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Friday, April 19, 2019

Local Cub Scouts earn Arrows of Light



Courtesy Photo

St. Denis Cub Scout Pack 316 recognized three Arrow of Light recipients this year — Zachary Chiasson, Ryan Morrisette, and Jackson Valanzola.

DOUGLAS — The Cub Scouts from St. Denis Pack 316 recently held their annual Blue and Gold ceremony at the Douglas High School.

The Blue and Gold is a celebration of the Anniversary of Scouting. It brings families together for an evening of fun and recognition. The theme for this year's Blue & Gold was Stars & Stripes. Highlights of the evening included skits from each den and awarding the centerpiece contest winner. In addition, all the scouts in the Pack were recognized for their accomplishments and progress toward ranks.

During the event, the Pack was recognized for achieving the Gold Level in the Boys

Scouts of America's Journey to Excellence Program. The Journey to Excellence Program is a performance recognition program designed to encourage and reward success and measure the performance of its units. It is also meant to encourage excellence in providing a quality program.

The evening concluded with a special Pack 316 Arrow of Light Ceremony. Pack 316 had three Arrow of Light recipients this year — they are: Zachary Chiasson, Ryan Morrisette, and Jackson Valanzola. Receiving the Arrow of Light is the culmination of a Cub Scout's career. It is the highest award that a Cub Scout can earn, and is the only Cub Scout emblem that can be worn on a Boy Scout uniform.

During the ceremony, the scouts received their emblems. They also presented a special Arrow of Light pin to a parent as a way of thanking them for the support they received throughout their Cub Scouting years. Before crossing the bridge to Boy Scouts, the Arrow of Light recipients were honored with a special slide show highlighting their Cub Scout journey.

Rep. Joseph McKenna addressed the families and scouts and recognized the Pack's Arrow of Light recipients for their accomplishments with congratulatory letters from the House. The Arrow of Light scouts also received citations from the

Please Read SCOUTS, page A14

New Principal named at Taft Learning Center

BY KIMBERLY PALMUCCI
 TRIBUNE CORRESPONDENT

UXBRIDGE — The Uxbridge Public School District will welcome a new face for its upcoming school year; the district recently announced a new principal for the Taft Early Learning Center, a school that meets the needs of more than 500 children from the Uxbridge community.

Uxbridge Superintendent of Schools Dr. Frank Tiano said that the new principal of the Taft Early Learning Center will be Jennifer Bellville. She will begin her tenure as the next principal of the elementary school in July.

"We were fortunate to have as many qualified applicants as we did. It was truly a competitive field," said Tiano. "I cannot be more grateful for the efforts of our school and district administrators along with the teachers, staff, and parents of the Taft [Early Learning Center] community to help us match the right candidate with the needs of the school."

Bellville was chosen from a pool of 28 applicants to replace long-time Uxbridge educator Marla Sirois. According to a statement from the district, Bellville will be joining Uxbridge from the Millbury Public School District where she has been employed for the past ten years, the last six of which she was the Director of Curriculum and Instruction.

"I am excited to join the Taft community, and look forward to meeting and working with all the members of the community," Bellville said.

Bellville has extensive experience as an elementary principal and is a former third-grade teacher and special education chairperson. She earned her Bachelor of Arts degree from the University of Massachusetts, Amherst, and her Master of Science degree from Framingham State College.

"Mrs. Bellville is an exceptional educator and school leader and I know that our students, staff, and entire community will benefit from her expertise and energy," added Tiano.

Douglas "Ice Cream Day" is May 11

BY KIMBERLY PALMUCCI
 TRIBUNE CORRESPONDENT

DOUGLAS — In response to two local children aiming to bring the Douglas community together, the Douglas Board of Selectmen have recently named May 11 as the town's official "Ice Cream Day."

"In my opinion, people are becoming so polarized and social media has really caused a lot of folks to argue about things. Ice Cream Day

is sort of a way to bring people together," said Chris Bilodeau, father of the two girls behind the idea.

Haley, 11, and Abigail, nine, felt that the day would bring positivity to the town during a time when residents are often stressed about taxes and other items.

Select Board Chairman Kevin Morse hand-delivered an official proclamation to the family—which will also be hung at town hall—according

to Haley and Abigail's father, Chris Bilodeau.

"It is refreshing to get a kid's perspective on things. I was happy to make the first interaction Chris's kids get with government to be a positive one," said Morse. "Too many things take place in local politics that are polarizing, and cause rifts in the community. It is nice to be able to do something that will bring the town

Please Read ICE CREAM, page A7



Courtesy Photo

In response to two local children aiming to bring the Douglas community together, the Douglas Board of Selectmen have recently named May 11 as the town's official "Ice Cream Day."

DAR honors Good Citizen award winners



Courtesy Photo

2019 Good Citizens (from left to right) Michaela Cannistraci, Natalie Champagne, Ashley Bloem, and Kelly Muanya.

DOUGLAS — The Captain Job Knapp Chapter of the Daughters of the American Revolution of Douglas presented their 2019 Good Citizen Awards to four area students at their Good Citizens Awards Recognition Ceremony.

This award is given by the Chapter to honor high school seniors who possess good citizenship qualities of dependability, service, leadership, and patriotism in their homes, schools, and communities. This year's Good Citizens are Ashley Bloem from Northbridge High School, Michaela Cannistraci from Whitinsville Christian School, Natalie Champagne from Douglas High School, and Kelly Muanya from Blackstone Valley Technical High School. Each of these four outstanding young citizens received a DAR Good Citizen pin, a certificate, and a \$200 award from the Chapter.

The DAR Good Citizen Award and scholarship contest was created in 1934, and is intended to encourage and reward the

qualities of good citizenship. It is intended to encourage and reward the qualities of good citizenship. It also recognizes and rewards individuals who possess the qualities of dependability, service, leadership, and patriotism in their homes, schools, and communities. These students are selected by their teachers and peers because they demonstrate these qualities to an outstanding degree.

The National Society Daughters of the American Revolution, founded in 1890 and headquartered in Washington, D.C., is a volunteer women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education for children. It is a nonprofit, non-political, volunteer women's service organization. Any woman who has an ancestor who fought in or rendered aid in the American Revolution may be eligible for membership in DAR. For information, contact Regent Anne Marie Safae at 508-949-0926.

May News & Events at Beginning Bridges

UXBRIDGE — Beginning Bridges CFCE supports parents as their children's first, best and most important teachers in the communities of Mendon, Northbridge, Upton & Uxbridge. We are a non-profit, family support organization that provides FREE comprehensive services. Our programs include weekly playgroups, music and movement activities and early literacy story hours. We also sponsor parent education, offer the Ages & Stages Developmental Questionnaire and can connect families to resources. Our goal is to support parents as they guide their children to reach their optimum potential.

We work with many community partners who share the same goal of strengthening our communities. Funding for the Coordinated Family & Community Engagement Grant (CFCE) is provided by the Massachusetts Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC-Childcare/Head Start).

Find us on Facebook: Beginning Bridges CFCE and check out our website at: <http://beginningbridgescfce.weebly.com/>.

To be kept up-to-date on our programming and events, please send your email address to Emily Murray: Emurray@smoc.org

smoc.org.

Upcoming Events

Thursday, May 2nd: WIC Day at Roots in Nature, Bonds & Nurture at Upton Community Garden, 108 Mechanic Street, Upton, 10am-12pm. WIC will be visiting with information about their nutritional program for women, infants and children.

Beginning Bridges in partnership with Roots in Nature invite you to unplug, leave toys behind and escape to nature. Experience your child's delight and connect with other parents raising young children. Make sure you dress to play in the woods and according to the weather. Register by contacting Emily

at Emurray@smoc.org or 508-278-5110.

Friday, May 10th: Deb Hudgins' Music & Movement at the Upton Town Library, 10:30a m.

Drop in for a theme music and movement program perfect for babies! Deb Hudgins is sponsored by Beginning Bridges, CFCE and hosted by local libraries.

Thursday, May 16th: Muffins with Mom at Taft Public Library, 29 North Avenue, Mendon, 9:30am-10:30am. This is a FREE drop-in event for up to 15 families, first come, first serve. Light refreshments will be served and families will be provided the opportunity to

build social connections and learn about family friendly recourses.

Thursday, May 23rd & Thursday, May 30th, Kidding Around Yoga at Taft Public Library, 29 North Ave., Mendon, 9:15am-10am.

The principles of Yoga teach kids kindness, sharing, compassion, mindfulness, awareness, and much more. Breathing practices are a great way to reduce stress, regulate emotions, and help with focus and concentration, tools that will serve children for a successful life. Registration is required and limited. To register: <https://forms.gle/yMqjfcJqZmv471qb7>.

MassDOT reminds drivers of drone rules

REGION — Following the public reports of drone use over Fenway Park in Boston last night during the ninth inning of the Red Sox game, the Massachusetts Department of Transportation (MassDOT) Aeronautics Division is reminding members of the public of their responsibility to know the rules of the "Drone Road." Whether you're a novice drone pilot or have many years of aviation experience, rules and safety tips exist to help you fly safely and to ensure the safety of everyone.

"We are strongly urging drone owners to become aware of the rules for operation as outlined on the website of the Federal Aviation Administration," said Aeronautics Administrator Jeffrey DeCarlo. "Drones are not a toy. They should be operated only under specific circumstances and for specific purposes in order to ensure the safety of the public."

Please note the following safety protocols: Never fly near other aircraft, esNever fly over

groups of people, public events, or stadiums full of people

Never fly near emergencies such as fires or hurricane recovery efforts

Never fly a drone while under the influence of drugs or alcohol

Respect privacy and stay within an appropriate operational area - drones should not be flown above private properties, such as a neighbor's backyard

Do not fly in bad weather conditions or during low visibility

Operate drones only during daytime hours and within sight. To maintain visual contact, do not rely on binoculars or try to follow a drone by traveling inside a moving vehicle.

Do not fly the drone higher than 400 feet.

In addition, please note that the FAA has implemented registration requirements:

- Registration is necessary for drones weighing less than 55 pounds and more than 0.55 pounds. Additional requirements must be adhered to for drones weighing more than 55 pounds. Visit the FAA online at FAA.GOV for more information on registering your drone.

- As a drone operator, you are required by the FAA to properly mark your drone for identification. All drone operators must now place their registration number on the outside of the drone. The FAA has posted a new rule in the Federal Register requiring small drone owners to display the FAA-issued registration number on an outside surface of the aircraft. Owners and operators may no longer place or write registration numbers in an interior compartment as allowed previously. The rule was effective on Feb. 23. The markings must be in place for any flight after that date.

Appraisal night planned in Upton

UPTON — The Upton Historical Society will sponsor an Antique Appraisal Night on Friday, April 26 at 7 p.m. at the Upton VFW on Route 140, with appraisals by Tom Tomaszek, noted antiques dealer and appraiser. The event is open to the public

The cost of appraisals for Members \$6 for one item, \$10 for two; non-members: \$7 for one item, \$12 for two or a \$3 entrance fee. There is a two item limit. You do not have to have items appraised to attend. The total number of appraisals will be limited based on available time. Owners are responsible for their own items.

Mr. Tomaszek has appeared at Historical Society programs in the past and he has always presented an interesting and informative program. His ability to provide detailed background on a wide variety of items is amazing. Even if you do not bring items to be appraised you will enjoy his presentation.

Mr. Tomaszek entered the antiques business in 1964 at the age of 12. Soon apprenticed with the House that Jack Built Antiques in Bellingham, Massachusetts, owned and operated by Jack Garfield and Les Hudson. In the 1970-80's traveled extensively in eastern Europe (Belgium, France, England, Ireland, Luxembourg, Holland, Germany) as well as Japan and Singapore studying antiques. Exhibited at east coast shows from Maine to Florida starting in 1970 and continue to do so. Have done appraising for more than 30 years for estate planning and selling purposes. Expertise consists of numismatics (coins and tokens), militaria (military antiques) ephemera, stamps pre-1900, fine jewelry of the Georgian to Edwardian period, artwork, and American folk art. Have been continuously selling and buying at the Brimfield Antiques Shows from 1976 to present. Authored numerous published articles and guest speaker to numerous northeast historical venues. Presently resides in Blackstone, Massachusetts. He displays and sells in antique cooperative shops located in Rhode Island, Massachusetts, New Hampshire and Maine. Power seller on eBay under the name tommytommas with more than 9,000 positive feedbacks, 100% rating. Holds a BAT in History and Anthropology from Rhode Island College.

TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$480,000, 8 Crestwood Dr, Mark R & K M Souza LT, and Souza, Mark R, to Dewaele, John.

\$470,000, 28 Glenside Dr, Clancy, Kevin D, and Clancy, Lynda C, to Stockman, Tad J, and Stockman, Dorene G.

\$329,900, 272 Lincoln St, Lavallee, Oscar H, and Lavallee, Joyce S, to Lupien, Christopher B, and Andrews, Lee F.

\$265,000, 70 Milton St, Cardinal, Hubert J, and Cardinal, Therese M, to Arruds, David R.

DOUGLAS

None.

NORTHBRIDGE

\$405,000, 134 Hastings Dr, Tricomi, Joseph P, and Tricomi, Patricia A, to Foppema, Jesse K, and Foppema, Kelly M.

\$325,000, 263 Mason Rd, Ebbeling, Ronald J, to Susel, Steven A, and Susel, Brianne M.

\$300,000, 161-167 Church St, McNeil, Terry L, and McNeil, Daniel, to GGG LLC.

\$163,000, 14 High St #14, Cook, Travis J, and Cook, Jennifer, to Obrien, William F.

\$160,000, Hill St #3, Bagley, Paul C, and Bagley, Maria B, to Rock River Redevelopment.

\$82,600, Providence Rd #5, Violette, Gerald M, to Chips Excavation LLC.

UXBRIDGE

\$775,000, 85 Chestnut St, Aguiar, Richard G, and Aguiar, Valerie J, to Kiessling, Lars.

\$224,000, 19 Wall St, Nala RT, and Davis, Edward C, to Croteau, Christine, and Croteau, Daniel.

\$222,000, 137 Linwood St, Cencak, John J, to Macomber, Spencer M, and Macomber, Claire M.

\$145,000, 84 Hazel St, Diplomat Property Manager, to Mueller, Benjamin.

\$65,000, 104 E Hartford Ave #1, Tucker, Karen J, to Maguire, Edward.

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Northbridge Historical Society meets May 6

WHITINSVILLE — The Northbridge Historical Society will meet Monday, May 6 at 7 p.m. at the Whitinsville Social Library.

Following a short business meeting led by President, John W. Walker, Jr., Society member Carol H. Brouwer will present the program postponed from March due to inclement weather. "Only Nine were left standing: the life & times of Ira H. Parkis.

Parkis was a Civil War volunteer from Northbridge in Company H of the Massachusetts Fifteenth Infantry Regiment, who was wounded at the Battle of Antietam, went on to prosper in business and become a state senator.

Come to learn more in this trivia-laden presentation.

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The Blackstone Valley Tribune (USPS 024-873) is published weekly by Stonebridge Press, 25 Elm St., Southbridge, MA 01550. Periodicals postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to the Blackstone Valley Tribune, P. O. Box 90, Southbridge, MA 01550.

Free musical baseball show at Northbridge Senior Center



Courtesy Photo

Singer-songwriter, and former sportswriter, Howie Newman will present a unique musical baseball program at the Northbridge Senior Center on April 22.

NORTHBRIDGE — To help celebrate the beginning of the 2019 baseball season, the Northbridge Senior Center, 20 Highland Street, Whitinsville, is hosting a free musical baseball show, featuring local singer-guitarist Howie Newman on Monday, April 22, at 1 p.m.

This event is open to area residents 60 or older. Free refreshments are available and reservations are encouraged. Call 508-234-2002 to reserve a seat.

This performance is supported in part by a grant from Northbridge Cultural Council, a local agency supported by the Mass. Cultural Council, a state agency.

Newman, a former sportswriter for the Patriot Ledger, Lowell Sun, Boston Globe, and other newspapers, covered the Red Sox for many years and has also remained an avid fan, having visited 91 major and minor league ballparks. He will sing baseball songs, offer up baseball trivia and talk about his days on the Bosox beat.

In addition, Newman will hold a free raffle for his two baseball CDs, "Baseball's Greatest Hits, Volumes 1 and 2."

Not all of the program will focus on baseball. Newman will also play classic songs from yesteryear, including the music of Johnny Cash, Neil Diamond and Doris Day.

"Baseball is the one sport that really lends itself to music," said Newman, whose experience also includes three years of radio color commentary for the Lowell Spinners, a Red Sox farm team. "I'll be playing a few of my own baseball songs and some other baseball standards that everyone knows. We'll talk baseball, do some trivia and just have fun. If people have questions about the Red Sox and what it's like to cover the team, I'll be happy to answer them.

"It's going to be a very unique type of show and I'm sure folks will enjoy it. I'll also be playing some old classic

BLACKSTONE VALLEY TRIBUNE

ACCURACY WATCH

The Blackstone Valley Tribune is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page A3 in a timely manner.

If you find a mistake, email news@stonebridgepress.news or call (508) 909-4111 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

songs, so there will be something for everyone."

For more information about Howie Newman and his baseball show, visit www.howienewman.com/baseball-show



Uxbridge Public Library

Library Summer Hours
 Start Friday, May 25
 Monday - 10am-8pm
 Tuesday - 10am-5:30pm
 Wednesday - 10am-5:30pm
 Thursday - 10am-8pm
 Friday - 9am-2pm
 Saturday & Sunday - Closed

Special Hours
 Saturday, May 18 - Library closes early at 1pm
 Monday, May 27 - Library closed in observance of Memorial Day

Adult Programming

Yoga with Marise Nazzaro - Mondays at 7pm
 Registration is required for this popular Library Trustee-sponsored program.

Sit and Knit - Thursdays, May 2, 16 & 30 at 1:30pm
 Join this informal group with a textile project of your choosing.

Zentangle Tea Lights - Thursday, May 2 at 6pm
 Join Pam Lisak as we create unique, one of a kind lamp shades using Zentangle, a wine glass and a tea light. Two lamp shades will be created with ideas to create so many more. This is a great idea for a home decoration, a hostess gift or even a shower favor. All materials will be provided and a \$5 materials fee will be collected on the evening of the class.

Reducing Plastic Usage - Monday, May 6 at 6pm
 The Uxbridge Recycling and Sustainability Committee will teach about the problem of single-use plastics - bags, bottles, etc. - and local and state efforts to reduce consumption and improper disposal of these materials. Registration required.

Friends of the Library Meeting - Monday, May 6 at 6:30pm
 The Friends of the Library is a non-profit group, whose purpose is to support and promote the services and programs of the Library. This meeting

is open to the public. If you are interested in becoming an active member of the Board, please contact Deb Hinkle at dhinkle@cwmar.org, 508-278-8624 x101 or attend the meeting.

Card Making - Thursday, May 9 at 6:15pm
 Come in to learn about the paper craft of making greeting cards for family and friends. Go home with a couple of your own unique creations. Registration is required.

Friends of the Library Book & Bake Sale - Saturday, May 11 from 9am-1pm
 Swing by for some great deals and delicious baked goods to support the Friends of the Library!

Homebuying 101 - Monday, May 13 at 6pm
 Learn what you can expect during the home buying process and how to make it easier. Presenters Ruta Convent, Senior Loan Officer, and Renee Vanderzicht, Realtor, will show you how to prepare to buy a home and what you need to know during the process. Registration encouraged but not required.

Uxbridge Senior Center Book Club - Tuesday, May 14 at 1pm
 Join us for our semi-monthly meeting at the Senior Center to discuss "A Red Herring Without Mustard" by Alan Bradley.

Reverse Mortgages - Thursday, May 16 at 6pm
 Learn how to tap into your home's equity to provide for a comfortable retirement. Senior Mortgage Lenders, Ruta Convent and John Convent will present what you need to know in order to make the best decision for you and your family. Registration encouraged but not required.

Bookies Book Club - Monday, May 20 at 6:30pm
 Join us for our monthly meeting to discuss "The Boys in the Boat" by Daniel James Brown. Pick up a copy at the circulation desk!

Running Girl Eats Health Series: Chronic Inflammation - Thursday, May 23 at 6:30pm
 Join Sarah Harrison Roy as

she teaches us why a diagnosis of high cholesterol is a telltale sign that you may well be suffering from chronic inflammation in the system and changes to make to start the healing. She will also provide a roasted broccoli and sweet potato bowl to sample.

Mindfulness Meditation - Thursday, May 30 at 6:30pm
 This class will give you an opportunity to return to your breath. We practice mindful living in order to help reduce suffering while increasing joy, harmony and peace in ourselves, in our community and in the world. Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment. To be mindful is to be truly alive, present and at one with those around you and with what you are doing. We bring our body and mind into harmony while we wash the dishes, drive the car or interacting with family, friends and colleagues. In this 50 minute workshop we will practice mindful sitting meditation, mindful walking meditation, and mindful breathing in the tradition of Thich Naht Hanh. Let's invite the bell together and come together as a sangha ("sangha" means mindfulness community) in order to the only moment we have: the present moment. Please join us!

