cultural Council

Proposals for community-oriented arts, humanities, and science programs are due October 15, 2026. The Blackstone Cultural Council has set an October 15th deadline for organizations, schools, and individuals to apply for grants supporting community cultural activities.

According to Local Cultural Councils (LCCs) spokesperson Julie Wingate, these grants can support a variety of artistic projects and activities in Blackstone, including exhibits, festivals, field trips, short-term artist residencies, performances in schools, workshops, and lectures.

The Blackstone 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 nation's largest grassroots cultural funding network, supporting thousands of community-based projects in the arts, humanities, and sciences every year. The state legislature provides an annual appropriation to Mass Cultural Council, a state agency that allocates funds to each community.

This year, the Blackstone Cultural Council will distribute about $8,900 in grants. Previously funded projects include: Movie Nights for the Community, The Very Merry Dickens Carolers, Wingmasters: World of Owls, Linocut Printmaking, and Terrific Terrariums.

For local guidelines and complete information on the Blackstone Cultural Council, contact Julie Wingate at lokilittlefella.gmail.com. Application forms and more information about the Local Cultural Council Program are available online at www.massculturalcouncil.org.

Cultural Council Needs YOU!

We are seeking community members interested in serving on our council. We are responsible for awarding grants each year to support cultural activities in town, using the funding the town receives from the Massachusetts Cultural Council. The Blackstone Cultural Council generally meets four times a year on weekdays and/or weekends. Anyone interested in serving should contact Julie Wingate at 401-999-5511 or juliewingate@comcast.net.

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UniBank Announces Launch of Nonprofit Resource Center

WHITINSVILLE, MA – UniBank, the largest mutually-owned Community Bank headquartered in Central Massachusetts, is proud to highlight the launch of its Nonprofit Resource Center, a dedicated initiative designed to help nonprofit organizations strengthen their operations, expand their reach, and maximize their impact throughout Central Massachusetts and beyond.

As community needs continue to evolve, nonprofit organizations face increasing challenges related to funding, leadership development, strategic planning, and operational efficiency. UniBank's Nonprofit Resource Center serves as a trusted hub where nonprofit leaders can access educational resources, networking opportunities, industry expertise, and professional development programs tailored to their unique needs.

The Nonprofit Resource Center reflects UniBank's longstanding commitment to community ivestment and nonprofit partnership. Through workshops, training sessions, collaborative events, and access to subject matter experts, the Center equips nonprofit professionals with practical tools to help their organizations grow sustainably and serve their communities more effectively.

"Nonprofits are at the heart of our communities," said Ed Augustus, CEO of UniBank. "They address some of our region's most pressing challenges, from housing and education to health care, food security, and economic opportunity. Through UniBank's Nonprofit Resource Center, we are committed to providing organizations with the knowledge, connections, and resources they need to grow their capacity and deepen their impact. When nonprofits succeed, our entire community benefits."

The Nonprofit Resource Center offers programming that supports organizations at every stage of development, from emerging nonprofits seeking foundational guidance to established organizations focused on long-term growth and sustainability. Topics will include board governance, fundraising strategies, financial management, leadership development, marketing, volunteer engagement, and organizational planning.

In addition to educational programming, the Nonprofit Resource Center creates opportunities for nonprofit leaders to connect with peers, share best practices, and build collaborative relationships. These connections often lead to innovative solutions and partnerships that help organizations address community needs more effectively.

UniBank's commitment to the nonprofit sector is deeply rooted in its mission as a community-focused financial institution. The bank has a long history of supporting local organizations through charitable giving, sponsorships, volunteerism, and community engagement initiatives.

By combining financial expertise with a genuine understanding of community challenges, UniBank continues to be more than a banking partner. The Nonprofit Resource Center exemplifies the institution's belief that strong nonprofits are essential to creating vibrant, resilient communities.

"As we look to the future, UniBank remains committed to strengthening the nonprofit ecosystem throughout our region," Augustus added. "Our goal is to help organizations become stronger, more sustainable, and better equipped to fulfill their missions for years to come."

Nonprofit leaders interested in learning more about the Nonprofit Resource Center and upcoming programs are encouraged to visit UniBank's website at www.unibank.com/banking-for-nonprofits

UniBank is headquartered in Whitinsville, MA., with assets of $3 Billion as of April 30, 2026. A full-service, mutually-owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts.

CITIZENS Radar/ Traffic Enforcement Request Form

If you need to report speeding or other traffic violations in your community area, the Blackstone police department offers a Citizen's Radar/Traffic Enforcement Request form. This form allows residents to notify law enforcement about ongoing or recurring traffic concerns such as speeding, running red lights, etc.

The forms typically requires information such as your name, address, the type of complaint, specific times and locations of the violations, and description of the vehicle involved. This helps your local law enforcement address the issues more effectively. To access the form visit Citizens Radar/Traffic Enforcement Request Form (blackstonepolice.org)

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Blackstone COA

Senior Center Updates

Tiziana Milano COA Director 508-876-5135

See our Newsletter online for full program descriptions & lunch menu at www.townofblackstone.org/326/Newsletters

Hours: Mon-Thurs 8:30 AM – 4:30 PM Fri: 8:30AM – 12 Noon. Unless otherwise stated, RSVP 1 week in advance for all trips, presentations, performances, events, and meals: in person at the Blackstone COA, by phone (508) 883-1500 ex 151, or via email KCoffey@TownOfBlackstone.org.

Thank you to the Friends Group for a wonderful day of fun on Sept 29, and to the Cultural Council for providing funding for Melodious Zach's performance on Sept 22.

Highlights:

Closed for holiday on Monday, October 12th.

"AI For Seniors" on Oct 13

New High School Project Update on Oct 20.

Weekly Programs & Activities:

Meals are served Tues-Thurs at 12 Noon. See Newsletter for Menu & Price details. Most meals are $3 or $4. Please RSVP one week in advance.

Mondays:10 am Game Day, Pound Fitness | 12pm – 4pm: Artist Alley.

Tuesdays:9:15am: Strength & Stretch | 10:10am: Chair Yoga | 11am: Walking Club | 12pm: Lunch | 1:15pm: Strength Circuit.

Wednesdays: 9 am Coffee Club | 9:30am: Tap Dance | 10:30am: Line Dance | 11:30am: Meditation | 12pm: Lunch | 1pm: BINGO | 2:15pm: Zumba.

Thursdays: 9am: Tai Chi Beginner | 9:30am: Cribbage | 10am: Tai Chi Intermediate | 11am: Journey Through Grief | 12pm: Lunch | 1pm: Aging Gracefully

Fridays: 9am: Walking Club | 10am: Mah Jong.

October Happenings:

5th: 12-2: Flu Clinic, open to all Blackstone Residents. Please RSVP if age 65+.

7th: 9:30 Bus: Travel Breakfast to Town Pizza & Cafe, Bellingham.

8th: Garden Harvest Lunch.

13th: 10: AI For Seniors w/ Henry Quinlain.

14th: 10: Seasonal Craft.

15th: 1: Tour the Blackstone Historical Museum.

16th: 9: Guided History Walk Through Blackstone.

19th: 11:30 Bus: Mystery Lunch.

20th: 11: Update on the Blackstone Millville Regional High School Project

26th: 12: Movie Monday – Vote for the movie by Oct 19.

27th: BIRTHDAY BASH! 11am: Live Game Shows in the Lunch Room! 12: Lasagna Lunch cooked by ACO Kevin Sullivan & the Blackstone Regional Animal Shelter team. 4:30pm Town Hall Trick or Treat, PLEASE NOTE: The Senior Center will be closed at 3pm so we can set up for the event.

The Silver Travel Club

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

St. Vincent dePaul Annual Mum Sale



It's the fall season and time to decorate with Mums. Come down to Divine Mercy Parish, 48 St. Paul Street to support Saint Vincent de Paul of Blackstone in raising money to help people in need in our town. All proceeds go directly to helping others.

Mum SALE

Saturday, October 3rd

10 am - 5:00 pm

Sunday, October 4th

7:30 am - noon

See you there !!

Millville COA

Ann Marie Metz, Senior Center Director

The hours of operation for the center are Monday, Tuesday, Thursday 9-3. Call 508-883-3523.

The **Senior Bus** is available Monday through Friday. Please call to set up an appointment between the hours of 8am to 3pm, 508-883-3523 ext. 2. Medical trips are given priority.

Monday:

October 1: Rep Soter is coming to Millville Senior Center for our Annual Lunch: Lobster Roll or Chicken Salad and Chowder. 12 noon.