May Youth Services Programs
 Read to Lexi - Mondays, May 6 and May 20 at 4pm

Sign up for a 15 minute slot to read to Lexi the Cavalier. Kids can use this opportunity to practice their reading, gain confidence, and meet a friendly dog in a welcoming environment. Registration is required.

Teen Advisory Board Meeting - Thursday, May 9 at 6pm

Attention, teens of Uxbridge! Bring your suggestions for program ideas, volunteer opportunities, and tell us what materials you want to see in our library. Snacks will be provided!

Music and Movement: Nursery Rhyme Time - Tuesday, May 14 at 11am

Who doesn't love a good nursery rhyme? Bring your little one to sing and dance with Miss Deb Hudgens! No registration required. This program is sponsored by the Library Board of Trustees.

Kids Yoga - Thursday, May 16 at 4:30pm

Learn some new poses and gain a balanced well-being! Best for children ages 6 and up. Registration is required.

Dungeons & Dragons Club - Saturday, May 18 from 10am-12pm

Whether you're a beginner or experienced player, come on in and join the game! Best for ages 11 and up. No registration required.

Crazy Colors - Tuesdays at 3:30pm

Create colorful and unique art during this drop-in program!

Crafty Wednesday - Wednesdays from 10am-4pm

Drop in to see what our craft of the week will be!

Lego Club - Thursdays at 3:30pm

Bring your own base and all other Legos are provided for your building creations. Ages 5 & up and no registration necessary.

Little Movers - Saturdays at 10am

Miss Cat is back with music and dancing for toddlers and preschoolers! Come on in and get ready to shake and sing!

Pajama Story Time and Stuffy Sleepover - Thursday, May 30 at 6:30pm

Come dressed in pajamas and enjoy an evening story, brought to you by Miss Jenn! Leave your stuffy to stay over at the library, and see what shenanigans they're up to on our social media pages! All stuffed animals can be picked up on our next business day.

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 6197 AW19-1032

SENIOR SCENE

Northbridge Senior Center

Phone: 508-234-2002
www.northbridgemass.org/council-on-aging
Monday – Thursday 8:30 a.m. – 4 p.m.,
Friday 8:30 a.m. – 1 p.m.

Upcoming Special Events and Announcements

We require registration for all of our events and trips. Additionally, if you need transportation, please inform the center at the time of registration. Simply call 508-234-2002 to sign-up. Deposits and fees are required at time of sign up in order to reserve your spot.

SPECIALS COMING UP:

First Thursday of every month, Denise Forgit holds office hours from 9:30-11:30 to assist with frauds and scams. All appointments are confidential. Denise also has a shredder if you need to get rid of confidential documents.

Every Wednesday from 1:30-3:30 our computer expert Paul Holzwarth is here to help with any computer, iPad, or even cell phone questions you may have. Call the Senior Center to make an appointment.

Every Monday the Senior Center

sponsors Aqua Exercise at the Whitin Community Center. They meet at 1:00pm and the cost is \$3/class.

Night Classes at the Center: Mondays at 6:30pm Tai Chi Class, Tuesdays @ 7:00pm Creative Writing Class, Wednesdays for 8 weeks @ 6:00pm Painting with Acrylics Class (this is an 8 week class that began April 10th but you may still join if you missed the first class).

Monday, April 22nd @ 1:00pm Entertainment by Howie Newman: "Musical Baseball Show". Howie will be performing baseball songs, engaging the audience in baseball trivia, and sharing stories about his days as

a sportswriter on the Red Sox beat. Lots of laughter with this unique entertainer! Refreshments will be served. Thank you to the Northbridge Cultural Council for the grant to bring this entertainment to the Center.

Saturday, April 27th from 11-1:00pm "Treasures in the Attic Appraisals". Jim Johnston from Johnston Antiques, well noted appraiser of antiques, will be here to appraise your treasures. Jim will appraise books, stamps, clocks, paintings, glassware, china, etc. NO jewelry. There is a limit of three items per person, \$5/item. This is sure to be a popular event! Call us for more information.

BVT students to compete at international auto show

UPTON – After being named the best in the Commonwealth, Blackstone Valley Tech Automotive Technology seniors Nick Uhlman and Aidan Luetkemeyer, both from Upton are on their way to New York City to compete in the 2019 National Automotive Technology Competition on April 23 and 24.

Held against the backdrop of the New York International Auto Show, this competition brings together the nation's best high school automotive technicians to test their skills, measure their knowl-

edge, and challenge their ability to diagnose and repair vehicles. Designed to be relevant in the real world, this competition reflects the knowledge and skills that are in demand for success in today's technologically advanced automotive industry.

"This nationally recognized competition is a wonderful opportunity for our students," explains Paul Perreault, BVT's Automotive Technology Vocational Instructor. "They get to test themselves and their abilities against the best automotive students in the country.

Through hands-on training, they are confident and ready to compete in New York. I am proud to have helped them prepare."

On the first day, the contestants are tested on their knowledge of tools, measuring instruments, specific vehicle components, and job interview skills. On the second day, each two-person team has an allotted amount of time in which to diagnose and repair a number of preassigned problems under a car's hood. Each correctly repaired issue is worth a set number of points depending on

the level of difficulty.

Nick Uhlman and Aidan Luetkemeyer, are both excited to represent BVT and the state of Massachusetts at the New York International Auto Show. "We are honored to compete for prizes, scholarships, and title of the Nation's Best Automotive Technician."

About Blackstone Valley Regional Vocational Technical High School (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone,

Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, Blackstone Valley Tech 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. The school's Web site is www.valleytech.k12.ma.us.

Broadway comes to the Blackstone Valley

UXBRIDGE — The Blackstone Valley Community Chorus will present their concert, "Broadway Over Blackstone: Modern Musical Medleys" on Sunday, May 5 at 3 p.m. The concert will take place at Valley Chapel at 14 Hunter Rd. in Uxbridge. Admission is free, though donations are accepted and appreciated!

"Broadway Over Blackstone"

includes medleys from many familiar musicals including "Wicked," "Hamilton," "Motown the Musical," and "Mamma Mia!" Come tap your toes, flash your jazz hands, and sing along!

The Blackstone Valley Community Chorus is comprised of 60 singers from towns throughout Central Massachusetts. Under the direction of Diane Pollard of Douglas, the BVCC

has performed at community events throughout the Valley including Memorial Day ceremonies and Uxbridge First Night, and at the Hanover Theatre and the Worcester Art Museum. The BVCC was formed in 2004 with the intention of bringing music and performance opportunities to the Blackstone Valley. Visit the BVCC on Facebook or at www.bvccchorus.com for more information.

Celebrate the Arts at BVT Spring Concert & Art Show

UPTON – Blackstone Valley Regional Vocational Technical High School (BVT) invites the community to attend the Spring Concert and Art Show at BVT on Wednesday, May 1. The art show begins at 6 p.m. and the concert will kick off at 7 p.m.

This annual event displays the creative works of students who participate in chorus, band, and are enrolled in the visual arts program, which continues to thrive at a time when many organizations are replacing or relinquishing art programs.

This artistic event begins with lots of colors and texture in two- and three-dimensional forms, showcasing artwork from each grade level and art class, including pieces from the Art Club, Introduction to Art, Illustration

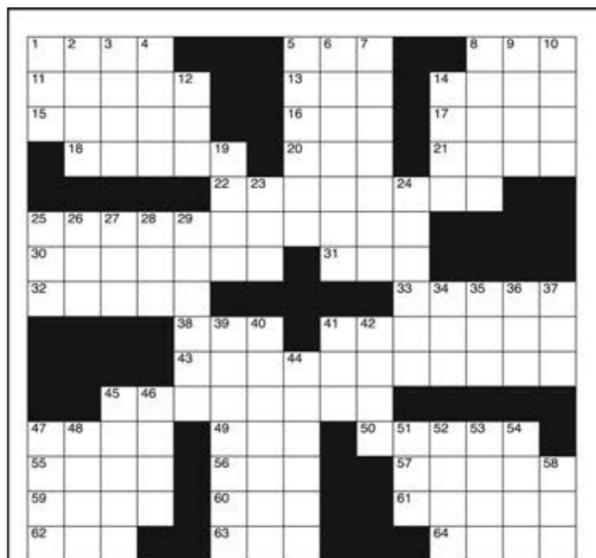
& Design, Sculpture, and Art History Studio. This is a great opportunity to view portfolio pieces from the seniors who will continue their education at art schools in the fall.

Following the art show, the concert will feature the musical stylings of the BVT Chorus and Band. This portion of the evening is an auditory delight. The chorus will present a vocal showcase with an eclectic song list from country to contemporary, while the band will perform beautiful instrumental renditions of hit songs from all decades of music with students on the ukulele, guitar, piano-style melodica, and drums.

Come celebrate the Arts and the creative talents of BVT students at this cultural event.

About Blackstone Valley Regional Vocational Technical High School (BVT):

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, Blackstone Valley Tech 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. The school's website is www.valleytech.k12.ma.us.



CLUES ACROSS

- 1. A way to wound
- 5. Hormone secreted by the pituitary gland (abbr.)
- 8. Shows the world
- 11. Decided
- 13. Indigenous person of NE Thailand
- 14. Dough made from corn flour
- 15. Honors
- 16. Political commentator Coulter
- 17. Expresses pleasure
- 18. Heavy clubs
- 20. Defunct phone company
- 21. Algonquian language
- 22. Salts
- 25. Act of the bank
- 30. Danced
- 31. Drummer Weinberg
- 32. Small goose
- 33. Helps evade
- 38. Certified public accountant
- 41. Periods of time
- 43. Kids' book character
- 45. Type of beer
- 47. Ancient kingdom near Dead Sea
- 49. A way to attack
- 50. Talk radio personality Margery
- 55. Whale ship captain
- 56. Request
- 57. Large underground railstation in Paris
- 59. BBQ dish
- 60. No (Scottish)
- 61. Jewish spiritual leader
- 62. Tool used to harvest agave
- 63. Explosive
- 64. A reward (archaic)

CLUES DOWN

- 1. One thousand cubic feet (abbr.)
- 2. Polite interruption sound
- 3. Extremely small amount
- 4. Very short period of time (abbr.)
- 5. Fires have them
- 6. Sacred place
- 7. Island capital
- 8. Volcanic craters
- 9. Arthur __, Wimbledon champion
- 10. Bullfighting maneuver
- 12. Midway between east and southeast
- 14. A ceremonial staff
- 19. Cheap prices
- 23. North Atlantic fish
- 24. Oil company
- 25. A federally chartered savings bank
- 26. Paddle
- 27. Where UK soldiers train
- 28. One point north of due east
- 29. Attention-getting
- 34. Ballplayer's tool
- 35. Sun up in New York
- 36. Where golfers begin
- 37. Soviet Socialist Republic
- 39. Represented as walking (animal)
- 40. Craftsman
- 41. Unit of force (abbr.)
- 42. Dueling sword
- 44. Houston hoopster
- 45. Stone building at Mecca
- 46. __ and flows
- 47. "Beastmaster" actor Singer
- 48. American state
- 51. Swiss river
- 52. U.S. island territory
- 53. German physicist
- 54. One point east of northeast
- 58. Get free of

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Trout Unlimited announces fly fishing tournament

AUBURN—The Central Massachusetts chapter of Trout Unlimited is holding its third state high school fly fishing championship on April 27 at noon on the Auburn Sportsman Club pond.

Any high school fly fisher in the state can compete. There is no charge, and this is a fun event. The pond will be stocked with rainbows, brookies, and brown trout.

This is a catch and release derby, so bring your nets. After the derby Trout Unlimited will be holding their annual banquet in the hall. Derby winners will be presented with awards then. The banquet also has raffles and a silent auction and great food. The price is \$25 for the banquet, and can be purchased in the club lounge or at the door on the night of the banquet Auburn Sportsmen Club is located at 50 Elm St., Auburn.





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LEARNING

STUDENTS OF THE MONTH



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Ainsley Ayers

Well respected in our school by both peers and teachers, Ainsley Ayers is friendly, kind and has been chosen as one of March's seniors of the Month. Although quiet and reserved she is always respectful and conscientious. Ainsley is a high honor student and is consistently challenging herself with a difficult course load. She takes many honors level classes and AP courses. Ainsley is successful in balancing academic and extracurricular commitments. She has a strong work ethic and positive attitude. Passionate about music and performance, Ainsley is a member of the UHS's Chorus, Spartones, and the Tri-M Honors Society. She serves as Vice President for the class of 2018-2019. She is a member of the National Honor Society and has volunteered many hours for a number of organizations, including Friends of the Library, Beginning Bridges, and various children's events. Ainsley is a great leader in and out of the classroom; she is ambitious and creative and strives for excellence in all she undertakes.

Andrew Goyette

Much more than just a hard-working student, Andrew Goyette is thoughtful, determined and trustworthy. It is no wonder he has been chosen as one of March's seniors of the month. Andrew has learned to find success in school. He has developed a keen sense of confidence within himself and raises interesting discussion points, working well in collaborative settings with his peers. Andrew is the type of person who isn't looking for public recognition for doing good things in general or for others. A trait that is very respectable in a student today. He accomplishes any task that he takes on and does it in good character. Andrew has been a member of the UHS football and basketball programs and has assumed leadership roles in both sports. He's always offering a hand to his teammates and has often been asked to take the lead in practices. Andrew participated in an internship his senior year with the fire department in Uxbridge. Feedback provided from the program reiterated Andrew's dependability and confidence.

Emily Frick

A bright, attentive student who demonstrates responsibility and hard work, Emily Frick has been chosen as one of February's seniors of the month. Emily is always looking for growth opportunities and challenging tasks. She has a determined attitude and can overcome any obstacle that comes her way. Emily received the Academic Honors Award for three years in a row. At the end of her senior year, she will receive the STEM distinction cord as well as the engineering manufacturing pathways certificate of completion. She sets very high expectations for herself. She is a member of the National Honor Society. Emily is working on a capstone project with the UHS engineering teachers. She is also a member of the Science Olympiad team, and the UHS girl's soccer team, holding the position of co-captain, and is also a member of UHS's track and field team. Emily also puts in many hours volunteering with her church and participating in other community activities. She is recognized as a leader in our school and community.

Seth Wojciechowski

With determination that does not allow him to stop; until he has discovered every detail pertaining to a topic for discussion, Seth Wojciechowski has been chosen as one of February's seniors of the month. Currently a member of the Advanced Placement Calculus class, Seth has earned his grade by not only hard work, but by using his common sense for mathematics. Seth consistently maintains a high-class rank and GPA above 90. He is a hard-working student and takes responsibility for his actions. Seth sets high expectations for himself and is academically talented. He is a member of the National Honor Society, and a four year member of the UHS Baseball team. One of Seth's most notable achievements is being elected to State Representative Jim McGovern's Congressional Youth Cabinet. This appointment enables high school students to gain hands on experience researching public policy issues and teaches them the democratic process. Seth one day hopes to join the military and serve his country.

UXBRIDGE HIGH SCHOOL HONOR ROLL

UXBRIDGE — Uxbridge High School has released its honor roll for the third quarter of the 2018-2019 school year.

Grade 8
High Honors: Maren Anderson, Mackenzie Barnicle, Lily Brayman, Kelsey Brooks, Isabel Cahill, Sean Costa, Myah DeLang, Dylan Donahue, Carl Nathan Gallawan, Evan Grube, Avery Guillette, Maxwell Guyton, Samantha Hinchcliffe, Eleanor Kimball, Mackenzie Leshinski, Alan Mages, Samuel Mason, Isabella Nolan, Grace Orr, Kylie Paul, Julia Philbrook, Audrey Phillips, Olivia Phillips, Tyler Richardson, Zachary Roerden, Sadie Schultzberg, Meghan Smith, Troy Spencer, Sabrina Tibeado, Madison Tousignant, Zander Voigt

Honors: Nathan Birri, Victor Cordoso Collins, Joshua Cristina, William Crosby, Eden Ebbeling, Jason Fontes, Tanner Gauthier, Drew Gnadek, Briana Hawes, Paige Irving, Nicholas Laflamme, Ethan Linsley, Maximus Martone, Michael Ortega, Morgan Ouellette, Alexandria Patterson, Joshua Pelletier, Gabriel Perez Colombo, Chris Reid, Isabella Ristaino, Makayla Ross, Abigail Sanchez, Micah Scott, Sarah Snyder, Lindsey Vario, Braeden Watt, Megan Wingfield, Coral Young
Honorable Mention: Bruce Alberto, Dominick Alicea, Mia Bellacqua, Kamryn

Brodeur, Lex Lovell, Trevor Masnyk, Patrick McDonnell, Jack Moscatelli, Isaac Murray, Zachary Oliveira, Laela Pendleton, Casey Prior, Theodore Rigney, Jack Trask,

Grade 9
High Honors: Dylan Alexander, Madison Arsenault, Peyton Bly, Grace Boisvert, Madison Departie, Sage Frazier, Maia Harris, Xavier Hicks, Charlotte Johndrow, Zoe Jones, Lindsey Labossiere, Madigan Lame, Litzhi Loja, Maria Lowandy, Macarious Mansour, Maegan Morrissey, Hannah Nordstrom, Cristian Oliveira, Jessie Paxton, Cecilia Schleinitz, Ava Turner, Keku Wheelock, Alexandra Wojciechowski

Honors: Brian Babin, Brooklyn Chludenski, Hunter Fabri, Matthew Healey, Luke Little, Bethany Loach, Ashley Lucey, Austin Lucey, Cesar Morales, Gracie Nummela, Jaymee Peloquin, Isariah Pierce-Angeles, Madison Ramage, Audrey Tanner, Samuel Walton
Honorable Mention: Simonton Da Cunha, Jonathan Dow, Trevor Eason, Reagan Guillette, Jeremie Hodgdon, Briana Joyce, Chloe Kaeller, Arthur Labrie, Alison Langemo, Thomas McCarthy, Marcus Oliver, Dylan Pono, Natasha Prachith, Jack Sander, Liam Sweeney, John Tasick, Mackenzie Worthington, Liam Zuffoletti

Grade 10
High Honors: Anastasia Achiaa, Haley Archambault, Samantha Arroyas, Aiden Ayers, Hailey Bergman, Kayla Brooks, Jeremy Bullock, Connor Chartier, Joseph Costa, Sydney Costa, Elise Croteau, Ella DiMarco, Jonathan Fabian, Acadia Farrell, Nicholas Fernandes, Drew Gauthier, Lindsay Gay, Devon Gokey, Shaylin Gonya, Ramsha Gul, Jocelyn Hinchcliffe, Anna Horne, Wiley Kimball, Allen Lamphere, Jaeden Morales, Jackeline Lopez, Nathalie Nowicki, Rory Paul, Valasi Petri, Colleen Prior, Stephen Sanches, Jack Streichert, Clarice Stumpf, Brendan Thompson, Carlee Veinotte, Benjamin Wojciechowski

Honors: Nicholas Allegrezza, Bella Borjeson-Troupe, Maline Demers, Katherine DeSesa, Kelsey Desroches, Ashley Dube, Aidan Grinnell, Karen Hernandez Ramirez, Sallie Hogan, Samantha Kausens, Loukia Koutroumanos, Cassandra LaBaire, Margaux Lewis, Eilish Linehan, Jackeline Lopez, Madison Manning, Karla Mendoza-Ruck, Jeremiah Morgan, Brenna Neill, Jeremy Okenquist, Daniel Redgate, Kiley Robertson, MarthaAnn Rolandelli, Thomas Schrieber, Matthew Shelley, Alyssa Sylvia, Emily Taylor, Benjamin Wiersma, Camden Zuffoletti

Honorable Mention: Thomas Andolina, Adam Goncalves, Joshua Grinnell, John Hamel, Jack Morvan, Jelyssa Pizarro, Brayden Pomeroy, Kelly Rush, Cayden Walker, Colin Wilson

Grade 11
High Honors: Meriam Abdel Nour, Kristen Bangma, Joseph Bernard, Matthew Boisvert, Thomas Burke, Ella Correa, Jason Dullaghan, Jenny Frick, Ashley Greene, Danielle Healey, Nathaniel Holden, Katelyn Jones, Daniel Klos, Jessica Labossiere, Grace MacSween, Morgan Martello, Rachel McGee, Manuela Morcos, Lindsey Moss, Sonila Murati, Erin Newhall, Isabelle Phillips, Kelsey Prince, Jaideep Sidhu, Kevin Siefken, Matthew Stark, Tyler Washington, Wesley Wright, Michael Young
Honors: Ian Chartier, Hanna Devlin, Nicholas DiLibero, Elena Franzosa, Joanna Harris, Julia Jeronimo, Joshua Labrie, Lee Taylor, Payton Nestor, Nicholas Oliveira, Madison Ouellette, Tyler Prachith, Elias Roerden, Samuel Warner

Honorable Mention: Brandon Bibeault, Jared Hafers, Ami Lamontagne, Samuel Lapointe, Luke Lyons, Lucas Maietta, Gabrielle Morrow, Thomas Philbrook, Ryan Silbor, Nathan Smith..