October 5th: Lunch will be moved to this date due to the Lobster fest. Shepherd's Pie, Music Bingo at 1 pm.

October 7th: Leaf Peeping and Lunch at the 1761 Mill Restaurant Westminster, MA. Entertainment is sponsored by the Mass Cultural Council and the Millville Cultural Council. The class is sponsored by the Mass Cultural Council and the Millville Cultural Council.

Tuesday:

October 6th: Line Dance 9:30 am, Pitch 10:45 am, Chair Yoga 1:30 pm.

October 13th: Line Dance 9:30 am, Pitch 10:45 am, Chair Yoga 1:30 pm.

October 20th: Line Dance 9:30 am, Pitch 10:45 am, Chair Yoga 1:30 pm.

October 27th: Line Dance 9:30 am, Pitch 10:45 am, Chair Yoga 1:30 pm. All Are Welcome.

Thursday:

October 5th: BINGO is the first Thursday of the month. Will be on Monday this month due to Lobsterfest at 1 pm. Come for the fun and snacks. Lunch is at noon $3.

October 8th: Flu/Covid Shots 9am – 11 am Presented by Hannaford's Pharmacy. Painting starts at 10 am. Call 508-883-3523 to register - $5.00. Lunch at noon, $3. This class is sponsored by the Mass Cultural Council and the Millville Cultural Council. You don't have to be a painter to come for lunch.

October 15th: Lunch at noon, $3. COA Meeting at 1 pm.

October 19th: VNA: 9-11 am VNA visit Topic differences between Hospice and Palliative care. Join us for informative lecture. 11:30 Senior Club Meeting/Lunch. 1 pm entertainment: John Duggan.

October 22nd 10 am Dog Toys for Animal Shelter. Lunch at noon, $3. Come Join Us.

October 26th; Halloween Party, Lunch fun! Prizes for best Costume.

October 29th; Movie Hocus Pocus; Lunch surprise $3 1 pm October Birthday Celebration.

Misc. Information:

SNAP (formerly known as Food Stamps) Please contact me if you need assistance signing up for this program.

Blackstone/Millville Food Pantry is open Tuesdays 7:00 pm - 8:00 pm and Saturdays 10:00am – 11:00 am at the Divine Mercy Parish Hall, St. Paul Street, Blackstone, MA.

SMOC Fuel Assistance recertification applications have been mailed out. If you need assistance, please call the center and book an appointment. We are here to help.

Senior/Veterans Tax Work Off Program: you can save up to $1,000.00 from your property tax bill by volunteering to help the town. Please call for more information.

Expired Prescriptions and non prescriptions: The Millville Senior Center has a drop off box to dispose of unused or expired prescription and non-prescription drugs feel free to stop in.

Used eyeglasses. The Millville Senior Center is collecting used eyeglasses for the Lions Club. Feel free to come in to drop those off.

Medical equipment is available for loan. We have wheelchairs, canes, shower chairs, and more. Please call for more information. 508-883-3523.

Need a Space for Your Next Event?

The Millville Senior Center, 40 Prospect Street, Millville, is now available to rent for small groups and community events! Our bright, comfortable, and accessible facility is perfect for: CPR Classes, Meetings, Training Sessions, Workshops, Community Gatherings and more.

Facility Details: Accommodates up to 116 guests. Smoke-free and alcohol-free facility. Rental hours: 10:00 AM - 6:00 PM Wednesday, Friday, Saturday and Sunday. 6:00 pm to 10:00 pm Monday, Tuesday and Thursday. $100 Rental Fee.

When you rent our space, you're supporting your local Senior Center while enjoying a welcoming community venue. Call 508-883-3523 for availability, rental rates, or to schedule a tour. We look forward to welcoming your group!



Get Ready for the Annual Fall Festival at Roosevelt Park

By Celeste Langlois

The Town-Wide Yard Sale is in the rearview mirror and we are heading toward our October Events! We hope you'll join us.

We always look forward to our Annual Fall Festival. This year the Festival is scheduled for Sunday, October 4th from 12 to 5pm. This year we are partnering with MyFM 101.3! They will be providing DJ services onsite and add some extra fun to the event.

We also added the following food trucks this year:

• Bird's Nest Italian Street Food - From chicken parmesan sliders to deep fried manicotti they bring a culinary twist to Italian-American favorites.

• Caribbean Press - A Virgin Islands fusion food truck specializing in Caribbean cuisine. Offering a variety of cuisine from around the world including their Caribbean curry chicken and Sriracha chicken wings.

• Feel Good Food - A true Gluten Free Food Truck offering burgers, grilled cheese, chicken items, tater tots, and so much more!

• Wickid Weiners - High quality 100% beef hotdogs with wickid good flavor paired with fresh ingredients and vibes at a reasonable price.

• There may be more!

With a generous donation of pumpkins from Wojcik's Farm, free pumpkin decorating continues this year. This is always a popular stop for people at the Festival. If you want to be guaranteed a pumpkin to decorate, register your child or children before October 2nd through our page on the town website (www.townofblackstone.org/496/Parks-Recreation). If you don't register, pumpkins will be given out on a first come first served basis.

The Blackstone Police and Fire will be on hand sharing some of the tools of their trades. Drop by the Library table to learn more about our library! Also new this year is a great Magic show by Dennis the Magician. The show will be held from 2:00 to 2:30 in the small ball field where people can play a variety of games for free. If that wasn't enough there are over 50 Local Crafter booths to stroll through and do some early holiday shopping for yourself or someone on your list!

Later in the month, we will be joining other Town Departments during the Annual Town Hall Trick or Treat event! Watch our Facebook page for the date and time.

Save November 7th for our Annual Veterans Day Breakfast. It will be held at the BMR High School Cafeteria from 9:00 to 12:00. This event is open to everyone and we hope you can make it as we celebrate our local Veterans! More information will be provided on the town website and our Facebook page.

See our ad on page 9

BMRSD
LEGAL NOTICE

Destruction of Special Education Records

The Massachusetts Student Record Regulations (603.CMR 23.06) requires public school districts to destroy student Special Education Records no later than seven (7) years after a student transfers, graduates, or, withdrawal from the school system.

In accordance with applicable state and federal regulations, the Blackstone-Millville Regional School District does hereby notify you of its intent to destroy student special education records for students that graduated, transferred or withdrew, on or before June 2023. The special education records to be destroyed include, but are not limited to, documentation contained within your child's/your temporary student record.

Anyone wishing to request their original Special Education Records before they are destroyed, in whole or in part, should submit a written request to Blackstone-Millville Regional School District, Department of Learner Support Services, 200 Lincoln Street, Blackstone, MA 01504 or via email to jhernandez@bmrsd.net. by June 25, 2027. Receipt of your request will be confirmed. If you do not receive confirmation of your request by July 9, 2027, please contact Jenn Hernandez at 508-876-0142, as records will be destroyed and unavailable after July 23, 2027.

What First-Time Homebuyers Wish They Knew Earlier

by Christopher J. Ryan, Esq.

Buying your first home is an exciting milestone. For many people, it is the largest purchase they will ever make. As a real estate attorney, I often hear new homeowners say the same thing a few months after closing: "I wish someone had told me that earlier."

The first surprise is that the mortgage payment is only part of the monthly cost of ownership. Property taxes, homeowner's insurance, utilities, maintenance, and unexpected repairs can quickly add up. A monthly housing budget should include more than just principal and interest.

Many first-time buyers are also surprised by how often things break. A water heater may fail, a roof may leak, or an appliance may stop working. Unlike renting, there is no landlord to call. Homeownership comes with both freedom and responsibility. A good rule of thumb is to maintain an emergency fund for unexpected repairs and deposit money into that fund on a monthly basis.

Another common lesson involves home inspections. Buyers sometimes focus on whether a house "passes" inspection. In reality, every home has issues. The purpose of an inspection is not necessarily to find a perfect house, but to understand what repairs or maintenance may be needed in the coming years and then budget for those repairs.

New homeowners often wish they had spent more time reviewing the neighborhood. Visit at different times of day. Observe traffic patterns, parking availability, and surrounding properties. The house itself is only part of the purchase; the location matters just as much.

Many buyers are also surprised by the amount of paperwork involved in a real estate transaction. Deeds, mortgage documents, title insurance policies, surveys, and closing disclosures should be kept in a safe location. Years later, these documents may prove invaluable when refinancing, selling, or resolving a title issue.

Finally, remember that a home is both a place to live and a long-term investment. Resist the urge to overextend your budget simply because a lender approves a larger loan amount. A comfortable payment often leads to greater financial flexibility and less stress.