Grade 12
High Honors: Ainsley Ayers, Joel Buabeng, Kaya Chokshi-Fox, Abby Cohen, Samantha Cristina, Grace Davidson,

Erika Dube, Emily Frick, Kaylie Gonya, Jordan Gulino, Olivia Hicks, Alexandra Jones, Erin Jones, Alexa Kearnan, Alex Keeler, Carrie Kraich, Lucas Lawrence, Samuel LeFrancois, Kerollos Lowandy, Peyton Mages, Sean Morrissey, Alexandria Nowicki, Kiarra Paniss, Julia Parabolici, Ryan Paxton, Camden Pomeroy, Bridget Redgate, Kathleen Redgate, Hannah Rousseau, Kali Sander, Madeleine Schleinitz Hannah Smith, Seth Wojciechowski

Honors: Kevin Alves, Madelaine Arroyas, Mackenzie Berlinguet, Amanda Brodeur, Lazar Budic, Tyler Butler, Hannah Callinan, Matthew Colella, Kristen Connors, Madison Doherty, Violet Esposito, Andrew Goyette, Abigail Hanscom, Hannah Jones, Harrison Mansfield, Andrew McCarthy, Jonathan Morgan, Jacob Rancourt, Thomas Sawyer, Melissa Silva, Carl Speight Jr., Braden Stewart, Maggie Streichert, Carolen Wilson,

Honorable Mention: Sery Auguste, Patrick Burke Jr., Isabella Caccavelli, Anthony Cifizzari, Matthew Coolbrith, Ryan Correa, John Hughes, Solomon LeFrancois, Darjahne McClam, Owain Nelligan, Olivia Picotte, Justin Rea, Connor Rielly, Zayder Temple.

HOLY NAME HONOR ROLL

WORCESTER — Holy Name High School has released its latest honor roll.

Grade 7
High Honors:
Charlton – Chase Brush

Honor Roll:
Charlton – Colin Brush
Whitinsville – Natalie Overstreet

Grade 8
High Honors:
Auburn – Ryan Mechery
East Brookfield – Ronald Pataky

Honor Roll:
Auburn – Chloe Diguette, Adam Toscano, Ashley Wilbur
Northbridge – Emma Ronan
Webster – Connor Paul

Grade 9
High Honors:
Auburn – Claudia Symonick
Douglas – Hayley Houston
Webster – Anna Richardson

Honor Roll:
Douglas – Seth Boudreau
Dudley – Madeline Grenier, Kaitlyn Nguyen
Oxford – Benjamin Duval
Spencer – Makenna Barrows, Elizabeth Manfield
Webster – Cole, Fitzgibbons, Emilia Kreidler

Grade 10
High Honors:
Douglas – Adam Scannell

Honor Roll:
Auburn – Matthew Card, Ashley

Deneault, Kevin Ly, An Nguyen, Binh Phan
Charlton – Mary Graff
Douglas – Amanda Scannell
Leicester – Christian Rivera
Northbridge – Acadia Tucker
Oxford – Cienna Barszcz, Daniel Depatie, CJ Elliott, Danielle Frasco, Christopher Mahlert, Julianna Warman

Southbridge – Amy Loin
Spencer – Kalli McCutcheon
Uxbridge – Kira Sullivan
Whitinsville – Mateo Morrisette, Robert Pingeton

Grade 11
High Honors:
Leicester – Katelyn Lepard
Oxford – Abigail Duval
Webster – Jessica Gardner

Honor Roll:
Auburn – Anna Pyche, Nathalie Soto
Charlton – Janelle Schulman
Spencer – Sophia Sullivan
Sturbridge – Rebecca Kowal
Uxbridge – Carolie Adam, Krista Sullivan
Webster – Jason Lin, Nicholas Paul, Ashley Wentworth
Whitinsville – Lindsey Sanderson

Grade 12
Honor Roll:
Charlton – Emma Bailen, Kenneth Graff
Spencer – Morgan Wooldard
Uxbridge – Matthew Worthington
Webster – Morgan Richardson, Alexandra Sobczak
Whitinsville – Marcos Morrisette, Michael Wickstrom

Volunteers needed to keep food pantry open

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

NORTHBRIDGE — Since 1988, the Northbridge Association of Churches has run a food pantry out of the town's Senior Center, committed to ensuring local families in need are able to put food on the table. Now, the association is seeking an individual from the community to coordinate the food pantry—or risk it closing for good.

Kathy Kane, the previous Pantry Coordinator for more than four years, announced she would be stepping down from the role in September of 2018, according to Northbridge Senior Center Director Kelly Bol. As of December 2018, no one had come forward to take on the

leadership role, and the food pantry was in jeopardy of closing the doors permanently.

"After a lot of thought and consultation with my Supervisor, Town Manager Adam Gaudette, and the Council on Aging, governing Board for the Senior Center, I agreed to take on the coordinator role on an interim basis—six months—with an end date of June 30, 2019," said Bol. "Essentially, we remain in the same predicament as this past December with the future of [Northbridge Association of Churches] Food Pantry unknown."

The food pantry is a non-profit emergency food pantry for Northbridge residents, according to the pantry's website. The pantry is partnered with the

Worcester County Food Bank, where they receive monthly allotments of food through state and federal programs. The pantry is also sustained by contributions from churches, corporations, and individuals in the surrounding area.

The pantry serves more than 100 families per month and has also been partnered with Northbridge High School to create a community garden that supplies the pantry with fresh fruits and vegetables since 2013.

The position does not have to be one individual; if a team of people were interested, that would work, too, added Bol. It is a volunteer position with a minimum commitment of 15 hours per

week, which may increase depending on the season.

According to a listing for the food pantry coordinator position, the ideal candidates will be outgoing, well-organized, and responsible for organizing volunteers to help at the pantry. The individual in the role is also in charge of maintaining relationships with community organizations and advancing the pantry's mission of ensuring food security for local families in need.

Requirements include inventory management, relationship building, fundraising, reporting, and volunteer management.

Individuals with interest may contact Bol at 508-234-2002. For more information, visit www.nacfoodpantry.com.

BVAA has a spring in its step

REGION — Out in the fresh air we go. Laura Cenedella will be directing an Impasto plein-air workshop from noon-4 p.m. on May 5 at River Bend Farm. A supply list is on our Web page, and we will also have a limited amount of supplies for those who would like to try something new. We also have an internal link to pop-up plein-air events for members. Join now and get next season free.

Our "Spectacular Spring Show" will be featured at the opening reception May 17 from 5-7 p.m. Come get to know our members and appreciate all the varied talent they express.

We continue our off site venues: Milford Local Access TV has a "Monochrome Show" a reception for

this show will be May 30 from 6-8 p.m., the Muffin House continues with Karen Pendelton's Pen and Ink of local interests, and Hunters Tavern at the Grafton Inn has an eclectic mix of paintings and photography.

We will be participating in Celebrate Uxbridge on June 1, from 10 a.m.-3 p.m. We will have affordable bin art, cards and you will be able to view our "Spectacular Spring Show" at the Open Skies Community Gallery at 5 S. Main St. in Uxbridge.

All our events are open to the public.

Contact info@bvaa.org for more information.

Whitinsville Christian School presents "Matilda the Musical"

WHITINSVILLE — The Whitinsville Christian High School Drama Club is thrilled to present Matilda the Musical, a fantastically entertaining show featuring a cast of 30 high school students, amazing sets and costumes, and high-energy choreography.

Based on the children's book by Roald Dahl, "Matilda" tells the story of an extraordinary little girl with a vivid imagination and a sharp mind who dares to take a stand and make things right when things aren't right.

"While being a book for children, 'Matilda' also has a satirical strain concerning adults and their ability to breed entitlement in their offspring," said WCS Drama Director Mary Dykstra. "Those familiar with Roald Dahl's books, including the famous 'Charlie and the Chocolate Factory,' 'James and the Giant Peach,' and others, know that his characters represent children with extremely bad traits, adults who don't like children, adults who idolize their offspring, and many other delightfully wacky characters. Of course, as in every good story, there are genuinely good characters and in the end, "good" triumphs over 'evil' as Charlie wins the chocolate factory, James survives his trip in the giant peach, and Matilda gets a loving home.

"We've enjoyed working on this amazing musical, learning valuable lessons, and having a lot of fun with the characters, sets, songs, and dances. If you've never heard of 'Matilda the Musical,' you're in for a treat! This is a great show filled with quirky, zany, extreme characters and has a wonderful restorative message. We hope you'll come join us to see our production."



Courtesy Photo

Sophomore Madi Paul as Matilda.

Whitinsville Christian is one of the first schools in the world to receive the license to perform this musical. Shows are April 25, 26, and 27 at 7 p.m., along with an abbreviated matinee performance on April 27 at 11 a.m., in the Nehemiah Center for Arts & Worship. Choose your seat at whitinsvillechristian.org, where tickets are on sale for \$12 each (\$10 for the matinee).

Lions hosting shredding event

UXBRIDGE — Ridding the world of unnecessary documents securely and recycling that paper efficiently is the goal of the semi-annual Shred Event sponsored by the Uxbridge Lions Club. This spring it will be held on Saturday, May 4 from 9 a.m. to noon at the VFW parking lot on Route 16 in Uxbridge. Pellegrino Trucking will be on hand to shred on site and On Site Computers will certify hard drive destruction and dispose of small electronic devices. These services will be performed for \$5 per copy paper sized box of paper items and for hard drive destruction and small electronic devices as well.

Other spring activities include scholarship awards to Uxbridge High School seniors and donation to UHS drama program, contributions to local students for summer camp at Clara Barton Camp for children with diabetes and partnerships for community members needing assistance for hearing aids or with vision concerns. Further, the Lions support the Uxbridge Baseball Association, the Uxbridge Elderly Connection and Senior Center and Beautify Uxbridge. Funds raised this year also enabled the Uxbridge Lions to contribute to other Lions charities as well. Plans are underway for a fall auto show and major fundraising art auction next spring.

The Uxbridge Lions meet every third Wednesday of the month at 7 p.m. at the Uxbridge Senior Center. New members and visitors are always welcome to come and learn about what the Lions do as the largest service organization in the world. Its motto is "We Serve."

Now Showing at the library: Seeds!



UXBRIDGE — Don't miss the opening act of a fabulous garden, now showing at the Uxbridge Free Public Library. Hundreds of free seed packets for vegetables and flowers are available to area residents, organized by the Uxbridge Community Gardens (UCG) Committee. The seeds are donated each year to the University of Rhode Island by Ocean State Job Lot and are provided free to non-profit groups. Members of the UCG co-ordinate the application process for several organizations in town, sort the seeds and stage them at the library for anyone who wants to take advantage of the selection.

"I think we have more seeds this year than ever before", commented Barbara Hall, Chair of the Community Gardens. "Some things will be in short supply, but we are deep in the basics like corn, beans and peas. I think I counted nearly 200 packets of cucumbers alone. And of course, there are squashes, both sum-

mer and winter, and so much more. I'll bet we could cover every fence in the Valley with Morning Glories based on the number of seeds we have available!"

If you need a place to plant your seed bounty, consider joining the Uxbridge Community Gardens. Space is still available for the coming season and a mentoring program to help novice gardeners will be piloted this year. Opening Day for the Gardens is Saturday, April 20. From 10 a.m. to noon on that day, representatives of the UCG will be at the Gardens to provide applications, welcome members and answer questions about the program.

Applications for a garden are also available at the Uxbridge Library and at the Uxbridge Town Hall. For further information check out the Community Gardens page on the Town of Uxbridge web site or email uxbridgecommunitygardens12@gmail.com.

"Kevin overheard the comment and agreed that if he couldn't accomplish something as small and important as an ice cream day, he shouldn't be running for office in the first place," Bilodeau added.

The date was chosen by Morse; residents of the town are encouraged to enjoy a frozen treat on the day in hopes of spreading lighthearted positivity.

"Haley and Abigail are very charming young ladies, and I am glad I was able to meet them, and grant them their simple request," Morse added.

ICE CREAM

continued from page A1

together."

The conversation started, according to Bilodeau, when Morse stopped by the family's residence while acquiring signatures for re-election during the upcoming spring election. The two girls overheard a conversation about town laws and taxes and how they may sometimes be a source of stress.

"I think we should forget about laws and have Ice Cream Day!" Haley said to her sister and Morse.



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BRENDAN BERUBE
EDITOR

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Say yes to John Whitin Lasell Memorial Field

To the Editor:
John Whitin Lasell, born Nov. 30, 1897 in Whitinsville. Killed in Action, World War II, in Burma, at the age of 46. John Whitin Lasell was a U.S. Army Captain.

John Whitin Lasell was a member the Northbridge Board of Selectmen in 1925. He also served on the Northbridge Retirement Board. He was a Massachusetts State Representative.

The Blackstone Valley Veterans' Association recently held a meeting whereby a member of the Friends of Lasell Field gave a presentation about the proposed changes they would like to make to Lasell Field. This being a Memorial Field, the Veterans wanted to be sure that John Whitin Lasell would be properly represented throughout this entire process. To all of us, this is just not a field, it is the John Whitin Lasell Memorial Field.

There were many questions posed to the Friends of Lasell Field representative. We wanted to know if and where a proper memorial for John Whitin Lasell would be erected. We were told that there would absolutely be a proper and respectful memorial erected in his honor.

As residents of Northbridge we also asked the question as to what the changes would cost the town, and the tax increase on all of us. We were given a breakdown on the cost to include tax increases

The Veterans were impressed with the presentation, especially the fact that Captain Lasell would be remembered once more with a proper memorial field.

If you haven't seen the shape that this

memorial field is in, then you need to take a half hour and walk the site. This conditions of the field are totally disrespectful to the name and memory of Captain Lasell. There is literally no turf on the football field or the surrounding grassy areas. The track, as we were told is no longer used by track and field competition because of its deterioration. The bleachers are falling apart. There is a lot that can be said about what's going on down there, but you really need to see for yourself. Please, go down and take a look. This proposal has a lot more to do with safety then being in fashion.

The Veterans do realize that this project will cost the taxpayers, and we realize that were about to build a new elementary school, but...with all due respect, we need it for the youth of this community...and for Captain Lasell. We were told that the cost to the taxpayers will be spread out over a three-year period in order to minimize the cost to the taxpayers.

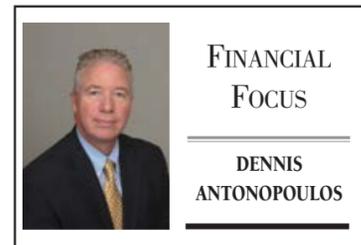
There was a need for the new Elementary School, and there is a definite need to fix Lasell Memorial Field.

If you would like to learn more about John Whitin Lasell go to www.northbridgehistoricalsociety.com/john-whitin-lasell.html

Finally, the Blackstone Valley Veterans Association, after a vote, totally endorse the project proposed by the Friends of Lasell Field.

BLACKSTONE VALLEY VETERANS ASSOCIATION
WHITINSVILLE

Fixed annuity could help extend lifespan of retirement accounts



It's almost impossible to save too much for retirement. After all, you could spend two, or even three, decades as a retiree. And retirement is not cheap – even if you maintain a relatively modest lifestyle, some of your expenses, especially those involving health care, may continue to rise over the years. Consequently, you will need several sources of reliable income – one of which might be a fixed annuity.

Fixed annuities are essentially contracts between investors and insurance companies. When you purchase a fixed annuity, the insurer will guarantee the principal and a minimum rate of interest. This means the money you invest in a fixed annuity is designed never to drop in value. (However, this guarantee is based on the claims-paying ability of the insurer that issues the annuity.)

You can structure a fixed annuity to pay you for a certain number of years or for your entire lifetime, which is the route many people choose. This is advantageous not only because of what it provides you – income for life – but because it also may allow you to take out less money each year from your other retirement accounts.

Here's some background: Once you turn 70 and a half, you are required to begin taking withdrawals from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan. (This requirement does not apply to Roth IRAs.) You must take out a minimum amount, based on your age and account balance, but you are free to exceed that amount each year. But the more you withdraw from these accounts, the faster they are likely to be depleted. So, when you reach retirement, it's a good idea to establish an appropriate annual withdrawal rate, based on your retirement plan balances, Social Security, lifestyle, longevity expectations and other factors. You may want to work with a financial professional to determine a withdrawal rate that's suitable for your needs.

If you can count on the income from a fixed annuity, you might be able to take out less each year from your traditional IRA and 401(k), giving these accounts more tax-deferred growth opportunities. Plus, if you don't withdraw all the money from these accounts during your lifetime, you can include the remainder in your estate plans.

A fixed annuity's potential to help you extend the lifespan of your IRA and 401(k) can clearly be of value to you. Still, a fixed annuity does carry some issues about which you should be aware, such as surrender charges for early withdrawals, along with other fees. Also, if you take withdrawals before you reach 59½, you likely will face a 10% penalty. And annuities can have tax implications, so before you start taking withdrawals, you will want to consult your tax advisor.

Is a fixed annuity appropriate for you? There's really no one correct answer because everyone's situation is different. However, if you consistently max out your IRA and 401(k) contributions, and you still have money left to invest for retirement, you might want to think about an annuity. An income stream you can't outlive – and that may help you protect your other retirement accounts – is worth considering.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert Street, Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

EDITORIAL

First signs of spring

It's here. It finally happened. Against all odds and the polar vortex, spring has come to the Northeast.

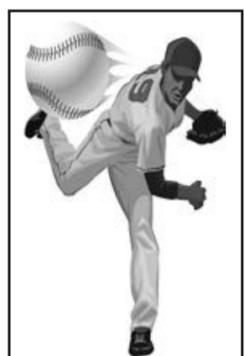
Time to get out with the rakes and garden spades and bags of mulch. Time to say hello to neighbors you haven't seen since the last snowstorm, when waving shovels served as a greeting because it was too cold to talk. Time to sweep off the deck, fire up the lawnmower and rediscover your yard.

The "firsts" are what make the season of spring so much fun. First cook-out; first softball game; first trip to the garden center; first crocuses and daffodils and tulips blooming in the yard. The first seeds planted in the garden promise a summer salad harvest in just a month or so. The first time the weather forecast displays "humidity" instead of "wind chill" is almost a reason to stand up and cheer. There are endless reasons to celebrate.

So why is it that by mid-June, we're already complaining about the same things we found so thrilling in early April?

The lawnmower we so eagerly traded for the snow blower becomes the subject of family discussions – the kind that start with "It's not MY turn this week..." The thrill of the grill has waned a bit and those neighbors we were happy to see just seem to constantly have their music up loud and the windows open at all hours. The garden, site of so much TLC and attention in early spring, is now taking off in wild, weedy directions and is honestly just a bit creepy. And there are bugs.

So, before our human nature takes over and ruins the party, let's enjoy these first, delicious, fleeting moments of the very, very beginnings of our spring season. Keep the windows open even when the evening chill sets in. Take that walk instead of staying put. Wear the spring jacket. Haul out the patio chairs. Enjoy the trees without leaves, because in this very first part of spring, the sunshine can reach you better that way.



THE PITCH!
CHECK OUT THE SPORTS ACTION!

Cannabis store is not a step forward

To the Editor:

Just as the growing of Cannabis would not have been a step forward in Charlton, it is not a step forward for Uxbridge to have a cannabis store on Route 16 so users could have easy access to drugs for recreational use.

If the owner and patrons of the store would attend a Bible-believing church on Sundays,

that would be a step forward. Every Christian in the Valley ought to be concerned that this store has opened.

SINCERELY,
JOAN L. PLUMB
UXBRIDGE

Dipping with a Difference: Egg-stra Special Easter Eggs

Easter is right around the corner, and the religious holiday, steeped in tradition, often creates the best family memories. Easter morning candy hunts, family gatherings around tables heaped with ethnic foods, and the ritual of tinting eggs all help make this spring celebration one of the most enjoyable holidays ever.

Few family traditions are more enjoyable than the much-anticipated egg coloring event. Whether you decorate your eggs with intricate wax designs or plopping crayoned eggs into overfilled dye cups, the annual ceremony is always filled with fun and a sense of family togetherness.

The following easy projects take egg dying beyond the standard pastel dyes. They reveal simple and enjoyable ways to add a little something extra to your egg coloring efforts. You'll discover all it takes is a bit of patience, and a lot of enthusiasm to produce an impressive basketful of colorfully decorated Easter eggs!

**

Easy Waxed Eggs

This technique allows you to create two or more colors on an egg by creating designs with wax to block and add the different colors.

You will need: Wax crayons; paper towels; egg dyes in assorted colors.

To do: Draw a heavy crayon pattern on hard boiled egg. Dip egg in egg dye, preferably a dark color. Leave in dye until desired color is reached. Remove with slotted spoon and place in 200 degree F oven for a few minutes until wax is melted. Wipe away the melted wax with paper towel, to reveal undyed egg design. Dip egg again in lighter dye to fill in pattern where wax was. Polish finished eggs with cooking oil and soft cloth.

**

Etched Eggs

This is a simplified method of an old world technique to embellish Easter eggs. It's not difficult to master, and the end result is quite impressive, but this hot wax project is best left for grownups.

To do: Dye your egg any color you wish. This will be your background color. Melt paraffin carefully in a double boiler. Dip dry, colored egg into the melted paraffin wax. After the wax is dry, etch a design by scratching through the wax with a darning needle. Geometric designs or freeform spirals are easy and impressive for beginners to try. Then dip the egg into another color of dye. Because of the wax coating, only the lines you scratched will pick up the new color. Remove the wax by heating the egg slightly in hot water, and polish the surface by rubbing in any remaining wax.

**

Magic Spotted Eggs

To do: Add about two teaspoons of cooking oil to each dye cup. (You might want to do this after you have finished dipping your eggs the traditional way.) When you dip in your egg, the dye won't adhere to the oil, creating mysterious spots on the egg! Allow to air dry completely in an empty egg carton or in an egg stand.

**



TAKE THE HINT
KAREN TRAINOR

Tie Dye Eggs

To do: Make up several colored dye cups in strong solutions (about two tablespoons of water to a tablet of dye). Add two or three drops of vinegar to each color. Dip a piece of cotton cloth in water, wring out until damp. Wrap cloth around the egg. With an eye dropper, drop spots of assorted dye colors on the cloth. Then twist the cloth tightly around the egg so the colors blend together, forming a tie dye effect. Gently unwrap the egg and let it dry.

**

Marbled Eggs

Materials: Large glass jar; crayon stubs; vegetable grater; hot water; waxed paper or newspaper, empty egg carton, clear acrylic spray (optional, for blown eggs).

Instructions: Grate peeled crayons over waxed paper. Fill jar with very hot water (or use the water you boiled eggs in). Drop bits of grated crayon into water. Add hard boiled or blown egg as soon as crayon begins to melt. Twirl egg in water with a spoon. The wax should make a design on the egg. Carefully remove egg and set upside down in egg carton to dry. Note for blown eggs: Use above method with blown out eggs; spray with clear acrylic when dry.

**

Mosaic Easter Eggs

Materials: Tissue paper in several colors; water, hard boiled eggs, small bowls or cups.

Instructions: Tear the tissue paper into small pieces. Pour some water in a bowl. One at a time, soak pieces of tissue paper in the water. Then stick the wet pieces onto the surface of an egg. Keep placing tissue on the egg until it is covered. You may want to overlap the tissue pieces a little to cover the entire egg, or leave spaces to create a mosaic effect. After the entire egg is covered, place it in an egg cup to dry. When the tissue is dry, peel it off of the egg. The color of the tissue paper will have transferred to the egg.

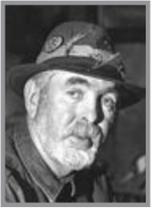
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Win Dinner for Two at the Publick House

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 will win a fabulous three course dinner for two at the renown 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 E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Springtime anglers hit Wallum Lake



THE GREAT
OUTDOORS
.....
RALPH
TRUE

This past weekend, fishing took center stage for many anglers. The opening at Wallum Lake had a light turnout. Mass. Fish & Wildlife continued to stock local lakes and ponds in the valley, and some rivers also received a good stocking of fish. The big news was the size of the brown trout that were stocked at Webster Lake this past week. One local angler had a Mass. Fish & Wildlife stocking truck roll up to the ramp at the town beach in Webster, & stock some heavy duty brown trout. After the truck left, he started fishing and caught and released more than a dozen browns. He brought home a couple of them to cook, but not before he called this writer to come over to take a look at the super size browns.

After looking at the fish, my first remark was that I hope they stocked some of the browns into Wallum Lake. Most of the browns were in the 16 to 17 inch class. My hopes were dashed when I visited Wallum

this past weekend and talked to a few anglers that had just got done fishing. Not only did they not catch any brown trout, but a few did not catch a single fish. In talking with a ranger at the park he mentioned that a couple thousand rainbow trout were stocked by both Mass. & Rhode Island prior to opening day. Reports of many trout feeding on the surface on the Rhode Island side of the lake were hard to catch. Trolling a black woolly bugger fly should have done the trick, but most anglers were using lures, power bait, and live bait.

As mentioned in previous columns that the state could not stock rainbow trout because of the high acidic levels in the lake more than 20 years ago, the introduction of tons of lime corrected the problem and has continued to stay at levels needed to sustain the rainbow trout stocking. Unfortunately for sportsmen, they are losing out on some great brown trout fishing at Wallum because of Mass. & Rhode Island unwillingness to work together to make Wallum Lake a trophy brown trout pond. It is still not too late for Wallum Lake to receive some big browns this year from either state, and I do hope that they are planning to do so. Sportsmen deserve no

less. Reports of huge schools of alewives (baitfish) at the lake this past summer will provide the feed necessary to grow big browns.

Reports of tick bites in the area during the past week on dogs and residents is a sure sign that they are on the move. Most outdoorsmen now realize that deer tick bites can be very serious for both animals and humans, and are a constant threat to their health. Most tick bites are not found before the 24 hour time for most infections, and require immediate attention to insure the infection does not spread to other parts of the body. Lyme disease has caused the death of many humans and pets over the past 20 or more years and it is becoming a larger problem every year. All insect bites are serious, including bee stings and spider bites.

This past week, the Uxbridge Rod & Gun Club honored the late Wally Pasickniak of Uxbridge during a brief ceremony at the clubs trout pond prior to their fishing derby this past Saturday. A granite seat was placed at the big oak tree on the South side of the pond engraved with his name, to remind all members of the club of the sacrifices Wally made during his many years at the



club. Without these hard working dedicated members we all would not be enjoying the club as we do today. Many other clubs members in the valley now enjoy the hunting and fishing opportunities today because sportsmen like Wally realized there sport may not survive in the coming years, if Rod & Gun Clubs did not exist. Thanks Wally and all of the other members that kept the club together during hard times.

This week's picture shows Wally Pasickniak, Jr. with his

wife Donna & family member Mark Kuras.

Opening at Wachusett Res. this past Saturday had a lot of small lake trout being caught, with one six pound being registered. The Laker's stomachs were full of small perch, small bass, but no smelt. The Quabbin Res. opens this Saturday. Be sure to have your boat washed at a registered site prior to fishing.

Take a Kid Fishing & Keep Them Rods Bending.

Northbridge seniors present microbiology research at conference

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

NORTHBRIDGE — Two seniors from Northbridge High School have recently presented their independent research on a newly created antibiotic at a microbiology conference.

The two-day annual conference, hosted by the Northeast Association for Clinical Microbiology and American Society of Microbiology, was held on Monday, April 8, and Tuesday, April 9, in Portsmouth, New Hampshire. Typically, this event is an opportunity for current undergraduate, graduate, and doctoral candidates studying microbiology to share their work in a competitive format.

This year, however, Northbridge High School students Carissa Letendre and Amelia Sadlon, with the guidance of their mentor and microbiology teacher Patrick Rossi, submitted their independent research in hopes of becoming the first high school students to share research at the event.

According to a statement from the high school, the girls' abstract not only earned them an opportunity to be part of the poster presentation, but also earned them an invite to be one of the featured speakers during the conference. Letendre and Sadlon's poster, entitled "Once upon an Antibiotic: The Rumpelstiltskin of Bacteria and the Antibiotic Qualities of Its Gold Products," described their work with the bacteria *Cupriavidus metallidurans*, which has the ability to survive on toxic concentrations of gold by metabolizing it and forming gold nanoparticles. Their

research and trials included administering these toxic particles toward other bacteria in order to observe the particles' antimicrobial properties.

The girls' presentation and data were well-received by the scientific community at the conference, according to the school district, and the students have been invited to use the more sophisticated lab equipment at institutions such as Boston Medical Center and Rensselaer Polytechnic Institute to further their research. In addition, they were asked to write articles on their work for publication.

"As the girls embark on the second phase of their research, they will focus on better harvesting and concentrating the gold nanoparticles and evaluating the properties of the gold within eukaryotes, in order to create a possible antibiotic," the statement reads. "They will also continue tests around an unexpected reaction between one of their bacteria and the gold. A specific protein was produced by the bacterium in an interaction that is only known to occur when the bacterium is in the presence of iron, yet, in this instance, it occurred in the presence of their gold, and they aim to figure out why."

The two students were awarded second place in the poster competition at the conference, ranking above the majority of the other institutions' research posters, including Rensselaer Polytechnic Institute, West Point, University of Massachusetts, Lowell, and Brown University.

Upcoming events at St. Peter's

NORTHBRIDGE — St. Peter's Parish in Northbridge will be hosting a Breakfast on Sunday, May 19 starting at 9:30 a.m. in the Parish Hall. Treat your family for a wonderful breakfast and come meet some new friends! We will also be doing a 50/50 raffle! Tickets are \$9.50 Adults/\$8.50 Seniors and Kids ages four to 12/ \$35 per Family. All money raised will help fund the Mission Trip for our YNIA High School kids in July. Seating is limited & tickets must be purchased in advance, please call 508-234-6355 or email stplifeteen@charter.net to purchase tickets or if you have any questions.

Milford Regional earns AABB accreditation

MILFORD — Milford Regional Medical Center has been granted AABB accreditation for transfusion services.

The accreditation bestowed by the AABB (formerly known as the American Association of Blood Banks) follows an intensive on-site assessment by specially trained AABB assessors and establishes that the level of technical and administrative performance within the facility meets or exceeds the standards set by AABB. Milford Regional now joins similar facilities located throughout the United States and the world that have AABB accreditation.

St. Peter's Parish in Northbridge will be hosting a Mission: Paint Night on Thursday, May 9 starting at 6:30 p.m. in the Parish Hall. Tickets are \$25 per person. We will be doing a spring painting of a Blue Bird & Dogwood. Bring your friends & let your creativity flow while we paint the night away! No experience required, you will be walked through every step & go home with a beautiful painting and some new friends. This is a fun & relaxing night! All money raised will help fund the Mission Trip for our YNIA High School kids in July. Seating is limited & tickets must be purchased in advance, please call 508-234-6355 or email stplifeteen@charter.net to purchase tickets or if you have any questions.

"The AABB's accreditation procedures are voluntary and Milford Regional has sought AABB accreditation because this program assists facilities around the world in achieving excellence by promoting a level of professional and technical expertise that contributes to quality performance and patient safety," says Edward J. Kelly, president and CEO of Milford Regional.

The AABB is an international not-for-profit association dedicated to the advancement of science and the practice of transfusion medicine and related biological therapies. The accreditation program assesses the quality and operational systems in place within a facility. The basis for assessment is compliance with AABB standards, Code of Federal Regulations and other federal guidance documents.

Container gardens for every occasion



GARDEN
MOMENTS
.....

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Courtesy Photo — All-America Selections

Begonia Viking XL Red on Chocolate is a striking plant great for container gardens. Its large vibrant red flowers are contrasted with chocolate brown leaves.

Make every occasion special by designing and growing containers for summer holidays, weddings, anniversary parties or other special celebrations. Pick a color scheme appropriate for the occasion or a variety of colors and shapes sure to add a festive touch.

Look for opportunities to include edible and flower filled planters. Set containers at your front entrance to welcome family and guests. Use smaller containers to line a pathway and decorate each table. Fill large pots with tall plants and ornamental grasses to provide privacy and define spaces.

Boost your confidence and eliminate the guesswork by including winning varieties trialed and proven for their performance in gardens and containers. All-America Selections (AAS) is a non-profit trialing organization with test sites across the U.S. and Canada. Volunteer judges rate entries based on their improved performance, flavor and unique qualities. Visit the AAS Web site for help selecting edibles and flowers suitable for container gardening. (all-americanselections.org)

Then pick a color theme. Red, white and blue combinations are perfect for patriotic holidays like the fourth of July. Or pick one color and display it in patriotic pots. For reds consider Summer Jewel red salvia, Viking XL Red on Chocolate begonia and Double Fire Zahara zinnia. Add a light airy touch with Sparkle White guara and Gypsy White Improved baby's breath. Evening Scentsation petunia, Strata salvia and Lavender Lady lavender provide the blue. Add an explosion of texture with fiber optic grass or Fireworks penstemon.

Host a sports event using flower colors or containers of your favorite team. Add to the festivities by growing them in a football, baseball or soccer shaped planter.

Gold is always a great choice when celebrating anniversaries, golden birthdays or any special occasion. Dress up the tables with the plump blooms of Marigold Big Duck Gold or the feathery blossoms of Fresh Look Gold celosia. Let them know they're special by including Super Hero™ Spry marigold. The maroon and golden yellow flowers top 12-inch tall plants and the name says it all. All these golden beauties will continue to flower and thrive long after the party ends. Combine them with

other bright colors like South Pacific Orange canna, and Calliope® Medium Dark Red geranium to create a festive atmosphere.

Bring the garden to the party with a few edible containers for a bit of interactive dining. Encourage guests to harvest herbs and vegetables as they create a salad, season their dinner or flavor their favorite drink. Then dress up the meal with edible flowers like calendulas and Baby Rose nasturtium with its peppery flavored flowers and leaves.

Make any outdoor wedding, reception or rehearsal dinner at your home memorable by creating planters that complement the bride's color scheme. Include white flowers, like Summer Jewel White salvia, Mont Blanc nierembergia, Starlight rose zinnia and Gypsy White Improved gypsophila. White is the perfect neutral and lights up any evening celebration.

Once you experience the difference specially-designed containers can make, you'll be looking for more opportunities to host events and grow more planters.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" gardening DVD series and the nationally syndicated Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by AAS for her expertise to write this article. Myers' web site is www.melindamyers.com.

Print Worthy Moments

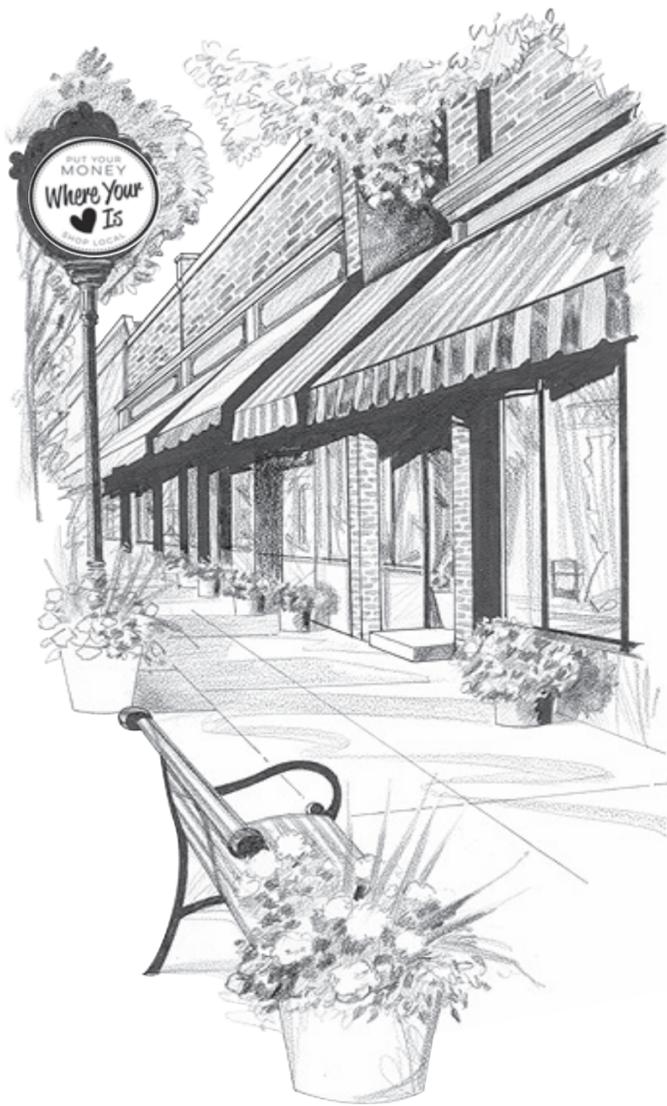
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SPORTS

Spartans' strong start highlighted by big win over Southbridge

UXBRIDGE — On Wednesday, April 10 the Uxbridge High varsity baseball team improved to 3-1 to start the season by blanking Southbridge High, 20-0, in five mercy rule shortened innings.

Leading the way for the Spartans was Harrison Mansfield, who pitched the first three innings and recorded all nine of his outs via strikeout. At the plate Mansfield collected two hits, including an inside-the-park homer, and drove in five. Jake Usenia and Kevin Siefken each pitched an inning for Uxbridge and they both had three strikeouts. Matt Colella had three hits for the Spartans.



Uxbridge catcher Eli Roerden reaches up to catch a wayward pitch after it eludes a Southbridge batter.



Uxbridge's Matt Colella collects one of his three base hits versus Southbridge.

Nick Ethier photos

Senior-laden Warriors too much for underclassmen-heavy Northbridge



Northbridge's Liam Simonoe attempts to make a save versus Tantasqua.

Nick Ethier photos

BY KEN POWERS
SPORTS CORRESPONDENT

NORTHBRIDGE — Drew Darger and Sean Farland each scored four goals and Mike Lucas recorded 10 saves as the Tantasqua Regional boys' varsity lacrosse team defeated Northbridge High, 14-6, on Thursday, April 11 at Northbridge High.

For the Warriors the win was their second straight after beginning the season 0-2 and they improved to 2-1 in Mid-Mass. League games in the process. Northbridge (2-3 overall) dropped to 0-2 in league play.

"We faced two tough opponents, Grafton and Shrewsbury, to start the year," said Tantasqua interim coach Tom Mills. "We didn't get any scrimmages in, so Grafton was a tough first

game and they really laid the lumber on us, beating us 10-1."

Mills was serving as Tantasqua's head coach against Northbridge because the Warriors' official head coach, Gregg Anderson, was away, attending the NCAA Division 1 men's hockey's Frozen Four, which was held April 11-13 in Buffalo, N.Y.

Two days before the win over Northbridge, Tantasqua earned its first win of the year, defeating Worcester 16-7.

"We've been really controlling the ball; our faceoff guy, Sean Farland, has been real good the last two games. He's dominated possession time for us," said Mills, who pointed out that the Warriors are a senior-laden team with no fewer than 16 upperclassmen on the roster. "We love to win the faceoff, possess, get into our offense, control the rock and spin it. Our last two games we've owned the possession time, which helps us do what we want to do."

Darger, Farland and Lucas are all seniors.

Thanks to goals by Darger, Farland and Donovan Mawhinney (two goals in the game), Tantasqua jumped out to a 3-0 lead in the opening minutes of the first quarter and stretched that lead to 4-1 at the end of the first period and 6-1 at halftime.

"Northbridge is young and they're up and coming; they have some good talent. Because of that we felt it was very important that we got off to a quick start," Mills said. "A young team like Northbridge, if you let them hang around it gives them some confidence and helps them grow even faster."

"Getting off to a quick start was the emphasis in practice [Wednesday] and when we got off the bus before the game we told the kids to get off to a fast

start and break [Northbridge's] will," Mills continued. "You give a team like Northbridge some confidence they'll raise their level of play and the get dangerous."

Tantasqua kept pressuring the Northbridge net in the third quarter, scoring five times to take an 11-2 lead into the fourth quarter. The Warriors opened the fourth period with three straight goals to extend the lead to 14-2 before Northbridge scored the final four goals of the game.

Also scoring for Tantasqua in addition to Darger (who also notched three assists), Farland and Mawhinney were Chase Freeland (two goals), Austin Varney (two assists, too) and Spike Austin.

Leading the way offensively for Northbridge was Joey Consigli, who finished with two goals and an assist, and Brian Wildman, who also scored twice. The Rams other two goals were score by Rory Schofer and Jayden Consigli.

As experienced as Tantasqua is, that's how young Northbridge is.

"We're rebuilding; we're very young. We have an eighth-grader, nine freshmen, two sophomores, two juniors and four seniors on the team," Rams' head coach Colby Brochu said. "It's like being in a boxing match against a guy who is 10 times more experienced than you. You're just trying to hold your own. This is a tough game for us because it is a senior versus freshmen type of game."

"We're young and we've got to keep plugging away. We've got to keep doing the little things right — groundballs, playing help defense, keeping our heads up," Brochu continued. "Offensively it seemed like we weren't moving off-ball. Their goalie and their poles [long pole defensemen] are very athletic."



Brian Wildman of Northbridge lays a hit on Tantasqua's Sean Farland.