Homeownership remains one of the most rewarding investments many families will ever make. The key is understanding that closing day is not the finish line. It is the starting point of a new chapter, one that comes with opportunities, responsibilities, and lessons that every homeowner eventually learns.

Christopher J. Ryan is a Massachusetts attorney whose practice includes residential and commercial real estate transactions. You can find attorney Ryan at Ryan Law Office, 181 Main Street, Blackstone, MA 01504. www.ryanlawoffice.com



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I heard something this week that stopped me in my tracks

by Carol Archambault

I heard something this week that stopped me in my tracks. A woman said to me..."I only had menopause for about 6 months... then I was good". And I knew exactly what she meant. She meant that the hot flashes stopped, the night sweats settled down, her sleep improved, maybe her mood felt "more like herself again". So she assumed...menopause was over.

But here is what I want more women to understand. Just because symptoms quiet down, does not mean that menopause is no longer affecting your body. Menopause is not one moment in time. It's not a 6 month phase you move through and leave behind.
It is a hormonal shift that changes how your body functions for the rest of your life.

And some of the most important changes, well, you can't feel them. Even though your hot flashes have faded, your body is still adjusting to lower estrogen levels. And that impacts three major areas of your health:
• Your Bones
• Your Brain
• Your Heart

Let's start with the bones. Estrogen plays a critical role in maintaining bone density. When levels decline, bone loss can accelerate. Women can lose up to 20% of their bone density in the first 5-7yrs after menopause. Here's the hard part – you don't even feel it happening. There is no warning sign, no symptoms until something happens and you end up with a fracture.

Now let's talk about your brain. Many women notice brain fog during perimenopause. Forgetfulness, difficulty with word finding, staying focused. But even when that improves, estrogen continues to play a role in memory, mood and long term cognition.

And now on to your heart. Heart disease is the number one killer of women, and your risk increases after menopause. Estrogen has a protective effect in the cardiovascular system, as it declines, changes in cholesterol, blood vessels, and inflammation quietly begin.
Again, often without obvious symptoms.

So if you are someone who barely had symptoms or only had symptoms for a short period of time, that is a good thing, but it doesn't mean you stop paying attention to your health. Menopause is NOT something to get through, it's something to understand, so you can support your body for decades to come.

This is where small consistent habits over time matters the most.
• Strength training to protect your bones
• Prioritizing protein to maintain your muscles
• Walking and movement for your cardiovascular health
• Sleep and stress management for brain and heart health
• Nourish your body with nutrient dense foods for whole body health

The more we understand about menopause, the more empowered we are to age strong, not just be symptom free. If you're not sure what this looks like for you, this is exactly what I do with 1;1 coaching.

Carol Archambault is a Certified Menopause Coaching Specialist, who helps women navigate perimenopause and menopause with strength training, nutrition and lifestyle with compassion. You can follow her on instagram @ Balance_in_ midlife.

What Are You Tuning Into?

By Donna D. Barron

Have you ever walked into a room and immediately felt the energy? Maybe everyone was laughing and having a great time, and you instantly felt good. Or maybe you walked into a room where something felt awkward or uncomfortable, even though you couldn't quite put your finger on what it was, you just knew you could feel it.

That's what I mean when I talk about frequency. I believe everything is energy, and we are surrounded by frequencies every day. We may not always see them, but we can certainly experience how different things make us feel.

Think about the last time you walked outside and felt the sunshine on your face, the breeze against your skin, or your feet in the sand or grass. Maybe you've stood at the ocean, breathed in the salty air, listened to the waves, and thought, "Ahhh…this feels so good." Something shifted. That feeling is what fascinates me about frequency. What we say, what we think, what we listen to, what we watch, what we eat, and what we surround ourselves with can all influence how we feel.

Have you ever noticed how one song can completely change your mood? You can be having a difficult day, put on your favorite song, and suddenly you're singing, dancing, or smiling.

Our words can have that same kind of impact. Imagine speaking to yourself with the same kindness, encouragement, and love that you would give to someone you care deeply about. Instead of saying, "I'm not good enough," what if you said, "I am worthy" ? Instead of focusing on everything that went wrong, what if you looked for something you could be grateful for?

Gratitude has become one of my favorite ways to shift my energy, and it doesn't have to be complicated. Take a deep breath. Put on music that makes you feel good. Spend time in nature. Laugh. Smile. Speak kindly to yourself. Surround yourself with people who lift you up. Pay attention to what you are putting into your body and what you are putting into your mind.

Donna D. Barron is a Certified Life Coach, Positive Intelligence Coach, Intuitive Coach, Master Reiki Practitioner, Vibrational Release Coach, Neuroencoding Practitioner, Inner Coach, Hypnotherapist, and Shamanic Healer. She helps women feel good about themselves from the inside out so they can create a life they truly love, enjoy, deserve, and desire. Donna combines coaching, intuitive guidance, energy work, and wellness solutions, including frequency-based wellness, to support women on their journey. Connect with Donna: Facebook: https://www.facebook.com/donna.barron.9/ Website: https://www.donnadbarroncoaching.com





BMR Happenings

By Brooke Durand
BMR Correspondent

Students returned to BMR on September 2 this year, with the Class of 2027 highly anticipating their graduation on June 4. But the more things change at BMR, the more things stay the same.

For the past six years, BMR started off the first two days the same. This year, BMR switched it up a little. Instead of having the teachers enter the gym with an entrance song like usual, Principal Mrs. Jill Foulis had them introduce themselves with their name, the subject they teach and how long they've been teaching at BMR.

Another change BMR had was the sound of their bell. For the last 56 years, it was a normal ringing sound, but this year it's more like the Jeopardy timer buzzer going off. However, some of the BMR students say it sounds like a prison cell bell, with the sound signaling the "prisoners being let out of their cells." Hopefully, the new school will be built and the school will get a normal modern bell installed.

On the second day of school, BMR hosted the student's favorite event of the first week - the lip sync. Twelfth grader Casey Shea was the host of the event, emceeing it the entire time. The Fall Sports programs and Marching Band took turns performing for the Lip Sync Battle. Football started off the event, followed by Girls Soccer, Boys Soccer, Field Hockey, Cheerleading and Volleyball.

The Marching Band did a conga line to Taylor Swift's "You Belong With Me" and the section leaders performed "Bye Bye Bye" by the Backstreet Boys. In between, there was a "Know The Lyrics" battle between all class presidents; Senior Kaleb Nieber, Junior Brendan Folster, Sophomore Ivy Maloney and Freshman Brayden Gaudette, as well as the non-president eighth grader Ashley Shafer, against a Faculty Team. Despite a good effort, the Faculty saw it as hopeless and eventually forfeited and the students prevailed.

In the main action, there were audience participation events, including the "Cotton Eye Joe" and "Cupid Shuffle" dances. The event ended with the crowd singing the Red Sox staple "Sweet Caroline" by Neil Diamond.

Other events this month included BMR's Fall Sports season starting. Football won its first two games of the season. The Chargers beat Millis, 34-12, on Sept 12 and David Prouty, 35-6, on Sept. 19. The Chargers are also fielding squads playing Field Hockey, Girls Soccer, Boys Soccer, Volleyball, Cross Country and Cheer this autumn.

The BMR Marching Band held a successful Home Show at Medway High on Sept. 19, winning first place and taking the win in all of the captions in the competition. The Band, led by BMR Musical Director Todd Shafer, is practicing after school year in hopes of bringing a sixth National Title back to BMR.

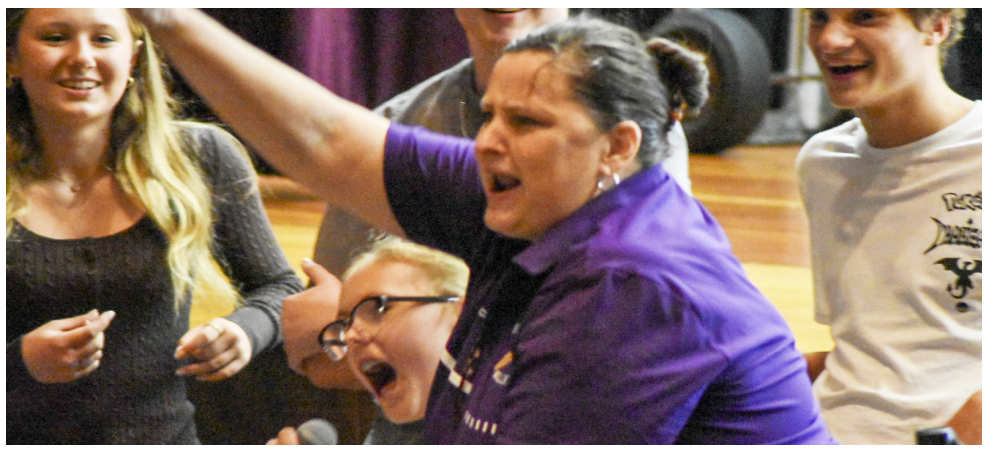
During September, BMR students get to join some of BMR's very own clubs. Our clubs this year include Drama, Newspaper, Yearbook, National Honor Society, National Junior Honor Society, Tri-M Music Honors Society, Student Council, Mock Trial, Games Club, GSA (Gender Sexuality Alliance), Art Club and Best Buddies.