SPORTS BRIEFS

Oxford-Webster Youth Football & Cheer 2019 Registration

The Oxford-Webster Youth Football & Cheer is welcoming boys and girls aged kindergarten-eighth grade from Oxford, Webster, Douglas and Thompson, Conn. to attend registration on April 27 from 9-11:30 a.m. at the Oxford Community Center (4 Maple Road). Take advantage of these early registration fees as rates increase \$25 on May 1.

Cheer: Ages 5-14 born between July 31, 2004 and July 30, 2014 — \$125
Flex Football: Grades K-1 — \$100
Tackle Football: Ages 7-13 born between July 31, 2005 and July 30, 2012 — \$125

Custom jersey included with tackle football registration. Practice wear included with cheer registration.

Online registration is also available at www.OxfordWebsterPirates.com. Registration in advance online will save time on registration day.

Payments will be received by cash, check, Venmo or credit card. Questions? Email OWPiratesRegistrar@gmail.com. Also, "Like" Oxford Webster Pirates on Facebook.

Seniors to play golf at a discounted rate

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Our first golf day is Thursday, May 16 at Heritage Country Club in Charlton. For \$35, we get 18 holes of golf, an electric cart and a sandwich. There will be prizes for closest to the pin on all par-3 holes and a fun prized putting challenge. To sign up, please contact Dick Lisi at (508) 410-1332 or at wcsgolffclub@gmail.com.



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OBITUARIES

Allen Eric Ottoson, 74



SUTTON- Allen Eric Ottoson, 74, passed away peacefully at his home in Sutton on Thursday April 4th after an illness.

Allen is survived by his wife of 52 years, Christine (Coughlin) Ottoson and their children: Jennifer and husband Daniel Wren of Sutton, Neil and wife Maggie Ottoson of Scarborough Maine, and Elizabeth and husband Benjamin Harris of Sutton. He will be greatly missed by his five grandchildren: Abigail and Ethan Wren, Vivian Ottoson, Liam and Molly Harris. Allen is also survived by his brother, Stephen Ottoson and wife Anne of Shrewsbury; sister-in-law Bonnie and husband Paul Steer of Anchorage, Alaska; several nieces and a nephew.

Allen is the son of Eric and Jane (Allen) Ottoson and was raised in Shrewsbury. He graduated from Northeastern University in 1968. He and his wife then moved to Westborough, where he worked at Vee-Arc Corp for several years.

Allen had a strong work ethic and prided himself on being a provider for his family. In 1983, he started a company called AC Technology out of his home. He later moved the company to Uxbridge. Allen was awarded Massachusetts Small Businessman of the Year in 1992. In 1999, Allen sold AC Tech to Lenze Corporation. After retiring from Lenze/AC Technology,

Allen started a home building company, ARRO Development in Sarasota, Florida, where he and Christine enjoyed their winters.

Allen deeply loved his wife, Christine. Together, they loved to travel to places near and far. Their favorite destination was the Donegal region of Ireland where Allen particularly enjoyed listening to the rebel Irish music. Whether Allen was spending time with his family in Massachusetts, a summer evening on the coast of Maine or the winter in Florida, there were three things you could count on from Allen: He was always coming up with a new project, he would never say no to the perfect pint and his family meant everything to him.

Family and friends honored and remembered Allen's life by gathering for a time of visitation at Carr Funeral Home at 24 Hill Street, Whitinsville, MA on Friday, April 12th from 10-11am and a memorial service at 11am. There will be a graveside service following at New Howard Cemetery on Armsby Road in Sutton.

In lieu of flowers, memorial contributions can be made to Brigham & Women's Hospital, Development Office, 116 Huntington Ave, 3rd floor, Boston, MA 02116-please note for the Pulmonary Research Fund (www.bwhgiving.org), or VNA Hospice and Palliative Care, Fund Development Office, 99 Rosewood Drive, Suite 180, Danvers, MA 01923-4539. To leave a condolence for the family, please visit www.carrfuneralhome.com

Ruth A. Powers, 76



WHITINSVILLE- Ruth A. (Schenker) Powers, 76, formerly of Colonial Dr. died Tues. April 9, 2019 at UMass University Campus in Worcester, after a long battle with dementia. Her loving family was by

her side.

She is survived by her 3 children, Geoffrey D. Powers of Coventry, RI, Donna J. Duda and her husband Jerry of Uxbridge, and Joanne L. Powers of Worcester; 7 grandchildren, Geoffrey Powers Jr., Nicole Powers, Kathryn Powers, and Michelle Powers, David Powers, Samantha Devine, and Kali Clouette; 3 great-grandchildren Aden Gould, Joseph Green, and Nathan Devine; a sister Beverly Picard and her husband Richard of Ormond Beach FL; and many nieces and nephews. She was predeceased by her companion Peter Green and was sister of the late Carla Schenker, Paula Hochard, Muriel "Sue" Roche, and Judith Hall. Born in Worcester, MA on Dec. 4, 1942 she lived

in Whitinsville, Grafton and Uxbridge. She had been a resident at Beaumont in Northborough the past 4 years.

Mrs. Powers worked for the former GE-Timex Co. in Ashland, the Johnson and Johnson Co. in Northborough and for McNeil Engineering Co. in Sutton many years. A graduate of Northbridge High School, Class of 1959, she was good with her hands and liked making jewelry. Ruth was raised on a farm and she loved horses, gardening, and planting flowers, and country music. She was a longtime member of the Country Music Assoc.

Her Celebration of Life Service will be held on Sat. April 20, 2019 at 11 am in Jackman Funeral Home, 12 Spring St. Whitinsville. Cremation burial in Pine Grove Cemetery in Grafton will be at the family's convenience. A calling hour at the funeral home will be held Sat. April 20 from 10 to 11 am. Memorial donations may be made to the Alzheimer's Association, 311 Arsenal St. Watertown, MA 02472. To leave a condolence message for the family please visit www.jackmanfuneralhomes.com

William "Ashu" Casey Goddard III 71



SOUTHBRIDGE: William "Ashu" Casey Goddard III 71, of High Street died Monday, March 18.

He leaves 3 sons William Casey Goddard IV, and his wife Elizabeth of Southbridge, Shawn Patrick Goddard of Winchendon, Tommie-Lee Jacob Goddard of Brimfield, 2 daughters Billie-Jo Goddard of Northbridge, Doreen Smick of Northbridge, a sister Ginger Goddard Alicea and her husband Pedro "Kike" of Holland, 17 grandchildren, 2 great grandchildren and nieces.

William lost his leg in an automobile accident, in Sturbridge at the age of 17. He was determined not to let his dis-

ability interfere with his life. He could fix and build almost anything including customizing Harley Trike motorcycles. He has won many trophies for his own custom trike bike.

He loved his Mom, his children and grandchildren. He enjoyed Rock and Roll music from the 50's to the 90's

His funeral was held at NOON on Tuesday, March 26, in the Belanger-Bullard Funeral Home, 51 Marcy St. Southbridge. Burial will follow in Brimfield Cemetery.

Calling hours were 10 to NOON prior to the service.

Memorial contributions may be made to St. Jude's Hospital, 501 St Jude Place Memphis, TN 38105, or online at www.stjude.org

Doris M. Guiou, 82

MILLBURY- Doris M. (Paquette) Guiou age 82 passed away Saturday, April 13, 2019 at the Univ. of MA Healthcare Center Worcester. She leaves her husband of 64 years Freeman B. Guiou. She is also survived by a son Kevin Guiou of Webster, two daughters, Cynthia Paradise and her husband Paul of Southbridge, Donna Guiou of Southbridge and three grandchildren. She also leaves two brothers Leo Paquette of Whitinsville and Wilfred Paquette of Webster, two sisters Theresa Lawrence of Whitinsville

and Cecile Greene of Warren. Doris had a sister that predeceased her, Jeanette Moore of Millbury. She was born in Manchaug, MA daughter of the late John Paquette and Rosealma (Merchant) Paquette and lived in Millbury for the past 49 year prior to that living in Manchaug. There are no calling hours. All services are private. The Shaw-Majercik Funeral Home, 48 School St., Webster, MA has been entrusted with her arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Janice Dresser, 77



WHITINSVILLE- Janice (Hobbs) Dresser, 77, died Monday, April 8 at Saint Camillus Health Center, after a period of declining health. She leaves a son, David Dresser, and his wife Debora, of Worcester; a daughter, Pamela Allen, of Uxbridge; a brother, Roger Hobbs, Jr., of Falmouth and 7 grandchildren.

Janice was born in Whitinsville, October 5, 1941, daughter of Roger and Evelyn (Kearnan) Hobbs, Sr. She was a graduate of Northbridge High School and worked as a secretary, first for

WPI and later, Holy Cross College, retiring in 2009. In 1985, she moved to the Southbridge/Sturbridge area, where she remained, until moving to Worcester in 2007. She had been a resident of St. Camillus for just over a year.

A graveside service will be at 10AM, Thursday, April 18, at Lakeview Cemetery, Upton. Carr Funeral Home, 24 Hill St, Whitinsville, is directing arrangements. In lieu of flowers, donations may be made to Reliant Foundation, Inc., 311 Main St., Suite 202, Worcester, MA 01608 re: Oncology Wellness Fund. To leave a condolence for the family, please visit www.carrfuneralhome.com

Sandra B Johnson, 57



OXFORD- Sandra B Johnson 57, passed away peacefully at home on Saturday, April 13, 2019 following an eight month battle with brain cancer. She was predeceased by her father

William W Johnson in 1999 and brother William R Johnson in 2019. She leaves behind mother and her husband Richard and Carol Calvert of Collegeville, PA, a daughter Kristin Shurek of Quincy, MA, and siblings Cathy Johnson Young and Deborah Johnson of Worcester, Joel Johnson of Sutton, Jennifer Johnson of Millbury a twin sister Susan Kirpatrick of Douglas, 4 grandchildren and many nieces and nephews. Also her life companion of 28 years Frank Zayonc which whom she lived with and her beloved black lab Sophie. Sandy was raised in Sutton. Sandy was employed for the last 18 years as a CNA at The Meadows nursing home in Rochdale and worked the day before she was admitted to the

hospital. Sandy was a super strong and very active person as part of her routine was to walk Sophie for an hour every day regardless of weather conditions, then served as a caretaker for her lifelong elderly friend Shirley Nelson of Sutton along with excelling as an artist, gardener, carpenter and cook but especially enjoyed her craft "projects" as she was artistically gifted and made countless creations that she gave to friends and family. Special thanks to her twin sister Susan for putting a hold on her life for the last 8 months to be by her sister's side, a true expression of the bond between twins, her mother, brother Joel, Angie Congdon and Tracy Glockner for their unrelenting support during her illness. There are no calling hours. Internment will be private and any donations made be made in her name to Second Chance Animal Shelter in West Brookfield, MA. The Shaw-Majercik Funeral Home, 48 School St., Webster, MA has been entrusted with her arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Elizabeth A. Aldrich, 82



WHITINSVILLE- Elizabeth A. Aldrich, 82, died Saturday, April 13, at home surrounded by her family and friends. Betsy leaves her three nieces; Melissa C. Aldrich, of Oxford, Rebecca A. E. Aldrich, of Uxbridge and Leslie H. Aldrich, of Cambridge; her grand-nephew Nathaniel S. Grondin, of Long Beach, CA, grand-niece Natalie Grondin, of Uxbridge, her sister-in-law, Norma E. Aldrich, and her childhood friend, Beverly R. Keeler, both of Whitinsville. She is predeceased by her brother, Spaulding R. Aldrich, in 2009.

Born January 5, 1937 to Clarence E. and Slyva A. (McGilvray) Aldrich, she lived her entire life in Whitinsville. After graduation from Northbridge High School in 1954 and Mt. Ida College in 1956, Betsy began a long career in banking with Old Colony Bank. She retired in 1997 from what became Bank of America after more than 30 years as a customer service representative and ultimately branch manager.

Betsy loved animals, was an avid professional and collegiate sports fan and enjoyed playing games such as Mahjong. She was a coporator for the Whitinsville Social Library, member of the Northbridge Historical Society,

and Friends of Northbridge Elders. For many years she served Northbridge as the Precinct 1 clerk for town, state and national elections. She was a former member of the Northbridge Republican Committee and was recognized for her committee work to elect former Senator Edward Brooke.

Betsy enjoyed traveling and spending time with friends and family in Florida, Vermont or the Canadian Maritimes. She had a special place in her heart for Squam lake and Ogunquit, ME. She was a trend setter, fashion forward and stayed current with pop culture regardless of her age. She carried herself with elegance and grace. Her home was an open, welcoming place for all friends and family. She will be remembered as an example of how to treat people with dignity, kindness, love and respect.

A Memorial Service will be Tuesday, April 23, at 11AM, at the Village Congregational Church, where she was a life-long member. Burial will follow in Pine Grove Cemetery. In lieu of flowers, to honor Betsy's memory, donations may be made to Dana-Farber/Brigham and Women's Cancer Center at Milford Regional Medical Center, 20 Prospect St., Milford, MA 01757. Carr Funeral Home, 24 Hill St., is assisting the family. To leave a condolence, please visit www.carrfuneralhome.com

Adele V. (Fortin) Gentry, 71

WHITINSVILLE- Adele V. (Fortin) Gentry, 71, died Saturday, March 30 at Beaumont Rehabilitation and Skilled Nursing in Westborough. Adele was the Outreach Director for the Northbridge Senior Center for the past 16 years, retiring in August 2018. Previously, she worked and volunteered at St. Camillus, worked part time as a bookkeeper, was an office manager at Duvals Sheet Metal, in Leominster, and was office manager for the Ford dealership on Nantucket. While living on Nantucket, she developed a love for the seashore and outdoors. Adele enjoyed cycling, hiking in all seasons and camping with her husband. When she set her mind to do something, she stuck with it.

A leap year baby, Adele was born February 29, 1948 in Peterborough, New Hampshire, a daughter of Omer

and Laurianna (Roy) Fortin. She was a graduate of Appleton Academy in New Ipswich, NH. Adele leaves her loving husband of 36 years, Ralph M. Gentry and four siblings; Marguerite Vaillancourt, of Greenville, NH, Elaine Leger, of Gardner, NH, Olive Thibault, of Rindge, NH, and Paul and Phyllis Fortin, of Fitzwilliam, NH; and eleven nieces and nephews.

A Celebration of Adele's life was held at 2:00PM, Saturday, April 13, at the Northbridge Senior Center, 20 Highland St., Whitinsville. In lieu of flowers, please consider a memorial donation to the ALS Association Massachusetts Chapter, 685 Canton St., Suite 103, Norwood, MA 02062. To leave a condolence for the family, please visit www.carrfuneralhome.com

SCOUTS

continued from page A1

Massachusetts Senate.

Pack 316 would like to congratulate all of its scouts and wish the Arrow of Light recipients the best as they start their Boy Scouting journey with Troop 316! The Pack would like to thank Steve and Mandy Yorke, who were the leaders for the Arrow of Light den up through their Webelos year, for their time spent volunteering with the Pack and the

leadership they provided to the den throughout the years. The Pack would also like to thank Dave and Rebecca Berchem, who were the leaders for the Arrow of Light den for their final year. The Pack would like to extend a special thank you to Troop 316 Boy Scout Jason Michalski, who was the den chief for our Arrow of Light den.

For information about Douglas Cub Scout Pack 316, please visit www.douglaspack316.com or find us on Facebook.

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to Obits@stonebridgepress.news

CALENDAR

Wednesday, March 20 to Wednesday, April 24

KUNDALINI YOGA: The Spring Session has been posted! The Wednesday morning session is from March 20 to April 24 from 10-11:15 a.m. Our classes are offered at St. Peter's Parish Center in Northbridge. Participants may sign up for the session or attend class as a walk-in student. Proceeds benefit St. Peter's parish. For more information, visit kundaliniyogacma.wix.com/site, or call (508) 234-4185. Yoga teaches us skills to have a more balanced life.

Sunday, April 21

EASTER SUNDAY SERVICE: 10 a.m., Uxbridge Congregational Church, located on the common, Court Street, Uxbridge. Followed by an Easter egg hunt for children.

Friday, April 26

ELVIS COMES TO DOUGLAS! Come join the Douglas Sunshine Club for a wonderful evening of entertainment on Friday, April 26 for a two-hour show at the Sokol Club on Main Street, Douglas. The show is 6-8 p.m., sponsored by the Douglas Sunshine Club to benefit the Douglas Senior Center. Tickets are \$8 if purchased in advance or \$10 at the door. Tickets are available by calling Ron at 508-612-1374, calling/stopping in the Senior Center at 508-476-2283, at the Sokol Club and from members of the Sunshine Club.

"A COWBOY AND A DANCER" COUNTRY LINE AND PARTNER DANCE: 7-10:30 p.m., Knights of Columbus Hall, 77 Prescott Rd., Whitinsville. Call (508) 981-4917 or (860) 779-7153 for details.

Saturday, April 27

HONEY BEE PROGRAM: 10-11 a.m., Douglas Orchard & Farm. Learn about the role of the honeybees and how they are being affected by the environment. Ken Warchol, sixth generation beekeeper, will give a PowerPoint presentation on "Honey Bees in Our Environment." There will be 15 different types of honey to taste from around the world. Don't miss this unique honeybee program.

REUSE & RECYCLE PROGRAM: 11 a.m.-4 p.m., Douglas Orchard & Farm. Informational pamphlet of how you can Refuse, Reduce, Reuse and Recycle. Get

a tour of the farm to see how we recycle and reuse. The first tour will begin after the honey bee program. Additional tour at 2 p.m. 2:30-4 p.m. Make a Reusable Bag Learn how to sew repurposed feed bags into reusable shopping bags with Bonnie Combs of Bird Brain Designs. Please bring your own machine. There will be a few machines to use if you don't have your own. There is a \$5 cost for adults 18 and older. This cost includes the Honey Bee Program, farm tour and how to make a recycled bag.

SEMI-ANNUAL HAM & BEAN SUPPER: 5 p.m. in the Community House, 8 Court St., Uxbridge, located behind the Uxbridge Town Common. Sponsored by the Uxbridge Congregational Church. Menu includes home baked ham, home baked beans, potato salad, coleslaw, brown bread, beverages & dessert. Donation of \$10 per adult, children under six free. Raffles will also be available. For reservations, call 508-278-2654 after 5 p.m. Limited tickets will be sold at door. Sunday, April 28

NEW ENGLAND COUNTRY MUSIC CLUB DANCE: Progressive Club, 18 Whitin St., Uxbridge, 1-5 p.m., with live country music by Mountaineer Family & Friends.

ONGOING EVENTS & INFORMATION

KUNDALINI YOGA: We are pleased to announce the winter schedule. The Wednesday morning yoga class is from Jan. 9 to Feb. 27 (10-11:15 a.m.). This eight-week session is offered at St. Peter's Parish Center in Northbridge. Participants may pay for the entire session or attend as a walk-in student. Proceeds benefit the Youth Ministry at St. Peter's Parish. For more information visit: <http://kundaliniyogacma.wix.com/site> or call 508-234-4185. All are welcome to join our caring yoga community.

NEED EMERGENCY ASSISTANCE? The Salvation Army is here to help serve emergency needs in the Blackstone Valley area. Services include assistance with food, clothing, utility payments and heating needs. To find out how we can help with your emergency needs, call 508-342-7122. Leave your name and telephone number and your call will be returned.

YOGA CLASS: Carol Dearborn, certified Yoga and Pilates instructor, will offer a weekly All Levels Yoga class and a Yogalates class at the First

Congregational Church of Millbury in Fellowship Hall, located at 148 West Main St. Proceeds will benefit the Church. Classes will run every Friday from Oct. 12 to Nov. 16; 4:15-5:15 pm, All Levels Mat/Chair Yoga, Drop-in Fee \$5, \$3 Seniors and 5:30-6:45 pm, Yogalates (combines the best of two exercise regimes-Yoga and Pilates) Drop-in Fee \$8, \$5 for Seniors. Both classes are structured to make you feel revitalized in body and mind and accessible to ALL LEVELS of fitness. For more information please contact Carol Dearborn at 508-756-5478 or CDearborn888@gmail.com.

FREE WILL DINNERS: The First Congregational Church of Sutton, 307 Boston Road, presents its monthly free will offering of open seating dinners 4:30-6:30 p.m. on the second Saturday of each month. All welcome. Dinners served with bread, beverage and dessert. For information, call 865-6914.

SENIOR BREAKFAST: St. John's Episcopal Church Senior Breakfast held first Friday of the month 8-9 a.m. at the church, 3 Pleasant St., off Route 122A, Sutton, and is handicapped accessible. Suggested donation is \$5. For information, call Cyndy Rogers, (508) 529-4437.

PARENT SUPPORT: Parent Support Group in Millbury sponsored by Parent Professional Advocacy League. Free and confidential Parent Support Group on the second (workshop) and fourth (sharing) Friday of the month 10:30 a.m.-noon at the Millbury Public Library. Call PPAL (508) 767-9725 for information. PPAL is a statewide network of parents and professionals and adolescents with emotional, behavioral and mental health needs.