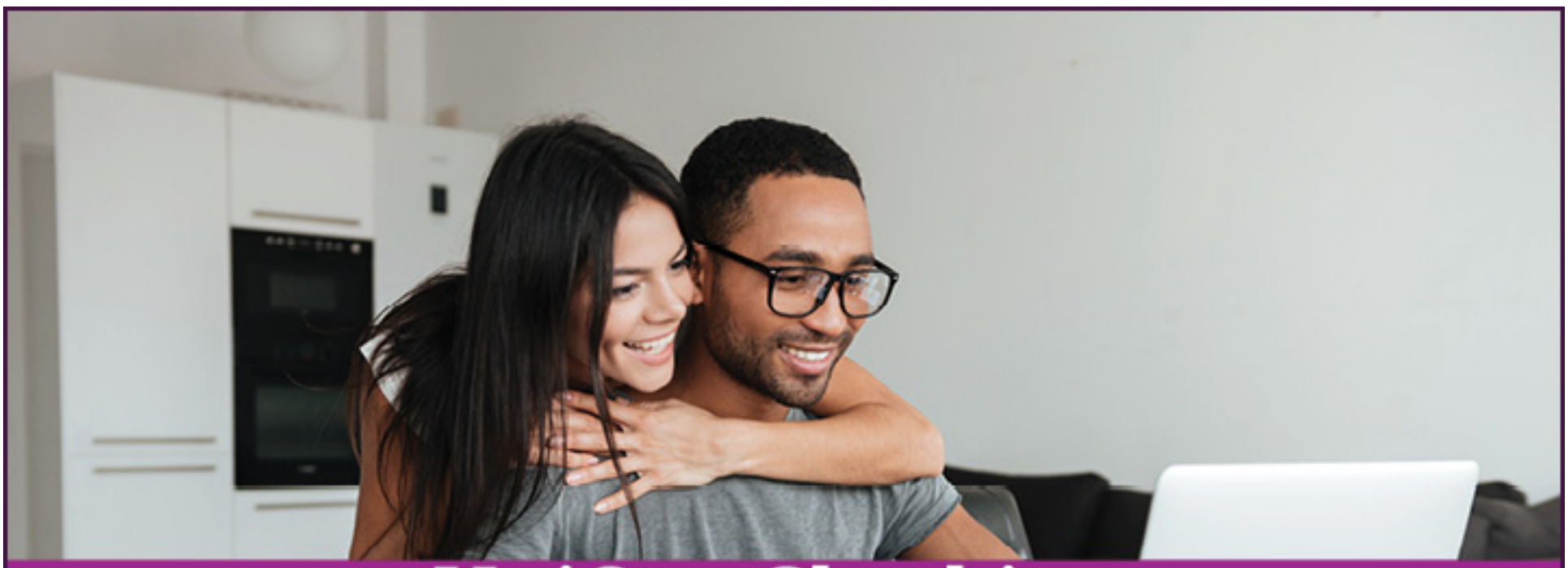
Quarterback Karson Cournoyer runs with the ball during one of BMR's early-season contests. The Senior co-caption led the Chargers to the team's first two wins this year. (Photo By Nathan Burden)

On October 1, BMR will hold its annual Homecoming Dance themed "A Night in the Bayou." The dance is followed by sporting events through the weekend. BMR Football will play its annual night game on Friday, Oct. 2 against St. Bernard's, where lights are brought onto the BMR campus to light up the event.

For all the latest news about BMR, be sure to check out the BMR Pony Express. Search "BMR Pony Express" to view all the latest stories. For more details on the above stories, check out our first issue of the year, which will be released in mid-October.



BMR Principal Jill Foulis, in her 6th year in the role, gets the crowd going during a school-year starting lyp-sync tradition she introduced when she took the reins at BMR. (Photo By Nathan Burden)



Class of 1971 First Class Forever

The Blackstone-Millville Regional High School Class of 1971 held its 55th reunion September 24th with 15 classmates and numerous guests attending. The gathering was held at the Cercle Laurier, Woonsocket, RI. A casual evening was held, serving antipasto and pizza.

A memorial table was set aside to remember classmates who passed away since graduation.

Kathy Briggs Robitaille presented Liz McGeough with a beautiful bouquet of flowers to thank her for her dedication in coordinating the quinquennial BMR reunions since 1971.

It made for one memorable "first class" BMR reunion! Class members wish for every current and future student at BMR to form bonds of friendship that will endure and support them throughout their lives, as the bonds they formed back in 1971 have endured and brought them back to this 55th year reunion!

If any class members would like information on upcoming events, or view photos, please see the BMR Class of 1971 Facebook page, or contact noisomeness4@gmail.com.



Sitting left to right: Jeff Crozier, Kathy Briggs Robitaille, Liz McGeough, Bob Dubois.
Standing left to right: Jim Gallagher, Mark Scott, Jean Caswell, Rick Defond, Cathy Devlin Gongoleski , Charlie "Tootie" Salome, Karen Greenhalgh Rouse, Marlene Laquerre Maloney, Ted Emidy, Al "Buster" Morin.

Ayla Sheppard cleaning up Harris Pond

continued from page 1





Ayla an 8th grade student at Benjamin Franklin Charter School, organized the event for her Capstone Project, recruiting community members, friends, and family to help pick up and collect the garbage that has accumulated in the reservoir.

The group collected several large bags of garbage – including several basketballs, a tent, chairs, a tire, fishing gear, a hatchet, underwear, and many, many cans and bottles. While the group was unable to cover the entire pond, they literally picked up a boatload of garbage that day.

October is the Time to Plant Garlic

By Kate Donovan

Here are the steps to planting garlic:

1) Replenish your bed with composted soil.
2) Break up the head of garlic into cloves.
3) Stick each clove into the earth 3 inches deep with the pointed side facing upward and the fuzzy side pointing downward.
4) Plant each clove 6 inches apart in rows 1 foot apart.
5) Water well.
6) Cover your beds with 3 inches of straw mulch

Garlic will grow right through the winter and will be harvested in July. Each planted garlic clove will develop into a whole head of garlic.

***

Blackstone and Millville Garden Club will meet on October 8th at the Blackstone Library from 6:30 to 8. All are welcome to attend.

Autumnfest is a family-friendly fall festival held annually in Woonsocket, Rhode Island, celebrating the spirit of Northern Rhode Island since 1979. Over the course of the weekend, visitors can find live music and entertainment, food vendors, artisans and local businesses, amusement rides, family activities, fireworks, and the signature 10-division Autumnfest Parade.

WWII Veterans Memorial Park, Woonsocket, RI

Festival hours:
10/9 6pm - 10pm
10/10 10am - 10pm; FIREWORKS 9:30pm
10/11 10am - 10pm
10/12 after parade - 6pm

Check out all the specific details at www.autumnfest.org.

BM Garden Club meeting
October 8th
6:30 - 8:00 PM
Blackstone Public Library

BVT's 2026 Annual Report Now Available
Report highlights facts, figures, and the launch of BVTi

UPTON – Blackstone Valley Regional Vocational Technical High School (BVT) announced that its 2026 Annual Report is now available on the school's website. Covering fiscal year 2026, the report highlights achievements, key financial information, and the launch of the Blackstone Valley Technical Institute, known as BVTi.

"As responsible stewards, we remain committed to maintaining and improving our campus through smart budgeting, low debt and thoughtful long-term planning," said Superintendent-Director Anthony E. Steele II. "In FY26, we launched BVTi, which offers hands-on, career-focused learning beyond our day programs (first shift) and into the evening (second shift). Through grant-funded, credential-based programs in advanced manufacturing, electrical, HVAC, plumbing and welding, BVTi supports adults, strengthens the regional workforce, and generates nonlocal taxpayer revenue."

Annual Report Available Online

The FY26 annual report, titled Second Shift, explores BVT's continued expansion of career-focused education and highlights the school's day and evening programs. The 2026 Annual Report is available at www.valleytech.k12.ma.us/annualreport.

Blackstone Valley Regional Vocational Technical High School servesthe towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

Neighbors Helping Neighbors is Back

We are collecting blankets, comforters and coats to distribute to your Blackstone neighbors.

Give Jackie a call for pick up 508-883 -9476.



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BVT Named One of America's Healthiest Schools for 2026

UPTON — Blackstone Valley Regional Vocational Technical High School (BVT) has been named one of America's Healthiest Schools for 2026 by the Alliance for a Healthier Generation, a national nonprofit dedicated to advancing equitable whole-child health by creating healthier school environments.

Supported by Del Monte Foods, Kaiser Permanente, and Kohl's Cares, this annual awards program recognizes schools for implementing evidence-based policies and practices that support academic success and lifelong well-being. Schools are recognized in nine health-related areas.



A BVT Food Services member displays a Filipino noodle dish at the Multicultural Festival. Photo courtesy of BVT.

BVT was recognized for its work to improve nutrition and food access, including conducting student taste tests in the cafeteria, collaborating with the food services team during the school's annual Multicultural Festival, and developing other partnerships and activities that promote healthy food choices and access.

A special lunch menu celebrating the Multicultural Festival featured coconut burfi brownie bites, a dessert infused with rich Indian flavors. These tasting activities and specialty items were well received by students and provided opportunities to introduce them to new foods and flavors.

"It is an honor to be recognized as one of America's Healthiest Schools," said BVT Superintendent-Director Anthony E. Steele II. "Our staff and students understand the importance of maintaining a healthy and active lifestyle, and I am proud of the policies and programs that have helped make health and wellness a priority at BVT."



Food Drive at Blackstone Public Library

by Tressy N. Collier

We're "hungry" for food donations! Beginning in October, the Blackstone Board of Library Trustees will be sponsoring a food drive for the Blackstone-Millville Food Pantry.

From October 1 – November 1, patrons are invited to drop off unopened, unexpired and non-perishable food items at the Blackstone Library during normal business hours.

A list of the most-requested food items includes the following: cereal bars, instant potatoes, canned pasta, soup, Pop-Tarts, snacks, pork & beans, jelly, fluff, ketchup, mustard, pudding cups, hot cocoa/coffee, brownie mix, shampoo/conditioner, toothpaste, and laundry/dish detergent.

It would be appreciated if patrons would bring food items along with them when attending children's, YA and adult library programs.

Patrons are also welcome to drop off a check made out to the Blackstone-Millville Food Pantry at Divine Mercy Parish on Tuesdays from 7 – 8 p.m. or Saturdays from 10 – 11 a.m.

For more information, please contact Tressy Collier at 508-883-1931 or email tcollier@cwmars.org.

October Events for Children

A drop-in craft will be held on Tuesday, October 13 from 5:30 p.m. – 7 p.m. Little ghosts and goblins are invited to make a Halloween mummy. No registration is required. Appropriate for ages three and up.

On Wednesday, October 21 at 6 p.m. you can visit the library while it's closed to embark upon our annual Halloween scavenger hunt! Wander the spooky stacks while looking for tombstones, skeletons, scarecrows, witches and more. Be on the lookout for library staff giving out special treats! Appropriate for ages 3 - 10. All participants are welcome to attend in costume. Registration is required and must be done in person or via phone by calling 508-883-1931. Registration for Blackstone residents begin on Monday, October 5. Registration for all library patrons begin on Tuesday, October 13. Patrons with food allergies must notify Miss Tressy upon registering.

For more information, please call Tressy at 508-883-1931 or tcollier@cwmars.org or visit www.blackstonepubliclibrary.org. Also "like" us on Facebook.

Adult Programs

SHINE Help with Jenna Gouin
Monday, October 5 from 9:00 am to 11:00 am. Jenna will answer some common Medicare questions. Registration is required and limited to one hour. Call the Blackstone Public Library for more information or to register.

Help with Sheila Elliott
Thursday, October 8 from 12:00 pm to 2:00 pm
Sheila will be providing help with application assistance (including MassHealth, SNAP, WIC, Fuel Assistance and others.) Registration is required and limited to a 30-minute session. Call the Blackstone Public Library for more information or to register.

Taste of the Philippines
Monday, October 19 at 6:30 pm
Join us at the library for an interactive talk, and most importantly, a chance to sample some incredible food. Registration is required and limited to 20 participants. Call the Blackstone Public Library for more information or to register. This program is supported in part by the Blackstone Cultural Council.

Charcoal Drawing Class
Tuesday, October 20 at 6:30 pm
Join us and create your own Apple artwork using charcoal and subtractive drawing. Registration is required and limited to 20 participants. This program is sponsored by UniBank.

Photography Club
Tuesday, October 20 at 6:30 pm Join other photographers to share ideas, tips, tricks. This club is funded by Unibank.

Quilting Club
Thursday, October 29 from 1:00 pm to 4:00 pm
Join other quilters to share ideas, tips, tricks, and do some quilting. This club is sponsored by the Friends of the Blackstone Library.

Ongoing Book Groups
New members are always welcome. Books are available for pick up at the library.

Horror Book Club
Thursday, October 1 at 6:30 p.m.Contact Tressy Collier at tcollier@cwmars.org.

Evening Book Group
Tuesday, October 13 at 6:30 pm.Contact Renee Milliken at rmilliken@cwmars.org.

Senior Center Book Group
Tuesday, October 20 at 11 a.m. Contact Ellen Goudreau at egoudreau@cwmars.org.

Afternoon Book Club
Tuesday, October 27 at 3:00 pm. Contact Donna Foster at dfoster@cwmars.org.

Young Adult Programs
Spooky "Blown Ink" Trees.
Saturday, October 10 at 11 AM.Join us to learn about color theory (without the color!), along with several simple painting techniques, to create a twisted spectral tree in the mist.
Registration is required.
Open to 5th-12th grade students.

YA Chess Club (and board games!)
All skill levels are welcome. This is not an instructional class. Drop in to practice your skills.



FRIENDS of the BLACKSTONE PUBLIC LIBRARY

By Lee Holfelder

The Friends Fall Clothing Drive Drop Off begins October 17 through Tuesday October 20, 2026 10:00 AM to 12:00 PM at the Blackstone Public Library. We are accepting: Gently used clothes for adults, teens and children; Textiles: Blankets, towels, sheets, pillowcases and linens; Shoes, boots, sandals and stuffed plush toys. Please pack all accepted items in clean, tied, trash bags for easy transport. Just pull up, hand us your bag of donations and be on your way!

Donations for the ongoing book sale are accepted all year long when the library is open. The library only accepts two boxes or bags of books at a time. For larger donations, please contact the Friends of the Blackstone Library to make arrangements for a delivery date. Please do not leave donations outside the library. We accept all hardcover and paperback books in good condition. We also accept DVDs and CDs in good condition. Please put your books in clean, cardboard boxes to hand carry them. All donations will be checked over by the Friends of the Blackstone Public Library volunteers.

We do not accept:
- Books that are torn, have missing pages, have mold or mildew, smell of smoke.
- Books in plastic totes.
- Magazines (Bound and Unbound).
- Textbooks, workbooks and study guides.
- Encyclopedias.
- VHS tapes.

The Friends Fall Book Sale Saturday, November 7, 2026 9:00 AM to 1:00 PM.

Treat yourself to decadent, small-batch gourmet fudge from The Fudge Lady!

Every ½ lb. box purchased directly funds programs, passes and events at the Blackstone Public Library.
- Price: $12 online ($11 if paying by cash or check at the library by October 27)
- Pickup Date: Saturday, November 7 (9:00 AM- 12:00 PM) during the Fall Book Sale.
-Location: Blackstone Public Library

All sales are final and directly support the library.

The next Friends of the Blackstone Public Library meeting will be held Tuesday, October 13, 2026 at 6:30 PM. New members are welcome!



BMR High School Building Project Update

The Blackstone-Millville Regional School District (BMRSD) project was approved on August 26, 2026 by the MSBA to move forward with developing the Project Funding Agreement and Project Scope and Budget. The towns will vote by District-wide ballot election on December 1, 2026.