CARING: The Caregivers Group meet in the library at the Northbridge Senior Center fourth Tuesday of month 3-4 p.m. If currently caring for a family member or close friend, come and join others who share your compassion.

AL-ANON: A "Serenity on The Hill" Al-Anon step meeting held at 7 p.m. Wednesday at Rockdale Congregational Church, 42 Fowler Road, Northbridge. Support group for family and friends of problem drinkers. Newcomers welcome. For information: 508-366-0556.

YOGA GROUP: join the Sunshine Yoga Collaborative in our mission to bring community based yoga to Uxbridge and the surrounding communities! Classes are appropriate for just beginning to advanced student. Class is Sunday 7:30-

8:30 a.m. at Alternatives, Unlimited, 50 Douglas Road, Whitinsville. Extra yoga mats, but most bring their own. \$5 donation per class, which given to local organization. Visit Facebook: Sunshine Yoga Collaborative.

RECOVERY: Every Monday, Celebrate Recovery, a Biblically based step program designed to heal a wide variety of habits and harmful behaviors, such as drug dependency, abuse, eating disorders, depression, anger, pornography, broken relationships. Group meets every week in two-part session, an open group followed by gender-specific small share groups. Starts at 7 p.m. and ends at 9. Come at 6:30 p.m. for coffee and conversation. Pleasant Street Church, 25 Cross St., Whitinsville, (508) 234-5268, ext. 14, or email howard@pscr.org.

BREAKFAST: The John 21 Community Breakfast at St. Patrick's Church has been established as a response to the needs of many people in our community. Breakfast will continue each and every Saturday 8-10 a.m. in the Parish Center, 1 Cross St., Whitinsville. Our mission is to serve a nutritious breakfast, free of charge, every Saturday morning in the spirit of community fellowship and hospitality. Teams of volunteers prepare and serve breakfast on a rotating basis. All welcome. For information contact ministry coordinator at John21Breakfast@gmail.com. To make a donation contact St. Patrick's rectory at 508-234-5656.

Legos Club: first and third Mondays of each month, ages six and up 3-5 p.m. at Whitinsville Social Library. Information about programming, visit the library's website www.northbridge-mass.org/whitinsville-social-library.

PROJECT KIBBLE: In this tight economy, it can be tough to make ends meet. What about your four-legged friends? Project Kibble collects donations of pet food and supplies and distributes them to local food pantries. We accept dog and cat food, kitty litter, small rodent and fish food. All donations must be unopened and unexpired. For more information contact projectkibble@gmail.com or call Christine 508-234-8131.

12-STEPS FOR OTHERS: Adult Children of Alcoholics 12-step support group meets 7:30 to 9 p.m. Mondays at the Hopedale Unitarian Church, 65 Hopedale St. For information, Rose at (508) 234-9004.

Johnson & Wales names Whitinsville student to Dean's List

PROVIDENCE, R.I. — Johnson & Wales University (JWU) student, Megan Guerra of Whitinsville, a Fashion Merchandising & Retailing major in the College of Business, has been named to the dean's list for the winter 2018-2019 term. To receive dean's list commendation, students must earn a grade point average of 3.4 or above. Guerra, a senior, is the daughter of Lori and Tony Guerra and a 2015 graduate of Holy Name High School.

About JWU
Founded in 1914, Johnson & Wales University is a private, nonprofit, accredited institution with more than 13,000 graduate, undergraduate and online students at its four campuses in Providence, Rhode Island; North Miami, Fla.; Denver, Colo.; and Charlotte, N.C. An innovative educational leader, the university offers degree programs in arts and sciences, business, culinary arts, design and engineering, education, health and wellness, hospitality, nutrition and physician

assistant studies. Its unique model integrates arts and sciences and industry-focused education with work experience and leadership opportunities, inspiring students to achieve professional success and lifelong personal and intellectual growth. The university's impact is global, with alumni from 125 countries pursuing careers worldwide. For more information, visit jwu.edu.

Tri-Valley, Inc. - May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 774-289-2600, Southbridge 774-289-9438, Spencer 508-885-3904, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, W. Brookfield 508-867-1411		1 Potato Crunch Fish Herbed Potatoes Peas & Onions Gingerbread Diet = Half Piece Pumpnickel Bread	2 Baked Ham Sour Crm & Chive Mash. Pot. Carrots Fresh Fruit Corn Muffin	3 Garlic Herbed Chicken Bread Stuffing Roasted Brussels Sprouts Vanilla Mousse Whole Wheat Bread
6 Stuffed Pepper Casserole Mashed Potatoes Carrots Lorna Doones Marble Rye Bread	7 Hot Dog Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	8 Ranch Chicken Potatoes Au Gratin Peas & Carrots Baked Apples Pumpnickel Bread	9 <u>Mother's Day Meal</u> Roast Pork Loin with Gravy Cranberry Herb Stuffing Country Blend Vegetables Cream Puffs Italian Bread	10 Braised Beef Gemelli Pasta Roasted Broccoli Pears Marble Rye Bread
13 Chicken Pesto Red Bliss Potatoes Scandinavian Vegetables Vanilla Pudding Diet = Diet Vanilla Pudding Peasant White Bread	14 Beef Stir Fry Steamed White Rice Oriental Vegetables Pineapple Fortune Cookie Marble Rye Bread	15 Lemon Pepper Haddock Seasoned Potatoes Mixed Vegetables Pear Crisp Diet = Applesauce Whole Wheat Bread	16 American Chop Suey Roasted Broccoli Bread Pudding Peasant White Bread	17 Jambalaya Rice Pilaf Green Peas Mandarin Oranges Cornbread
20 Shepherd's Pie Carrots Peas Lemon Pudding Diet = Diet Tapioca Marble Rye Bread	21 Greek Chicken Steamed White Rice Roasted Brussels Sprouts Peaches Pumpnickel Bread	22 Turkey Supreme Mashed Sweet Potatoes Roasted California Blend Fresh Fruit Italian Bread	23 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Birthday Cake Diet = Half Piece French Bread	24 Burger with Chili & Cheese Sweet Potato Fries Strawberries & Whipped Topping Sandwich Roll
27 Memorial Day No Meal Served	28 Vegetable Cheese Bake Seasoned Potatoes Green Beans Mandarin Oranges Italian Bread	29 Chicken Milano Wild Rice Spinach Strawberry Cup Pumpnickel Bread	30 Salisbury Steak w/ Gravy Mashed Potatoes Herbed Carrots Brownie Diet = Small Piece French Bread	31 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Fresh Cut Melon Marble Rye Bread Tartar Sauce

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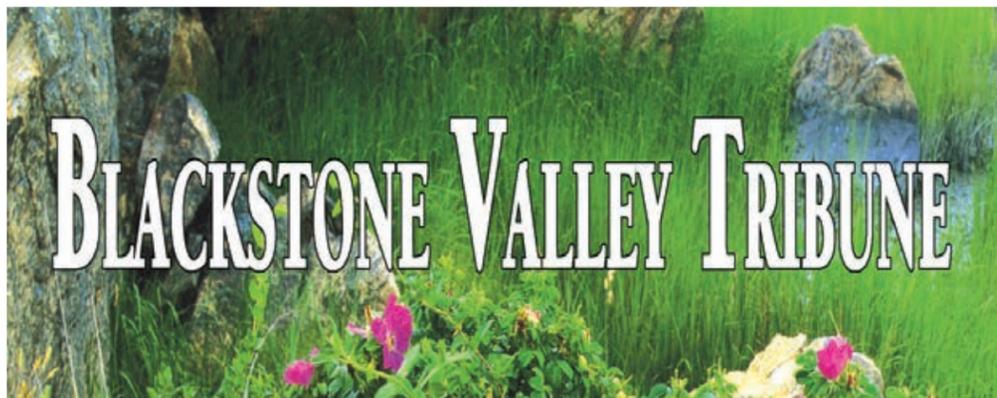


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B SECTION

Friday, April 19, 2019



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02 07/07/94 062	640.00			504.25
03 07/08/94 062			817.70	1321.95
04 07/11/94 062	1040.00			281.95
05 07/14/94 062	250.00			51.95
06 07/15/94 062	640.00		854.84	306.79
07 07/21/94 062				266.79
08 07/22/94 062	200.00		817.70	1244.49
09 07/22/94 062	640.00			604.49
10 07/25/94 062	100.00			244.49
11 07/28/94 062			817.69	942.18
12 07/28/94 062	640.00			302.18
13 07/31/94 062		0.71		302.89

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The history of Easter bonnets

When celebrating Easter, many Christians don their best apparel to attend church services and family gatherings. On Easter Sunday, gentlemen often put on their best suits and women their fanciest dresses. Children, too, wear formal clothing on Easter Sunday. Girls in particular tend to wear an item of interest that seems to only appear once per year.



for many young girls and women.

It wasn't until the 19th century that the Easter bonnet gained popularity in the Americas. Women and children participating in Easter parades, notably the New York City Easter Parade, could be seen in their finest clothes with intricate bonnets — often wreathed in flowers — on their heads. Because Easter coincides with spring, lilies, daffodils, azaleas, hyacinths, and other blooms would adorn hats and hair.

Bonnets are part of the Easter attire for many girls, and even some women. Bonnets are part of long tradition of wearing new clothes on Easter that originated in parts of Europe, such as Great Britain. In fact, the tradition even dates back to Shakespearean times, as an "Easter suit" is referenced in "Romeo and Juliet."

According to some historians, there was a notion that ill-luck would affect a person who did not have something new to wear on Easter, and the bonnet is an element of newness that fits the bill

Even though the Easter bonnet may not be as popular as it once was, many people still embrace this tradition. In areas of the United Kingdom, for example, children and women design elaborate and ostentatious bonnets. In the United States, some hat-decorating contests still coincide with Easter festivities. Children in primary grades also may design Easter- or spring-themed hats that they can wear during holiday celebrations.

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<p>PUTNAM - 49 Fox Road! Fantastic 2,680' 9+ Room Center Hall Colonial Set on 3 Beautiful Acres! Featuring Center Island Stainless Appliance Kitchen! Formal Dining & Living Rooms w/Hardwoods! Comfortable Brick Fireplaced Family Room! Office/Den! Half Bath w/Laundry Closet! Side Entry Foyer w/Coat Closet! Upstairs to 4 Spacious Bedrooms! Huge Master w/Hardwoods, Full Bath & Walk-in Closet! Full Hall Bath w/Double Sinks! Full Walk-up Attic w/Plumbing Leads for Additional/Future Expansion! 5 Zone Oil Heat! 24X30' Detached Garage w/Second Floor Storage! Convenient to Everything Putnam! \$379,900.00</p>	<p>DUDLEY - 24 Hickory Dr! 8 Rm 50' Split on Dble Corner Lot! Fully Appliance SS Kitchen w/Tile Flr, Cherry Cabinets, Corian Counters & Island! Din Rm w/Slider to Deck! Liv Rm w/Cherry Cabinetry, Recessed Lights & Picture Window! Slate Entry w/Coat Closet! Full Bath w/Tile Flr! Master w/Wall to Wall, Triple Closet & Recent Refreshed Master Bath! 2nd & 3rd Bdrms w/Wall to Wall & Dble Closets! Lower Level Fam Rm w/Stone Fireplace w/Pellet Insert! Office/Play Rm w/Wall to Wall! Half Bath w/Recent Vanity! C/Air! Oil Heat! 2 Car Garage! Generator! Replacement Windows! Flexible Floor Plan! \$299,900.00</p>	<p>OXFORD - 8 Vine St! Ideal 6 Rm Ranch! Remodeled Granite Kit w/New Cabinets, SS Appliances! New Vinyl Tile Flr! Frpld Liv Rm, Gleaming Hrdwds, Bay Window! 3 Bdrms w/Hrdwds! Updated Bath w/Granite Vanity! Fam Rm w/Wet Bar! Wall to Wall! Freshly Painted! 2 Car Attached Garage! In-ground Pool! Shed & Kennel! \$274,900.00</p>	<p>WEBSTER - 7 Hickory Lane! Well Maintained 6 Rm Ranch! Featuring Eat-In Kit w/Updated Cabinets & Swanston Counters! Comfortable Liv Rm! 3 Bdrms, 1.5 Baths! Spacious Lower Level Fam Rm! Shed! 2017 Electric Water Heater! Anderson Replacement Windows in 2017! Truly in Move-in Condition! \$259,900.00</p>
<p>SUTTON - 30 Jones Rd! 9 Room 2,156' Colonial! 5.31 Acres of Privacy! Long Circular Drive! New Granite Kitchen! Dining, Living & Fireplaced Family Rooms w/Hardwood Floors! Year Round Sunroom w/2 Skylights! 3 Bedrooms! 24' Master w/Master Bath! 2.5 Bathrooms Total! 12x24 3 Season Porch w/3 Skylights! Expandable Attic! Wraparound Deck! 2 Car Garage! Central Air! Generator! Super Easy Access to Rte 146! \$464,900.00</p>	<p>WEBSTER LAKE - 50 West Point Rd! Killdeer Island! Stunning 4,700' Entertainers Dream! Magnificent Sunsets! Built 2016, It Has It All! Expansive 2 Story Foyer! Cherry Cabinet Kit w/Oversized Center Isl, Dble Oven, High End Appliances and Walk-in Butler's Pantry! Din Rm w/Wet Bar, Sliders to 14x30' Deck! Bright & Airy Liv Rm Overlooking the Lake, Custom Built Cabinets, Gas Frpld! 1/2 Bath + Laundry Nearby! An ELEVATOR to Service All 3 Floors! Glorious Stairway leads up to 3 Spacious Bdrms each with their Own Private Baths! Luxurious Master w/Tray Ceiling, Walk-in Closet + Private Balcony! Expansive Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion Possibilities! Lower Level boasts Full Kit, 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrm w/Prplc & Private Bath! Slider to Patio! 13 Individual Splits to Control Rm Temps! Oversized 2 Car Garage! This Home is Loaded w/Quality & Detail! Quick Closing No Problem! Don't Delay! \$1,199,000.00</p>	<p>WEBSTER - 18 McGovern Ln! Brian Acres! Hospital Near! 26X64' 7 Room Ranch! Attached 2 Car Garage! Level 25,050', 58 Acre, Lot w/167' Rd Front! Appliance Kit w/Breakfast Bar! Formal Dining! 22' Liv Rm! Frpld Fam Rm! 3 Bdrms! Halfway Full Bath! Master Bdrm w/Half Bath! 1st Flr Laundry Rm! Brand New Wall to Wall Carpet Throughout! Recent Oil Furnace - 2 Zones Heat! C/Air! C/Vac! Huge Basement! Quick Closing Possible! Convenient to 395! \$274,900.00</p>	<p>DUDLEY - 13 Oakwood Ave! Mason Road Area! 7 Rm Cape! HARDWOOD FLOORS Throughout! Home Offices Quaint Kitchen, Open Concept Dining & Living Rm! 2,412' 8 Rm Contemp! Just Renovated! 4 Bdrms! 2 Baths! Cathedral! Skylights! 2 Fireplaces! C/Air! Composite Decks! Patio! 2 Car Carport! \$555,000.00</p>
<p>DOUGLAS - 36 Cedar St! Badluck Pond (110Acres) aka Cedar Lake & Laurel Lake! 2.74 Acres! 633' Waterfront! 471' Road Frontage! Beautiful Private Setting! 27X86', 2688' Custom Cedar Ranch w/Hrdwds! Spectacular, Open, Frpld, Cedar Cathedral Ceiling, Sky Lighted Great Rm Highlights Home! Custom Island Kit! Lake Facing Master! 2.5 Baths! All Closets are Cedar! 96' Screened Porch! Plus 36X72' 2 Story Heated Boat House/Garage w/5 Rm Cakes/Tr/Law Apartment w/2 Bthrms! 5 Full + 2 Half Baths Total! Year Round Country Waterfront Retreat! \$599,900.00</p>	<p>WEBSTER LAKE - 39 Bates Point! Panoramic Views of South Pond! Southern Exp! Park Like Grounds! Extensive Patio, Paver Walkways & Perennial Gardens! 18x24 Covered Composite Deck, w/Winyl Railings! 90' U-Shaped Dock! Beautiful 7 Rm A/C/D Ranch! 14,549' Level Lot! Lake Facing Cathedral Ceiling Great Rm w/Gas Fireplace, Maple Hrdwd Flrs, Custom Granite Wet Bar w/Maple Cabinetry! Appliance Granite Kit w/Maple Cabinets & Porcelain Tile Flr! Formal Din Rm w/Cathedral Ceiling, Skylight & Birch Flooring! 20' Master w/Cathedral Ceiling, Skylight, Ceiling Fans, Walk-in Closet & Dble Closet! Bthrm w/Trajectory Flr, Dble Granite Vanity, Custom Tile Shower, Linen Closet & Cathedral Ceiling w/Skylight! Entry Foyer/ Mud Rm w/Tile Floor! Finished Walk-out Lower Level w/2 Bdrms, 1 Lake Facing! Liv Area w/Wet Bar & Frig! Full Bath! Laundry Rm! Work Shop & Storage! 26X32 Detached Garage w/2 Stalls & 2nd Flr Storage! Start Packing! \$749,900.00</p>	<p>WEBSTER LAKE - 17 Wakefield Ave! South Pond! Western Exposure! Protected from the Storms - Quiet Cove! 24 Acre Lot! 104' Waterfront! Water Views! 2,412' 8 Rm Contemp! Just Renovated! 4 Bdrms! 2 Baths! Cathedral! Skylights! 2 Fireplaces! C/Air! Composite Decks! Patio! 2 Car Carport! \$555,000.00</p>	<p>WEBSTER LAKE - 704 Treasure Island! 1.874 Townhouse! 6 Rm! 1,874! Hrdwds! SS Appliance Quartz Kit! Open Flr Plan! 2 Bdrms! Master Bath w/Dble Vanity! 2.5 Baths! Frpld Fam Rm! Newer C/Air & Gas Heat! Trex Deck! Garage! 2 Boat Slips! Heated Pool, Sandy Beach! \$344,900.00</p>
<p>WEBSTER LAKE - 202 Killdeer Island Rd! Panoramic View of North Pond! Natural Sandy Shoreline! Complete Rebuild Since 2002! Custom Center Island Appliance Granite Kitchen w/Walk-in Pantry, Recessed Lighting, Hardwoods & 1/2 Bath! Open Floor Plan! Dining Rm w/Window Seat, 2 Closets & Hardwoods! 19x19 Lake Facing Living Rm w/Hardwoods & 2 Sliders to Deck w/Recent Awning! Upstairs to 4 Bedrooms or 3 Plus Office! Lake Facing Master w/Cathedral Ceiling, Walk-in Closet & Master Bath w/Tile Floor, Huge Corner Shower w/Seat, Double Linen Closet! Full Hall Bath! Halfway Laundry Closet! Lake Facing Walk-out Lower Level Family Room, 2 Sliders to Patio! Full Bath! 3.5 Baths Total! 4 Zone Heat & 2 Zone C/Air only 2 Years Old! Start Packing! \$629,900.00</p>	<p>WEBSTER LAKE - 50 Union Point Rd! Panoramic Views of Middle Pond - South Facing - Tons of Sun! Principal Residence or as a Second Home this 6+ Rm Gambrel Colonial will be Ready for You! You'll Appreciate its Easy Access and Taken Back by the Ever Changing Lake Vistas! Featuring Appliance Kitchen w/Island, Dining Area, Lake Facing Fireplaced Living Rm with Custom Cabinetry, All with Hardwood Floors! Ideal Lake Facing 3 Seasons Rm w/Tile Floor & Anderson Sliders All Around! 3 Second Floor Bedrooms! Spacious Lake Facing Master w/Cathedral Ceiling & 2 Sliders to its Private Deck! 2 Full Baths! Central Air! Composite Decks & Flag Stone Patio for Your Enjoyment! 7,405' Lot with 50' on the Water! Sorry, Closing not before 9/10/2019! \$689,900.00</p>	<p>WEBSTER LAKE - 37 Bates Grove Rd! South Pond! As a Second Home, Getaway or Expand it into Your Dream Home - Have Possible Plans! 4+ Rooms! Open Floor Plan! Appliance Kit! 2 Bedrooms! Bathroom! Covered Deck! Ideal Gradual Sloping Lot w/Panoramic Lake Views! \$399,900.00</p>	<p>WEBSTER LAKE - 965 Treasure Isl! Waterfront! Townhouse! 6 Rm! 1,874! Hrdwds! SS Appliance Quartz Kit! Open Flr Plan! 2 Bdrms! Master Bath w/Dble Vanity! 2.5 Baths! Frpld Fam Rm! Newer C/Air & Gas Heat! Trex Deck! Garage! 2 Boat Slips! Heated Pool, Sandy Beach! \$449,000.00</p>