BE INFORMED
The School Building Committee and consultants presentations:
- Sept 10th 12pm Millville Senior Center
- Sept 15th 6:30pm Blackstone Board of Selectmen's Meeting
- Sept 21st 6:00pm Millville Board of Selectmen's Meeting
- Sept 23rd 6:00pm Blackstone Library
- Sept 30th 6:00pm Millville Library
- Oct 14th 5pm School Building Committee Meeting
- Oct 20th 11am Blackstone Senior Center
- Nov 4th 5pm School Building Committee Meeting
- As well as numerous events including meet the teacher nights for all schools, high school homecoming games, and the Blackstone Fall Festival.

*dates subject to change

Reach out to the committee admin-sbc@bmrsd.net, visit the website www.bmrsd.net, or Facebook Group: BMRSD School Building Project for information.

WHY BUILD A NEW HIGH SCHOOL?
The Blackstone-Millville Regional School District is proposing a new 7–12 school to address the needs of our students and the limitations of our existing facilities. The current building does not provide the appropriate learning environments needed to support today's educational programs.

The existing building is aging and requires significant upgrades to better support current educational programs and learning environments. State required asbestos removal and ADA accessibility upgrades are needed to meet health, safety, and accessibility regulations.

A new school would allow the District to create a more connected 7–12 learning experience, including a Grade 7 Academy that supports students as they transition to secondary education. The proposed facility would provide updated learning spaces including science, technology, engineering, career and technical education, the arts, athletics, and collaborative learning.

This project represents far more than a new school building. It's an investment in the future of our students and in the future of the Blackstone and Millville communities. This new school will provide safe, engaging, and innovative learning environments that prepare our students for success while serving as a cornerstone of our two communities.

WHAT IS THE PLAN?
The new BMR High School will house grades 7-12.
Our current timeline projects the new building will be occupied no later than January 2030 - that
means today's 8th graders would be our first graduating class from the new campus and our current
3rd graders will enter as 7th graders!

IF APPROVED, HOW WOULD THIS BE FUNDED?
- MSBAs Project Funding Agreement (PFA) sets the maximum facilities grant, based on eligible
costs and reimbursement rates. The reimbursement rate (grant) of 65.51% of eligible project
costs was finalized at the 8/26/26 MSBA Board Meeting.
  - o The maximum project cost is $197,248,502. When this goes to bid, it cannot be more
than this.
  - o The towns will split the local share $118,924,273 using the percentage determined by
student enrollment.
- Each town will separately determine how to fund its share of the project.
- A tax estimate calculator is available at bmrsd.net under the project page.

District of One. Two Towns. One High School. One Future.
Building the next generation of BMR together.
Stay tuned for next month's update!
— The School Building Committee

Child Find
Special Education Screenings

The Blackstone-Millville Regional School District will conduct evaluations for children between the ages 3-22 with a suspected disability. If you question whether or not your child living in Blackstone or Millville may have a disability and you are interested in having your child evaluated, call Jill Pilla-Gallerani, Assistant Superintendent/Director of Learner Support services at 508-876-0142 for more information or email Jenn Hernandez, Admin assistant at jhernandez@bmrsd.net.







As a student; classwork, homework and studying is a full-time job. Students deserve to be rewarded for their efforts. That's why we created Dean's List, the account for students from elementary school through college. This fee-free account* offers a premium interest rate of 4.07% APY on balances up to $3,000**, rebates on all Foreign ATM charges***, a personalized debit card, Online & Mobile Banking and more! It's the ideal account to help students start their journey to financial independence while earning interest and rewards in the process.

For complete details, visit ***www.deanbank.com/deans-list-account/***

Open your Dean's List Account online in just minutes

or visit our 8 Main St. Blackstone Branch and speak to a member of our branch team.

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**APY = Annual Percentage Yield. 4.07% APY on balances up to $3,000. .07% paid on balances greater than $3,000 with a resulting 4.07% to 0.50% APY, valid as of September 1, 2025 and subject to change without notice. $25 minimum deposit required in order to earn APY. $1.00 minimum deposit required to open an account.
***Dean Bank does not charge its customers for ATM or Debit MasterCard® transactions made anywhere in the world. However, other banks and owners of ATMs may impose a "surcharge" or "convenience fee" for using their machines. The Dean's List Account provides unlimited rebates for such transactions each month. Rebate will appear as a statement credit approximately 2 Business Days after surcharge is incurred.

New England Country Music Club



Uxbridge- If you enjoy line dancing, partner dancing, or just listening to some great country music, come join us at the Uxbridge Progressive Club, 18 Whitin St., Uxbridge, MA. Doors open at 12:15pm. Admission: $10 for NECMC members & Veterans $12 for non-members.

Coffee, Water and Snacks may be brought in.

Alcohol and Soft drinks must be purchased at the bar.

Join us on the following 2026 Sundays from 1:00 pm to 5:00 pm.

-Oct 4 Angela West & Showdown (line dance lesson)
-Oct 18 Borrowed Time
-Nov 1 Rustic Country (line dance lesson)
-Nov 15 Borrowed Time
-Dec 6 Mike Higgins &The Dynamics (line dance lesson)
-Dec 20 R.I. Rednecks.
Come and enjoy the fun!

For additional information visit www.facebook.com/NECountryMusicClub.

U.S. Flag Retirement Drop Box

The Town Hall has a U.S. Flag Drop Box, which was the 2023 Eagle Scout project of Nick Coppolino of Troop 1, Blackstone. For any worn, torn, faded or badly soiled American Flags that are dropped off in the box, the Boy Scouts of Troop 1 will gather the retired flags and properly dispose of the flags in a formal flag retirement ceremony. Residents and businesses are encouraged to use the Flag Drop Box located at the entrance to the Town Hall.



Thank You to all our residents for your Continued Support!

Blackstone Millville Food Pantry



Divine Mercy Parish Hall, St. Paul Street, Blackstone

OCTOBER 2026 Food Pantry Needs

Cereal	Cookies
Pork & Beans	Pudding Cups
Canned tomatoes	Brownie Mix
Jelly/Fluff	Shampoo & conditioner
Coffee (regular & instant)	Laundry detergent
Instant Potatoes	Dish detergent
Hamburger Helper	Body wash
Ketchup & Mustard	Toilet paper

**** Fresh vegetables are always needed. They can ONLY be dropped off when the Food Pantry is Open!**

YOUR $$DONATION IS NEVER TOO SMALL!

Mail your check to:
BM Food Pantry-Ann Lesperance
P.O. Box 738, Millville, MA 01529

Consider making a Memorial Donation in lieu of flowers in memory of your loved one.

Food Pantry Hours: Tuesdays: 7p.m. - 8p.m.
Saturdays: 10 a.m. - 11:00 a.m.
For more information call Ann at 508-883-6873

Blackstone Millville Food Pantry is a 501 (c) (3) non-profit organization.

Haunted Facts, and All Things Halloween



Trivia Quiz

1. What is a carved, lit pumpkin called?
2. Which animal is most associated with witches?
3. How many legs does a spider have?
4. What flying mammal is a Halloween symbol?
5. What vegetable did the Irish originally carve before pumpkins?
6. What does the word “Halloween” mean?
7. From top to bottom, what are the three colors of candy corn?
8. What mask does Michael Myers wear in the original Halloween?
9. “Ghostface” is a killer from what franchise?
10. What movie serial killer wears a red and green striped sweater?
11. What 1978 zombie movie takes place in a mall?
12. What is a group of witches called?
13. According to folklore, what repels vampires?
14. What turns a person into a werewolf, according to legend?
15. Which Halloween creature is wrapped in bandages?
16. Which character in It’s the Great Pumpkin, Charlie Brown believes in the Great Pumpkin?
17. What is the name of the friendly cartoon ghost created in the 1940s?
18. What Arizona city shares its name with something found in a graveyard?
19. Which game involves catching floating apples with your teeth?
20. What do you call a house said to be occupied by ghosts?

Haunted Facts answers continued on page 15

stopbullying.gov



Hot Spots for Ghosts

By Elizabeth McGeough

According to local legends, Precious Blood Cemetery has been said to be a hotspot for ghosts, and one of Rhode Island's most haunted cemeteries. Located at the intersection of Diamond Hill and Rathbun Street, the main entrance is in Woonsocket, but most of the cemetery is in Blackstone.



In August,1955, the area got hit by two consecutive hurricanes. The first one was Hurricane Connie; one week later came Hurricane Diane. Diane washed out parts of the cemetery near Harris Pond, dislodging coffins that floated, like little boats, down the Blackstone River and into the neighborhood of "Social". Some even washed out to the sea, never to be found. Residents picked up the pieces as best they could. They collected over 50 coffins that had been dislodged from the cemetery, many of which splintered, leaving bones scattered in the area.

After the flood many of the bodies were brought to the mausoleum at Precious Blood. They were then reburied and new headstones were made. Some even needed new caskets. It is thought that some of the bodies aren't the ones that match the headstones.

Because of this, many people think the spirits are roaming, looking for their original resting places, or loved ones that they were buried near before the flood. Orbs have been seen on many occasions. Paranormal investigators have also recorded voices and unexplained noises. CNN even featured the cemetery as the cover image for an article titled "Haunted places around the world: visit if you dare!" https://www.cnn.com/travel/article/haunted-places.

One of the most notable burial sites inside the cemetery is the Aram Pothier's family mausoleum. Pothier was a six-time governor of Rhode Island and served numerous terms until his death in 1928. He was once the town's most notable resident.

Also buried in the cemetery is Canadian-American Roman



Catholic mystic and stigmatist Marie Rose Ferron. For much of Ferron's life, it's said wounds associated with the death of Jesus Christ would appear on her body every Friday. This continued until her death. Her grave is located toward the far right after entering the cemetery. https://www.youtube.com/watch?v=Lp-v3sE2L6c.

Stop in (if you dare) and take a look for yourself. Be sure to check out the back of the cemetery, you may run into a ghost or two. Remember, visit while the cemetery is open, never trespass, and respect the deceased.





The Tavern on Main in Chepachet (now under restoration) is considered one of the most haunted places in Rhode Island. The restaurant was built in the early 1700's, and was originally a two and a half story colonial dwelling, later converted to a tavern, and long utilized as a stagecoach stop and inn. In 1842, it hosted one of the most controversial political upheavals in Rhode Island's history. As Sprague's Tavern, it was briefly involved in a failed insurrection known as the Dorr Rebellion, a pivotal movement for equal voting rights in R.I., during which state militia fired upon and occupied the structure.

The property's history includes suspicious deaths, a 1966 car accident nearby and a tragic murder on the premises during the 1970s. Paranormal investigators estimate between one and five resident entities inhabit the building: former owner Jedidiah Sprague, a woman often seen sitting in the back booth, a little boy near the restrooms and near the oven in the kitchen, and possibly Thomas Dorr, who led Dorr's Rebellion, and residual energy tied to the Rebellion.

Diners, staff and investigators have documented abrupt temperature drops, self breaking glasses, unexplained electronic voice phenomena and sudden apparitions and shadowy figures.

The "new" Stagecoach Tavern and Grille is hoping to open by October 1. The restaurant is being revitalized under new ownership, Chris Churchill, and run by Kristen Raposa who previously bartended at the Tavern on Main for 19 years. Raposa is working with the historic commissions to ensure renovations are done correctly.

As for haunting events, Raposa said of course Stagecoach Tavern will continue to celebrate its historic connections to the Dorr Rebellion and haunted booths. But Raposa said it's not likely to happen this year as they are focused on getting the restaurant up and running.





When Does Daylight Saving Time End in 2026?

Daylight Saving Time 2026 ends on the first Sunday in November. The exact moment is Sunday, November 1, 2026 at 2:00 a.m. local time. At 2:00 a.m. on that date, the clock falls back one hour to 1:00 a.m., and we return to standard time for the winter. Set your clocks back one hour before bed on Saturday night, October 31, and you will wake up Sunday morning on the correct time.

The return of standard time means the Sun will rise a little earlier by the clock. If you are an early riser, you will see more natural light with your breakfast, and you will pick up one extra hour of sleep on the night of the change. The trade-off is that it will be dark by the time most of us get out of work. Sunset in the northern United States drops back to between 4:30 p.m. and 5:00 p.m. within the first two weeks of November.

Blackstone Enlightener October 2026 email:enlightener@blackstonema.com

LIFE TRIBUTES
EVERLASTING MEMORIES OF



Thomas E. Sawyer

Thomas E. Sawyer, 79, of Woonsocket, died July 18, 2026 in The Friendly Home, Woonsocket. He was the husband of Diane (Gilmore) Sawyer. Born in Woonsocket, he was the son of the late Thomas and Claire (Marchand) Sawyer, Sr.

Tom was the owner of Tom Sawyer Construction. He enjoyed fishing and golfing.

Along with his wife, Diane, he is survived by his daughter, Shawna Tomassini and her husband Justin, of Millville; his siblings, Charles Sawyer and his wife Suzanne, William Sawyer, Paul Sawyer and his wife Sandy, all of Blackstone, and Mary-Anne Riendeau and her husband Mark of Pascoag; and two grandchildren, Alyssa and Anthony Tomassini. He was predeceased by his siblings, James and Linda Sawyer.

Private funeral arrangements are under the direction of the Holt Funeral Home, 510 South Main Street, Woonsocket.
www.holtfuneralhome.com

St. Jude Prayer

May the Sacred heart of Jesus be praised, adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus pray for us. St. Jude, helper of the hopeless, pray for us.

Say this prayer for 9 days, 9 times each day. By the 8th day your prayer will be answered. It has never been known to fail. Publication must be promised. Thank you Sacred heart and St. Jude. C.S.

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Proclaiming Hope through Good News of Jesus Christ

Come to Christ Community Church of Blackstone to enjoy friendly fellowship. If you are unable to attend in person, please navigate to: Christ Community Church of Blackstone You Tube and join us as we live stream the service. Telecast begins at 9:25 a.m.

Saved by Grace, God's Grace

I was listening to a devotion recently and I heard a short story involving Rev. Billy Graham as it relates to our understanding of God's grace. Graham made his home in North Carolina and in his youth, and after he became well known as a preacher, he was pulled over and cited for driving over the speed limit. He appeared in court at the appointed time to answer for the violation. The judge without looking up called Dr. Graham to the stand to testify on his behalf. The magistrate suddenly recognized who he was. The magistrate proceeded to ask Rev. Graham how he plead to the chare of speeding to which Rev. Graham replied "guilty". The judge stood from the bench and declared that he would pay the fine of $10 on Dr. Graham's behalf and take him out for a steak dinner.

So how does this relate to God's grace you might ask? In Paul's letter to the Romans 3:23 it stats, "for all have sinned and fall short of the glory of God," (NIV). Scripture also tells us in Ephesians 2:8-9 "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast. (NIV) Simply put God's grace is getting what we don't deserve or not getting what we do deserve. You and I have sinned, sinning this day and will sin in our future days. By sinning we mean missing the mark, or more precisely missing the Gods standard for each of us to live like Him. It demands our payment of total separation from God and others for an eternity.

We are told that we are appointed to live, die, and then the judgment. We shall stand before our Creator and give an account of how we lived our lives. All things hidden will be revealed; the good, the bad, and the ugly. Things we are proud of and things that we are ashamed of. We will stand before God as guilty of sinning. BUT: for those who confessed their sins and believed in Christ as Lord and Savior, He will rise to our defense and declare "TELELESTAI his or her sin debt has been Paid In Full". TELELESTAI, it was the last word Christ spoke from the cross before He laid down His spirit. It was a common Greek word. It was ss stamped on documents when an obligation or debt had been fulfilled. Jesus declared the humanity's sin debt had been paid in full, and His earthly ministry was now completed. No longer would God require a blood sacrifice at the temple.

Belief in Christ as Lord and Savior was never a privilege reserved for the Jews of the first century and beyond. He offers Salvation to all who will come to Him and worship Him in spirit and in truth. I ask you this day: Are you ready to come to Him?
Rev. Marc J V Greenwald

DIVINE MERCY PARISH

Mercy Parish Blackstone
New Weekend Mass Schedule
Saturday: 4pm *Confession from 3pm – 3:40pm
Sunday: 8am - 9:30am *family Mass - 11:30am
Weekday Mass Schedule:
Monday, Tuesday, Friday: 8am *recite the Rosary before Mass at 7:30am
Thursday: 6:30pm *followed by Adoration and Confession

REMINDER: On Saturday, October 3rd we are inviting our local communities and families to join us for a morning filled with fun and to make a difference in a hungry child's life. Divine Mercy Parish is on Mission for Mary's Meals! Join us at 9am for a Walk around the Parish Property. What is the cost? Your change – with each ¼ mile lap walked (up to 4 laps), drop your change into our Mary's Meals bucket! Each laps stands for the 1 of the 4 regions Mary's Meals feed kids in the poorest countries. It costs just 0.16cents a day to feed a Mary's Meals child, and only $25.20 to feed a Mary's Meals child for one year in their place of education!