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<p>WEBSTER - 5 JACKSON ROAD</p> <p>Beautiful corner lot Split Style Home, just waiting for you! Fireplaced living room w/Cathedral ceiling! Recently updated kitchen with Granite counters & recessed lighting. Updated bath w/ceramic floor, 1-1/2 baths total, 3 nice size bedrooms. Finished lower level with wet bar. Central air. Recent roof, with 50 yr Warranty. 40' X 26' detached work shop/ garage. Heated Pool, In-ground Sprinkler System. So much more! \$279,900.</p>	<p>WEBSTER - 44 BRODEUR AVE</p> <p>ON DEPOSIT</p> <p>Estate Sale! Well built 6 room, 3 bedroom ranch! Hardwoods through out! Recent Boiler yr. 2016 boiler! New oil tank. Recent vinyl siding, windows, and roof. Updated Electric. Kitchen and bath need some updating, huge basement ready to be finished. Town water and sewer! Detached garage. Level yard for all activities. \$204,900.</p>	<p>THOMPSON, CT - 7 JUNE AVE S</p> <p>Hip Roof Brick Ranch! 1550 Sq. Ft. of living area. Attached garage. Fireplaced living room with hardwood floors. 2/3 Bedrooms. Dining room. Finished Lower Level with Fireplace. Forced Hot Water by Oil. Owner Financing. \$204,900</p>	<p>THOMPSON, CT - 25 BONNETTE AVE</p> <p>Roomy 1300 sq.ft., Hip roof Ranch Attached 2 car garage! PLUS 32x32 Detached Garage! Eat in Kitchen, Fireplaced living room with bow window! 3 bedrooms, enclosed heated sun room, central air, Koi Pond, on .87 +/- acre! \$259,000</p>	<p>WEBSTER - 6 BOYDEN ST EXT</p> <p>BUYERS &/OR INVESTORS TAKE NOTICE! A short sale offering! - A fantastic opportunity to own an affordable, single family, 3 br, 1.5 Bath, split level style home! Partially finished lower level. Young oil fired boiler municipal water & sewer. 12,000 Sq ft land scaped lot. Property being sold as is. \$149,900</p>
<p>WEBSTER - 12 ERNEST ST</p> <p>Welcome home to this Huge, Sprawling, Ranch Style Home! 2,848 SF +/- of Living Area on One Level! Level lot! In-ground pool, built-in hot tub, custom stonework & landscape w/irrigation! Carport/pavilion for entertaining! Separate wings for private family living & entertainment. BR suites, 10 rooms total! simply Amazing! \$329,900</p>	<p>WEBSTER - 12 COOPER RD</p> <p>This Older Home has 825 Sq Ft. of Living Space with 2 Bedrooms & 1 Bath + Located on its Own Deeded Land Area! No Park Fees! Needs Work. New Forced Air System. 2 Storage sheds. Minutes to Webster Lake State Boat Ramp - Great for Boat launch, Fishing, Swimming, Kayaking! Close to Highway 1. Road is Private but Publicly Maintained. Zoning is Lake St Town Water & Sewer. Being Sold "As-Is" \$60,000.</p>	<p>WEBSTER/DOUGLAS/THOMPSON BUILDLAND LOTS</p> <p>Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest. \$132,900</p> <p>Webster Lake - 22 South Point Rd. Waterfront, Southern exposure! Town Water & Sewer \$250,000</p> <p>Thompson - East Thompson Rd. White's Highway 23 acres! Abuts Mass. Line Beautiful view! \$99,900</p> <p>Killingly - 37 Katherine Ave River Frontage 2/3rds acre. Town Water & Sewer \$55,000</p>	<p>WEBSTER LAKE - BEACON PARK #802</p> <p>SORRY, SOLD!</p> <p>WEBSTER LAKE at BEACON PARK! TOWNHOUSE overlooking the COURTYARD. 1230 SF +/-, Open Concept Living/Dining/FIREPLACE & PRIVATE DECK. Freshly painted rooms, updated appliances. Upper level has 2 SPACIOUS BRs including a MASTER SUITE w/ SKY-LIGHTED, PRIVATE BATH, 2nd BR w/lg walk-in closet, 2nd full bath! ENJOY LAKE LIVING on the most desired lake in Central MA at an AFFORDABLE PRICE! \$264,900.</p>	<p>WEBSTER LAND - COOPER RD</p> <p>LAND FOR SALE</p> <p>Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, not on the lake. Priced to Sell! \$129,900.</p>
<p>WEBSTER LAKE - 118 BREEZE RD</p> <p>Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,057 +/- SF Lot, 50' Rd & Water Frontage at a Great Price! Contemporary Ranch offers 996 +/- SF of living area w/2 BRs & 2 full baths. Plus, convenient, indoor access to Walkout Lower Level w/Removable potential for additional living area. Main level features Open Floor Plan w/sliders to full front deck! Spectacular Western views across Middle Pond! Additional land & shore frontage available. \$345,000</p>	<p>WEBSTER LAKE - 54 KILLDEER RD</p> <p>KILLDEER ISLAND! A RARE OPPORTUNITY ON WEBSTER LAKE! ABSOLUTELY THE WATERFRONT PROPERTY YOU'VE BEEN WAITING/LOOKING FOR! 2.45 +/- Acres! 345 +/- road front, 336/364 +/- depth, 275 +/- Lakefront! Mature landscape provides unprecedented privacy, & a friendly level lot at water's edge - like very few waterfront properties! The possibilities for this property are only limited by your imagination. The 3700 SF +/- Mid-Century Modern Home is unique w/massive modern windows that invite your eyes to venture outside to spectacular 180 panoramic views across the lake to stunning Western sunsets and beautiful natural shoreline beyond! Relax & Entertain in the tiled, stone fireplaced family rm, wet bar w/sliders to an enormous outdoor patio! The house features a 36 +/- open concept combination living/dining area with a stone fireplace, an open stairway & interior 2nd flr balcony w/access to 5 spacious BRs that overlook the rooms below. A 30'x32 +/- det'd garage w/summer kitchen, 1/2 bath & huge fireplaced patio! Family owned gem for 60+years! \$1,495,000</p>	<p>WEBSTER LAKE - 32 JACKSON RD</p> <p>AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 de'd garage & 8x8 storage shed. Park like grounds! \$395,000</p>		

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real estate

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Spencer - TWO Cranberry Meadow Lake waterfronts! 2800sf contemporary home & a 2 bedroom year-round cottage! **Both for \$630,000 OR just the contemporary for \$420,000.**

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Charlton - Can be completed in 30 days! New hip roof colonial! 7 rm, 4 bdrm, 2.5 ba, 1.42 acre. Pick flooring, paint colors! **\$359,900**

Spencer - Handyman/rehabbers take a look at this Cape on Main St! 5 rm, 3 bdrm, 1 ba, 1300 sf, town w/s, **\$109,900**

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(C) Condo	(X) Condox	(M) Multi-Family	(T) Townhouse
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Lots of Land
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FOR SALE

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HERE & THERE → Local Events, Arts, and Entertainment Listings

<p>FRIDAY, APRIL 26</p> <p>CHRIS BREAULT 7-10 in the bar 308 Lakeside 308 East Main Street East Brookfield, MA 01515 774-449-8333</p> <p>SATURDAY & SUNDAY APRIL 27 & 28</p> <p>ANNUAL FISHING DERBY Registration opens 6 am; fishing at 8 am Cash prizes & trophies Spencer Fish & Game Club 155 Mechanic Street Spencer, MA 01562</p> <p>FRIDAY, MAY 3</p> <p>MURDER MYSTERY DINNER 6:30 pm. An interactive dinner theater The Fashionable Murders Join us for a laugh-filled night, a great dinner, and a mystery we need help solving Advance ticket sales required sailemrossinn.com or call 508-867-2345 260 West Main Street West Brookfield, MA 01585</p> <p>FRIDAY & SATURDAY MAY 3 & 4</p> <p>65TH ANNUAL WINDHAM COUNTY 4-H AUCTION & TAG SALE at Windham County 4-H Outdoor Center, 326 Taft Pond Rd, Pomfret, CT. Auction - Preview at 5pm both nights, unique and antique goods and services, live plants, tickets to events. Venues and vacation spots for the whole family. Silent auction baskets and 50/50 raffle both nights. Auction starts at 6pm on Friday. New this year, auction of outdoor equipment and furniture starts at 5:30 PM on Saturday. Tag Sale Early bird buy in to 3,500 square feet of bargains \$5.00/person from 10:30 - 12:00 on Friday, May 3 (\$5/person). Tag Sale open free to all from 12:00 - 5:00 on Friday and 9:00 - 5:00 on Saturday. Mary's Kitchen open during all open hours both days.</p>	<p>SATURDAY MAY 11</p> <p>PLANT & FLOWER SALE 9am-2 pm sponsored by Quiet Corner Garden Club! In the Agriculture Building at Woodstock Fairgrounds FREE PARKING - NO PETS (except service animals) HUGE! SILENT AUCTION & RAFFLE</p> <p>BINGO NIGHT EVENT 6pm, \$20 admission for two 3-card strips Playing 12 games Four \$25 door prizes Raffles, snacks, daubers available for purchase. Cash bar For ticket info email cbingo511@gmail.com or call 978-339-3724 Under 18 not permitted Proceeds to benefit outreach ministries of Christ Church, Rochdale, MA Leicester Rod & Gun Club 1015 Whittemore Street Leicester, MA</p> <p>FRIDAY, JUNE 21</p> <p>SECOND CHANCE PET ADOPTIONS AT KLEM'S 2 p.m. - 4 p.m. Come visit the dogs and cats available KLEM'S 117 West Main St., Spencer, MA 508-885-2708 (Ext. 104) www.klemsonline.com</p> <p>FRIDAY, JULY 19</p> <p>SECOND CHANCE PET ADOPTIONS AT KLEM'S 2 p.m. - 4 p.m. Come visit and cats and dogs available KLEM'S 117 West Main St., Spencer, MA 508-885-2708 (Ext. 104) www.klemsonline.com</p> <p>FRIDAY, SATURDAY, SUNDAY JULY 19, 20, 21</p> <p>DockDogs at Klem's Canine Aquatics Competition! KLEM'S 117 West Main St., Spencer, MA 508-885-2708 (Ext. 104) www.klemsonline.com</p>	<p>FRIDAY, AUGUST 9</p> <p> Join us for a Red Sox game: for \$105: round-trip motor coach transportation, ticket to game (right field box seating rows A-G) Bus departs Danielson at 4pm. Call 860-423-2591. Reserve your spot now!!</p> <p>FRIDAY, SEPTEMBER 13, MURDER MYSTERY DINNER 6:30 pm An interactive dinner theater The Fashionable Murders Join us for a laugh-filled night, a great dinner, and a mystery we need help solving Advance ticket sales required sailemrossinn.com or call 508-867-2345 260 West Main Street West Brookfield, MA 01585</p> <p>SUNDAY, OCTOBER 27, MURDER MYSTERY DINNER 6:30 pm An interactive dinner theater The Fashionable Murders Join us for a laugh-filled night, a great dinner, and a mystery we need help solving Advance ticket sales required sailemrossinn.com or call 508-867-2345 260 West Main Street West Brookfield, MA 01585</p> <p>SUNDAY, NOVEMBER 15 6:30 pm Murder Mystery Dinner An interactive dinner theater The Fashionable Murders Join us for a laugh-filled night, a great dinner, and a mystery we need help solving Advance ticket sales required sailemrossinn.com or call 508-867-2345 260 West Main Street West Brookfield, MA 01585</p> <p>ONGOING</p> <p>MARCH 21 - APRIL 25 ACTING CLASSES AT BRADLEY PLAYHOUSE in Putnam, CT for ages 7-17 Thurs. evenings from 5:30-6:30</p>	<p>Call 860-928-7887 for info.</p> <p>JUNE 5th THROUGH AUGUST 28th 5 p.m. WEDNESDAY NIGHT CRUISING FOR CHARITY CAR SHOW AT KLEM'S All makes and models. Proceeds benefit the Masonic Children's Charity KLEM'S 117 West Main St., Spencer, MA 508-885-2708 (Ext. 104) www.klemsonline.com</p> <p>MARIACHI BAND First Thursday of the month 5-8 p.m. MEXICALI MEXICAN GRILL Webster location 41 Worcester Rd., Webster, MA 508-461-5070</p> <p>TRIVIA SATURDAY NIGHTS 7:00 p.m. register 7:30 p.m. start up HILLCREST COUNTRY CLUB 325 Pleasant St., Leicester, MA 508-892-9822</p> <p>LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., W. Brookfield, MA 508-867-2345 sailemrossinn.com</p> <p>FRIDAY ACOUSTICS IN THE BAR AND SATURDAY ENTERTAINMENT EVERY OTHER SATURDAY 308 LAKESIDE 308 East Main St. East Brookfield, MA 774-449-8333</p> <p>THE CENTRAL MA CHAPTER OF TROUT UNLIMITED meets the first Monday of every month from September through May. We discuss a variety of conservation programs to improve the local cold water fisheries, local fishing opportunities. Our annual High School Fly Fishing Championship (open to all MA high school students) And our annual fund raising banquet. Auburn Sportsman's Club 50 Elm St., Auburn, MA</p>
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LEGALS

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Ana Majkut and Christine Lavallee, remainderman to Wells Fargo Bank, N.A., dated March 7, 2008 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 42544, Page 387, subsequently assigned to Nationstar Mortgage LLC d/b/a Champion Mortgage Company by Wells Fargo Bank, N.A. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 57832, Page

54 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on May 10, 2019 at 14 Arch Street, Douglas, MA, all and singular the premises described in said Mortgage, to wit:

The land in said Douglas, in the southerly part thereof, with the buildings thereon, on the easterly side of Arch Street, formerly called Wallum Pond Road, bounded and described as follows: Beginning at a stake driven flush with the ground on the easterly side of said Arch Street, it being the southwesterly corner of the premises herein described; THENCE N. 76 degrees 30' E., 95 feet to a stake driven flush with the ground; THENCE N. 12 degrees 56' W., 216 feet to a stake driven flush with the ground; THENCE S. 85 degrees 31' W., 106 feet to a stake driven flush with the ground on the easterly side of said Arch Street; THENCE S. 15 degrees 14' E., 228 feet along said Arch Street to the point of beginning. Containing 0.511 acres, more or less. PARCEL 2: A certain tract or parcel of land, situated on the northeasterly side of Arch Street in the Town of Douglas in the County of Worcester, one and two hundredths acres (1.02 acres) and being shown on plan by Kenneth M. Shaw dated November 14, 1979 and recorded with the Worcester District Registry of Deeds in Plan Book 472, Plan 5 and bounded and described as follows: Beginning at the most westerly corner of tract to be conveyed at an iron pipe in the northeasterly line of Arch Street at land now or formerly of Majkut; THENCE by land now or formerly of Majkut by the following two courses; N. 65 degrees 19' 38" E., 95.00 feet to an angle; N. 25 degrees 40' 23" W., 216.00 feet to a stonewall; THENCE by stonewall by land formerly of Parker by the following two courses; N. 71 degrees

36' 25" E., 22.12 feet to an angle in wait; N. 73 degrees 08' 42" E., 134.62 feet to land now or formerly of S. Colonair; THENCE by land now or formerly of Colonair by the following two courses; S. 12 degrees 40' 33" E., 100.80 feet to an angle; S. 69 degrees 56' 14" E., 94.75 feet to land now or formerly of T. Colonair; THENCE by land now or formerly of T. Colonair S. 33 degrees 50' 10" E., 70.78 feet to an iron pipe; THENCE by remaining land now or formerly of Campbell S. 65 degrees 19' 38" W., 301.72 feet to an iron pipe: THENCE by Arch Street, N. 28 degrees 13' 38" W., 40.00 feet to the point of beginning. Being all and the same premises conveyed in Book 26635 and Page 391. Subject to any conditions, covenants, easements and restrictions of record insofar as the same are in force and applicable.

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms, if any, to be announced at the sale.

Nationstar Mortgage LLC d/b/a Champion Mortgage Company
Present Holder of said Mortgage, By Its Attorneys,
ORLANS PC PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800
18-011130
April 19, 2019
April 26, 2019
May 3, 2019

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Padraic David Pomeroy, Kelly Ann Pomeroy to Mortgage Electronic Registration Systems Inc., as nominee for Salem Five Mortgage Company, LLC, dated March 31, 2016 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 55129, Page 285, of which mortgage the undersigned is the present holder, by assignment from:

Mortgage Electronic Registration Systems, Inc., as nominee for Salem Five Mortgage Company, LLC to Freedom Mortgage Corporation, recorded on March 2, 2018, in Book No. 58500, at Page 130 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on June 4, 2019, on the mortgaged premises located at 33 Granite Street, Unit 33, Granite Street Condominium, Whitinsville (Northbridge), Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:
Unit 33 of the 33-35 Granite Street Condominium, a condominium created by Master Deed dated November 25, 2003, recorded with the Worcester District Registry of Deeds in Book 32340 Page 32, and shown on a plan recorded with said Registry of Deeds in Plan Book 803, Plan 17. The post office address is 33 Granite Street, Whitinsville, Massachusetts 01588. The Unit is shown on a plan recorded herewith to which is affixed a verified statement in the form provided by G.L.c.183A s.9, and is conveyed subject to and with the benefit of the obligations, restrictions rights and liabilities contained in G.L.c1B3A, the Master Deed, the documents establishing the organi-

zation of unit owners and the By-Laws as amended of record.

For mortgagor's(s) title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 55129, Page 280.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

FREEDOM MORTGAGE CORPORATION
Present holder of said mortgage
By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
14616
April 19, 2019
April 26, 2019
May 3, 2019

LEGAL NOTICE

The Northbridge Board of Health, at at meeting held April 9, 2019, voted to amend the current fee schedule for permits and licenses. These new fees shall become effective on May 1, 2019. A copy of the amended fee schedule is available in the Board of Health office, Aldrich School Town Hall Annex, 14 Hill Street, Whitinsville, MA. Paul R. McKeon, Chairman Northbridge Board of Health
April 19, 2019

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
Docket No. WO12P2299GD
NOTICE AND ORDER

Petition for Resignation or Petition for Removal of Guardianship of a Minor

In the interests of: **Aimee L Bourassa**
Of: **Blackstone, MA**
Minor

NOTICE TO ALL INTERESTED PARTIES

1. Hearing Date/Time: A hearing on a Petition to Resign as Guardian of a Minor or Petition for Removal of Guardian of a Minor filed by **Robert P LeBlanc** on **March 11, 2019** will be held **05/01/2019 8:30 AM Guardianship of Minor Hearing** Located **Worcester Probate & Family Court**

2. Response to Petition: You may respond by filing a written response to

the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to:

File the original with the court; and Mail a copy to all interested parties at least five (5) business days before the hearing.

3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.

4. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests.

THIS IS A LEGAL NOTICE: An important court proceeding that may affect your legal rights has been scheduled. If you do not understand this notice or other court papers, please contact an attorney for legal advice.

Date: April 8, 2019

Stephanie K. Fattman
Register of Probate

April 19, 2019

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO19P0948EA
Estate of:
Cecile M. Ferrie
Date Of Death: October 14, 2018
INFORMAL PROBATE
PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **Lillian T. Kauker of Bellingham MA**

a Will has been admitted to informal probate

Lillian T. Kauker of Bellingham MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

April 19, 2019

Commonwealth of Massachusetts
The Trail Court
Probate and Family Court Department
Norfolk Division
Docket No. 18W0480-WD
SUMMONS BY PUBLICATION
MANUEL CHAVES, Plaintiff
V.

MELLEONEY KNIGHT, Defendant
To the above named Defendant:

A Complaint for custody-support-parenting time has been presented to this Court by Plaintiff, Manuel Chaves.

You are required to serve upon Manuel Chaves your answer on or before 5/23/19. If you fail to do so, the Court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer in the office of the Register of this Court at CANTON.

Witness, **Patricia Gorman**, Esquire, First Justice of said Court at CANTON, this 5th day of April, 2019

Register of Probate Court

April 19, 2019

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ABOVE-GROUND SWIMMING POOL, 24' x 54", filter system, 1 season. \$1,000 or best offer. 508-943-8769

ACORN STAIRLIFT - 3.5 years old; like new condition. 11 feet long. Asking \$1400 or best offer. Call 508-277-6568 if interested.