Then at 10am join us downstairs for Ministries on Mission – where each table is giving away fun "swag" for a small "change" donation. Join in Scavenger Hunt" and win a prize! There is a Kid's table for crafts and items to purchase and raffles too! We will conclude our morning on Mission at 12noon.

Our Religious Education program has begun, but it is not too late to sign your child up! Grades 2 thru 10 meet each Sunday from 10:45am until 12noon.

Our new Jesus and Me (J.A.M.) Program meets the 1st and 3rd Sunday of the month from 10:45am until 12noon in the Parish Center too! This program is designed for
Pre-K, K and 1st Grade children (ages 4 thru 6)

Our Little Lambs program is back this year! This is a Free playgroup for children
ages 0 thru 5 years old. We meet each week in the Parish Center from 10am until 11:15am. Parents & Grandparents stay during our playgroup to make friends too!

Our OCIA program (Order of Initiation) has begun as well and is not too late to sign up. This is for individuals who are interested in learning about the Catholic faith and potentially join the Church.

Blackstone's Window On The Past

The East Blackstone Grange

© Helen Murray 2026

O. Fermor Fuller was a local farmer and beekeeper. He was a moving force behind the organization of a local chapter of the National Grange organization. The Grange offered agricultural expertise, the chance for group purchasing, which allowed farmers to obtain discounts on items, and community support to the nation's rural communities.

The first meeting of the East Blackstone Grange was held on January 4,1887 in the Five Corner School. The list of the twenty-six charter members in a "Who's Who" of Blackstone's early history included: Fuller, Seth P. Chase, Horace Daniels, Lucine W. Daniels, Morton Nelson, John C. Rich, William Stewart, Jennie Scott, Addie M. Stearns, Edwina Taft and Americus Welch. The meeting was presided over by N. B. Douglas.

Weekly meetings were held until January 1906, when the format changed to biweekly meetings. Meetings and social events were held at the Coverdale Stand at the Corner of Blackstone and Elm Street.

As the East Blackstone Grange celebrated its twenty-fifth anniversary in January of 1912, the group formally incorporated so that the association could legally buy and own property. Under the direction of the Grange Master, Phillip E. Thomas, the organization purchased the old stone store on Elm Street in 1913. The building was repaired and remodeled for the organization's use. Many new members joined the Grange. In 1934, a ceremony was conducted to celebrate the burning of the mortgage on the building.

The first Grange Fair and Old Home Week celebration was held in 1935. Many residents recall attending the agricultural fairs held by the Grange in the 1950's and early 60's . Originally only held for one day, these gradually expanded to a three-day event. In addition to the judging of livestock and agriculture, there were events to interest every member of the family.

The East Blackstone Grange celebrated its 75th anniversary in May of 1962. Members and guests enjoyed a catered banquet in the Grange dining room then went upstairs for a special program of speeches, entertainment and dancing.

The Grange's 80th anniversary was observed in May 1967. A catered dinner was again served in the dining room, and a program was presented upstairs.

Sadly, the East Blackstone Grange surrendered its national charter in March 1988 due to declining membership. Grange Master Arthur Allaire had to complete this unhappy task. The building was sold and profits turned over to the Massachusetts Grange.



East Blackstone Grange April 1, 1934

Photo courtesy of the Blackstone Museum

Quaker Meeting House

Ecumenical Service Sunday, October 18



The East Blackstone Quaker Meeting House Association invites you to an ecumenical service on Sunday, October 18th, at 2:00 p.m. at the historic Meeting House, located at 197 Elm Street in Blackstone. The Reverend Marc Greenwald, Associate Pastor at Christ Community Church of Blackstone, will serve as guest pastor.

Pastor Greenwald was born in Philadelphia, PA, and raised in Middletown, CT. He holds an A.S. and B.S. in Engineering, a Master's degree in Applied Management, and a Master of Divinity degree from Liberty University. After receiving a believer's baptism at age 32, he and his wife, Barbara, joined the church in 1991. His background includes roles as a worship leader and church officer, several years as a Gideons member, and 15 years of ministry within the Massachusetts correctional system. He is currently licensed and recognized by the Conservative Congregational Christian Conference.

Music for the service will be under the direction of organist John Staples. Refreshments and a cemetery tour will follow the service.

Upcoming 2026 Events:

- Thanksgiving Service: Sunday, November 22nd
- Annual Candlelight Christmas Caroling Service: Friday, December 18th (Snow date: Sunday, December 20th)

Formed in 1954, the Association is dedicated to preserving and maintaining the historic Meeting House and burial grounds. Membership is open to all. For information on the Association or membership, please visit http://www.blackstonequakermeetinghouse.org/.



Haunted Facts Answers

continued from page 12

1. Answer: A jack-o'-lantern.
2. Answer: A black cat.
3. Answer: Eight.
4. Answer: A bat.
5. Answer: Turnips
6. Answer: A contraction of All Hallows' Eve
7. Answer: White, orange, yellow.
8. Answer: A $2 William Shatner mask painted white.
9. Answer: Scream.
10. Answer: Freddy Krueger (Nightmare on Elm Street).
11. Answer: Dawn of the Dead.
12. Answer: A coven.
13. Answer: Garlic.
14. Answer: A full moon.
15. Answer: A mummy.
16. Answer: Linus.
17. Answer: Casper.
18. Answer: Tombstone.
19. Answer: Bobbing for apples
20. Answer: A haunted house.



Blackstone Enlightener October 2026 email:enlightener@blackstonema.com

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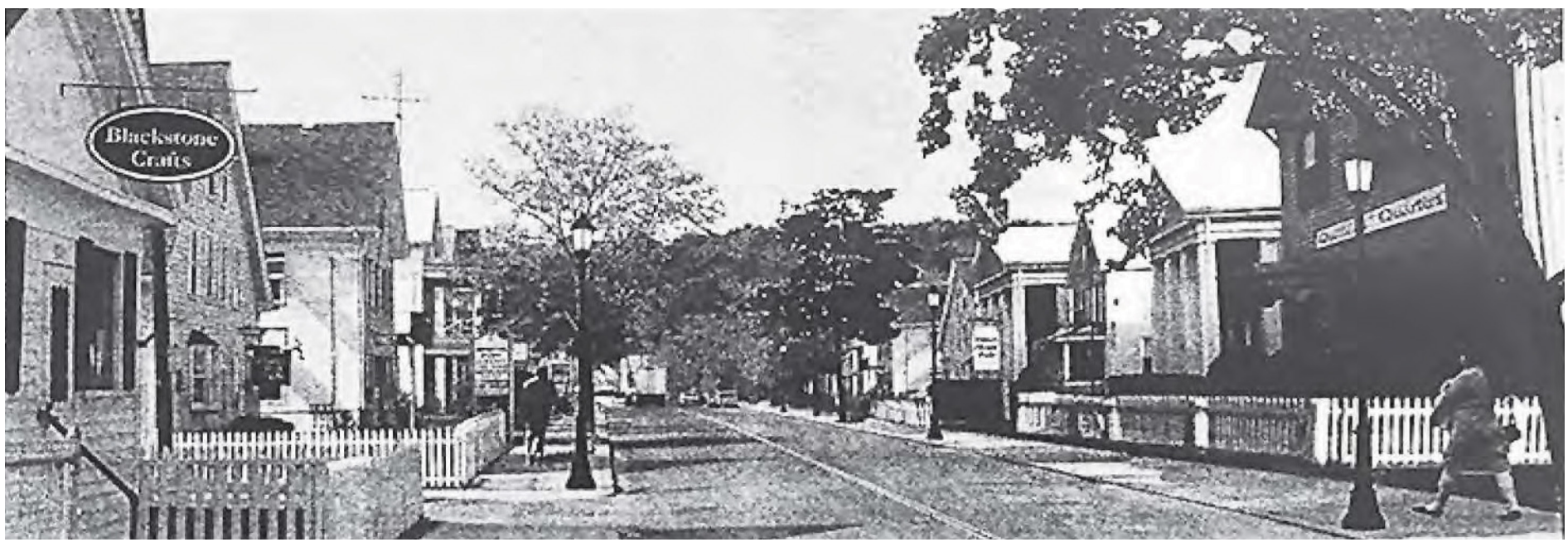
Stop-in and check out our newly renovated PACC.
Watch your favorite team on our 98" TV.
Great food is available for purchase during the games.
Come on down!

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Board, Committee and Commission Vacancies

Blackstone currently has vacancies on several boards, committees and commissions. For more information, go to the town website. Please complete the application of Intent to Serve Boards/Committees. You can complete the document digitally (if submitting an online copy) or physically (if submitting a hard copy.



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