ANGLE IRON CUTTER For Shelving 4W296, HK Potter 2790. Normally Sells For \$700. \$50 OBO. Call 5pm-8:30pm, (508)867-6546

BUNK BEDS, black (youth) with mattresses (includes like-new bedding) \$350. Other furniture also available. Call Pat 508-949-9049

COFFEE & TWO END TABLES- Cherry finish w/glass tops. Very good condition. \$125 Call 508-735-2560

COMPLETE KIRBY G5 MICRON MAGIC PERFORMANCE SHAMPOO AND VACUUMING SYSTEM - comes with all of the parts and instructional video. Excellent condition. \$400 firm. 860-942-0687

Couch, 84 inches long. Dark red fabric with pillows, good condition. \$150. 508-410-5167

CUB CADET SNOWBLOWER. 13hp Tecumseh OHV. 45 in. width, trigger steering, 6 FFRWD, 2 REV, new condition. Hardly used! \$1,600.00. 508-347-3775

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GARDEN MANURE, delivered. 4 yards, \$130. Call Prindle Hill Farm 508-320-3273 or 508-248-7335

Large entertainment hutch, black, in great shape. \$75 firm. 508-943-8107

LETTER PRESS COMMERCIAL PRINTING EQUIPMENT - all together, poster press 14"x22", job press 10"x15", Seybold paper cutter (extra blade) 25"x36", wooden type cabinet, 12 draws of type, 1 lead cutting-saw, hand tool equipment, 2 steel draw cabinets. (will not sell separately) \$5,000. 508-764-4458

MOTORCYCLE GEAR: HARLEY DAVIDSON Women's black leather jacket Size L \$100. Women's Leather chaps by CDI Riding Gear size-M \$50. 2 Harley Davidson women's vests 1 tan, 1 black \$50. each; Men's Widder Electric heat vest size 42 \$25. Ladies Hudson Leather vest size L \$25. HJC full face helmet yellow and grey brand new size S, \$75. HJC full face grey helmet size XS, used \$25. Ladies Tour Master rain gear size L yellow and black \$50. Call:413-245-6530

010 FOR SALE

MOTORS: 1/2HP 230/460V 1725RPM, 56 Frame \$30. 5HP, 230/460V 1740RPM, 184T Frame/TEFC \$100. 5HP, 230/460V 3495RPM, 184T Frame/TEFC \$100. 4 Motor Speed Controls Hitachi J100, 400/460V Best Offer. Call 5pm-8:30pm 508-867-6546

MOVING - MUST SELL 3 piece electric reclining living room set, brown. \$300 free-pedestal table w/4 chairs 508-612-6485

Queen size bedroom set, dark cherry, includes bed frame, headboard, 2 bureaus, one end table \$500. Also lighter oval table with leaf and 4 cushion chairs, solid wood. \$200. 508-885-2262.

SMALL BUREAU \$75. Printer's Antique Drawers \$20 Per. Fake Brick Fireplace With Heater \$140 Kitchen Chairs. Spare Tire P225/60R16 Eagle GA With Rim \$45 Vanity Table & Chair \$135. Car Sunroofs \$100. Per. Homemade Pine Coffee Table & 2 End Tables \$100. Antique Lamp Jug \$40. Antique Croquet Set \$40. Wood Truck Ramps 8 Foot \$100.00. Drop Leaf Cart \$50. End Table W/Drawer \$50. End Table W/Drawer \$60. Elvis Presley Silhouette \$50 (he talks!). Indian canvas painting \$60, 9 golf clubs \$100. Call 1-508-764-4458 or 1-774-452-3514

SNOW PLOW, Myers, 612' all controls and lights, great condition. Can be seen at Old Cider Mill, Rt. 9, West Brookfield or call 774-232-9382

SNOW TIRES, PIRELLI 245/45R19/102V M+S, 250 miles, \$1000, 508-564-3556

TOOL SHEDS Made of Texture 1-11: 8x8 \$1600 8x10 \$1800; 8x12 \$2000 8x16 \$2500 Delivered, Built On-Site. Other Sizes Available. CALL (413) 324-1117

Transport chair, Excal Deluxe by Medline 19" seat, up to 300 lbs. Used once. 508-637-1304

VIKING RANGE, PROFESSIONAL SERIES, propane gas, 6-sealed burner, 36" infrared original, as new, never lit, still in original packaging, w/gas. Model VCGSC-5366BSS, trades considered. \$4,600 508-865-7470

WE'VE MOVED! Light oak dining-room table w/6 chairs & 2 leaves, Oak entertainment Ctr., various size lamps, small electronics & more. No reasonable offer refused. Call 413-896-7047 Sturbridge area.

WHITE OUTDOOR PRODUCTS SNOWBLOWER. 10hp Tecumseh, two stage, 30 in. width. Electric start, well maintained! \$600.00. 508-347-3775

100 GENERAL

105 BULLETIN BOARD

BLINGO & ITALIAN DINNER CHARITY EVENT Knights of Columbus N.Grosvenordale CT Friday May 10th 630p-930p 10 games of BINGO w/prizes & Italian dinner \$25 per person, must pre-purchase call 860-933-7085

FRENCH TEENS NEED FAMILIES NOW! Host a French student for 3 weeks this Summer. Great cultural experience and fun! Compensation \$100 to \$150/wk. Contact KIM TODAY 508-763-3148 Facehill@comcast.net www.LEC-USA.com

107 Misc. FREE

FREE CONSTRUCTION WOOD AND KINDLING WOOD; beams, plywood, 2x4x, 2x6s, 2x8s, good for wood-stoves, not for building. Clean. Delivery possible. Ask for J.D. 413-262-5082

110 NOVENAS

PRAYER TO THE BLESSED VIRGIN (Never known to fail). Oh Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me that herein You are my Mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech You from the bottom of my heart to succor me in my necessity. (Make request). There are none that can withstand Your power. Oh Mary, conceived without sin, pray for us who have recourse to Thee (three times). Say this prayer for three consecutive days. You must publish it and it will be granted. A.K.

Thanksgiving Prayer To The Blessed Virgin

(Never known to fail). Oh most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. Oh Star of the Sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, succor me in this necessity. There are none that can withstand your call. Oh, Mary conceived without sin, pray for us who have recourse to thee. (3 times) Sweet mother I pray for this cause in your hands. (3 times) Holy spirit, resolve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me; in all instances of my life, you are with me. I want this short prayer to thank you for all things as you confirm once again that I never want to be separated from you even in spite of material things. I wish to be with you in eternal glory. Thank you for your mercy toward me and mine. This person must say this prayer three consecutive days. After three days the request will be granted. This prayer must be published after the prayer is granted. Thank you.

130 YARD SALES

DEADLINE FOR YARD SALE SUBMISSIONS IS NOON MONDAY FOR ALL MASS. WEEKLY PAPERS
Deadline subject to change due to holidays
Call for more info

200 GEN. BUSINESS

205 BOATS

17 fishing boat w/trailer w/out-board 85 HP motor. Needs a little work. Call Ray for details. 774-230-2190 or 774-200-8342 leave message. \$3900 for all.

CANOE - 17 GRUMMAN ALUMINUM

flat bottom. Ideal for fishing and family fun. \$850. Call Sue 860-412-9632

265 FUEL/WOOD

FIREWOOD: Cut, Split & Delivered. Green Wood Lots Wanted. Call Paul (508) 769-2351

283 PETS

FIVE POMCHI PUPPIES 2 females, 1 male, 8 weeks old. Vet checked and 1st shots. \$750 Call or text Pam 508-662-7741

Want to Place a Classified Ad?
Call 800-536-5836

284 LOST & FOUND PETS

Did you find your pet?
Or find a home for one?



LET US KNOW!!!
Please call us so that we can take your ad out of the paper...
Town-To-Town Classifieds
508-909-4111

287 FEED

HAY FOR SALE - \$4 a bale off wagon (pick up only), cash 508-826-3312

298 WANTED TO BUY

LEE'S COINS & JEWELRY \$ BUY & SELL \$ ALL GOLD & SILVER ITEMS Specializing in NUMISMATIC COINS, Bullion items, gold & silver of any form! Qualified with over 30 years experience & a following of many satisfied customers. We also sell a nice selection of fine jewelry, antiques & collectibles. Bring in your items & see what they're worth. You won't leave disappointed. Honesty and fairness are our best policies! Lee's Coins & Jewelry, 239 West Main Street, East Brookfield (Route 9 - Panda Garden Plaza) (508) 637-1236 or (508)341-6355 (cell)

WANTED TO BUY - fieldstone walls - looking to purchase large quantities of old stone walls. R.E. Barnes Fieldstone 978-355-2117

WANTED: 24' Pontoon Boat & trailer (used), Webster area. 617-750-0969

WAR RELICS & WAR SOUVENIRS WANTED: WWII & EARLIER CASH WAITING! Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc. Over 40 Years Experience. Call David 1-(508)688-0847. I'll Come To YOU!

300 HELP WANTED

310 GENERAL HELP WANTED

HELP WANTED - Ciesla Construction Corp., 237 Fiske Hill Road, Sturbridge, Mass. 508-347-3455 CONSTRUCTION LABORER - ambitious, dependable, willing to learn about site & utility work. Apply in person, Mon-Fri, 8am-4:30pm

311 PART-TIME HELP WANTED

2nd and 3rd shift part-time dispatcher. We are looking for a part-time dispatcher for 1-3 nights a week. We are interested in people that are motivated to deliver the best service to our loyal customers. We will train qualified applicants. Dispatch Solutions, Inc. is an E/OE. All applicants must pass a pre-employment drug screen and criminal background check to be eligible for employment. Call 508-347-5000 or email slawson@mobilemedtransport.com

325 PROFESSIONAL HELP WANTED

BASED IN Every North Brookfield: Home Night, Class A Driver And/Or General Mechanic For 18-Wheel Trailer Trucks

Contact H.R. Salem Transport, LLC. (508) 867-3235

325 PROFESSIONAL HELP WANTED

Licensed Electricians and Experienced Helpers wanted for full-time work. Excellent opportunity! Call 508-942-9448.

400 SERVICES

442 LICENSED DAY CARE

The Commonwealth of Massachusetts Office of Child Care Services requires that all ads placed in the newspaper for child care (daycare) in your home include your license number

454 HOME IMPROVEMENT

FURNITURE DOCTOR: Have your furniture Professionally restored at reasonable rates. Furniture face lifting, painting, striping to Refinishing, caring and repairs. ANTIQUE DOCTOR, Daniel Ross (508) 248-9225 or (860)382-5410. 30 years in business!

457 LAWN/GARDEN

Yardman Yard Vac, 10/1 mulcher, small branch chipper, runs beautifully, heavy duty, \$300, 508-943-4850

500 REAL ESTATE

505 APARTMENTS FOR RENT

SOUTHBRIDGE - 3 rooms for 1 person (bedroom, living room, kitchen). All appliances, rods/shades included. \$725 mo. 1st, security. No smoking, no pets. Util. not included. Elec. heat. 508-765-5129

546 CEMETERY LOTS

Pine Grove Cemetery, Whitinsville. Double plot for sale, lower than the going price. Yew Avenue. Call owner 774-602-8211

550 MOBILE HOMES

WORCESTER COUNTY MEMORIAL PARK, Garden of Valor, Paxton, Mass. 2 lots for sale. \$3,000 or best offer for both lots. (valued at \$8,500) Call 508-892-9843

576 VACATION RESOURCES

2001 CAD EL DORADO TC 72,000 miles. Must see! \$11,000 7 Hartley Street, Webster, Mass.

2002 BMW 525iA. \$3995. Call Ray for more details. 508-450-5241

2007 TOYOTA COROLLA S \$3995. Call Ray for more info. 508-450-5241

2010 MAZDA M3 iSV. \$6800. Call Ray 508-450-5241

2016 CHEVY CRUZE LT. 79,000 miles. 1.4 liter engine, blue, remote start, Weather tech mats. \$9000. Call 508-234-6944.

F250 work truck, 2012, RWD, 71K, equipped with aluminum flatbed with fold-down sides. Recent brakes, battery, ac compressor, tires, 10 ply. Ready to work. 10,000 GVW. \$17,000 508-943-1941 or 508-320-2765

RED 1971 MUSTANG MACH 1 in good condition. 302 engine with automatic transmission. Lots of new parts. Call Eric at 508-987-2628. Serious buyers only.

CAPE COD TIME SHARE FOR SALE: Edgewater Beach Resort, 95 Chase Avenue, Dennisport, MA 02639 On the water, Studio (Unit 706). Permanent Week 33 (August). Deeded rights. You'll own it for a lifetime & can be passed down to your children and grandchildren. REDUCED \$3500. (508) 347-3145

576 VACATION RESOURCES

TIMESHARE FOR SALE full-flex week at The Manhattan Club in New York located across from Carnegie Hall. Great buy; illness forces this sale. Asking \$7,000. For details 508-248-5123

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F250 work truck, 2012, RWD, 71K, equipped with aluminum flatbed with fold-down sides. Recent brakes, battery, ac compressor, tires, 10 ply. Ready to work. 10,000 GVW. \$17,000 508-943-1941 or 508-320-2765

RED 1971 MUSTANG MACH 1 in good condition. 302 engine with automatic transmission. Lots of new parts. Call Eric at 508-987-2628. Serious buyers only.

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Your future looks great from here.

Tuesday April 23rd 1:00 pm - 5:00pm in the Health Center.
Full Time, Part Time and Per Diem positions on all shifts available.

Nurses
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*Receive a \$5 Dunkin gift card for filling out an application!

88 Masonic Home Rd, Charlton, MA 01507 - 508-434-2365
For a complete list of open positions, and to apply online
Visit www.overlook-mass.org today!

Aut motive

700 AUTOMOTIVE

715 AUTO SERVICES

\$100 CASH FLAT RATE for any Junk Vehicle No title/no keys OK. Free pick up. Call 401-648-9300

725 AUTOMOBILES

1971 Chevy Impala Convertible 400 2 barrel carb with 89,000 miles, 1 owner, runs smooth, new top in 2012, asking \$8,000 or best offer 508-885-6878

740 MOTORCYCLES

1991 HARLEY DRESSER: 55,000 Miles. Runs Great! \$4,500 or Will Trade for Car of Equal Value. BASS BOAT 16 1/2ft LUND Very Good Condition! MANY EXTRAS \$3,750 O.B.O. Call for Info (508) 943-5797, Call (508) 353-9722

745 RECREATIONAL VEHICLES

2016 RIVERSIDE TRAVEL TRAILER RETRO WHITEWATER MODEL 195 bought new, used twice in new condition w/ extras; must give up camping. Asking \$13,900 860-779-3561

750 CAMPERS/ TRAILERS

2012 Cougar 324RLB 5th Wheel Camper. 1 & 1/2 bath, kids room w/sleeping loft. Pictures available. Excellent condition. \$19,750. 413-245-4403 Please leave a message. Located in Brimfield Mass.

760 VANS/TRUCKS

2000 GMC 2500 SIERRA 4-door cab & 1/2, 4-wheel drive, no rot, with plow & truck mount slide-in Fleetwood Alcorn camper (2001) w/bath, fridge, a/c, kitchenette. \$5900 508-341-6347

767 VEHICLES WANTED

"We Buy Cars Over The Phone" One call does it all. Instant Top Dollar \$\$ Payouts! Free Pickup. We Are Open 24/7 Call Now! 855-631-1526

Aut motive

Local News
FOUND HERE!



Crossword Puzzle

1		2		3		
						4
5			6			
7						
	8					

THIS DAY IN...



- 1755: SAMUEL JOHNSON PUBLISHES HIS "A DICTIONARY OF THE ENGLISH LANGUAGE."
- 1912: THE TITANIC SINKS OFF THE COAST OF NEWFOUNDLAND.
- 1947: JACKIE ROBINSON MAKES HIS DEBUT FOR THE BROOKLYN DODGERS.



ROUGHLY 89 MILLION OF THESE PETS RESIDE IN HOMES IN THE UNITED STATES.

ANSWER: DOGS

ACROSS

1. Friendly and fun
5. Most chubby
7. Put at risk
8. Follows commands

DOWN

1. Young dogs
2. Older
3. Impulse
4. Gave refreshment
6. Hotel

Answers: Across: 1. Playful 5. Pudgiest 7. Endanger 8. Trained
Down: 1. Puppies 2. Aged 3. Urge 4. Watered 6. Inn



HEEL

a position of walking a dog to be at your heel

How they SAY that in...

- ENGLISH:** Paw
- SPANISH:** Pata
- ITALIAN:** Zampa
- FRENCH:** Patte
- GERMAN:** Pfote

Did you know?

MANY DOGS GET NERVOUS DURING LOUD THUNDERSTORMS AND FIREWORKS DISPLAYS.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: DOG TREAT

Special Offer FREE Shipping!
Spring Basket Box

ONLY \$29.99
+ FREE Shipping
Mention Promo Code SPG19

WOW! Handpicked fresh from the grove!
Perfect for Mother's Day! Mention Promo Code SPG19.

Call 1-844-642-8065 to order item 836 or Visit HaleGroves.com/FREE174
Order Item #836, mention Promo Code SPG19 for **FREE Shipping**.
Only \$29.99*, plus FREE Shipping. Satisfaction completely guaranteed.
Order by April 30th, 2019 for GUARANTEED Mother's Day delivery.

Call now to receive **FREE Shipping!**
Limited time offer, good while supplies last. Not valid with any other offer or previous purchases.

Hale GROVES Since 1947, Hale Groves, Vero Beach, FL 32966
IC: H9VS-A174

Trust us to make **MOM** feel loved

MOTHER'S DAY IS SUNDAY, MAY 12TH

Save 20%*
on Mother's Day Flowers & Gifts

Call (855) 360-6741 and use Promo Code: MB20

Mother's Embrace™

1-800 flowers.com

*Prices and discounts are exclusive of applicable service/shipping charges & taxes. Items may vary, are subject to availability, delivery rules & times. Fees & surcharges may apply. Direct Ship items only for delivery within the continental U.S. Offers cannot be combined, are not available on all products & subject to restrictions & limitations. Offer ends 5/18/19. Void where prohibited. © 1-800-FLOWERS.COM, INC.

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Fly Worcester

When you fly from Worcester Regional Airport, you can fly for less, skip the crowds, and directly reach five different cities that **connect you with the world**. Worcester Regional Airport is a flexible, convenient way to travel. **Learn more at flyworcester.com.**

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FRI & SAT: 9-6, SUNDAY: 12-6
800-526-AUTO



Mike Penner
General Manager

KEY for KEY



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2. BRING IN YOUR TRADE AND WE'LL GIVE YOU UP TO \$4,000 MORE THAN KELLY BLUE BOOK VALUATION.
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We sell more, so you save more!



Take a test drive & we will buy you a meal at the *Miss Mendon Diner!*



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 - » FREE CAR FAX REPORT
 - » 5 DAY EXCHANGE PROGRAM
- OPEN TO OUR RETAIL CUSTOMERS ONLY**
- ALL PRICED WELL BELOW KBB BOOK VALUE**

2016 CHEVY EQUINOX LT NEW Retail Price: ~~\$29,795~~
#39386L • 17" ALLOYS, MYLINK, PREMIUM AUDIO, BACK-UP CAM
WHOLESALE PRICE: \$16,500

SAVE \$13,300 OFF OF RETAIL PRICE!

2016 FORD F-150 4X4 NEW Retail Price: ~~\$39,610~~
#18188A • SUPERCAB, HITCH, V6, HEATED SEATS, BLUETOOTH
WHOLESALE PRICE: \$26,000

SAVE \$13,600 OFF OF RETAIL PRICE!

2017 JEEP RENEGADE NEW Retail Price: ~~\$29,005~~
#39344L • LATITUDE TRIM, ALLOYS, 4X4, MOONROOF, NAV, TURBO
WHOLESALE PRICE: \$20,500

SAVE \$8,500 OFF OF RETAIL PRICE!

2016 FORD ESCAPE SE NEW Retail Price: ~~\$29,095~~
#P11861L • HEATED SEATS, 4X4, TURBO, ALLOYS, BLUETOOTH
WHOLESALE PRICE: \$16,000

SAVE \$13,100 OFF OF RETAIL PRICE!

2016 HYUNDAI SANTA FE NEW Retail Price: ~~\$28,305~~
#H0560L • ALL-WHEEL DRIVE, SPORT TRIM, 17" ALLOYS
WHOLESALE PRICE: \$17,000

SAVE \$11,300 OFF OF RETAIL PRICE!

2017 HYUNDAI ACCENT NEW Retail Price: ~~\$17,190~~
#H0725R • SE, GREAT ON GAS, SATELLITE RADIO, PWR PKG
WHOLESALE PRICE: \$11,000

SAVE \$6,200 OFF OF RETAIL PRICE!

LIKE NEW 2017 GRAND CHEROKEE LAREDO 4x4
#D9488
NEW RETAIL PRICE: ~~\$37,490~~
WHOLESALE PRICE: \$24,000
Keyless Start, Alloys, Parking Sensors, Back-Up Camera, Bluetooth, Roof Rails.

SAVE \$13,500 OFF OF RETAIL PRICE!

SPECIAL PURCHASE #S119073A
Like New **2015 CHEVY TRAVERSE SUV**
ALL-WHEEL DRIVE LT TRIM
NEW RETAIL PRICE: ~~\$38,095~~
STARTING AT ONLY: \$20,984
6 Available
Heated Seats, Back-Up Cam, 3rd Row Seats, Alloy Wheels!

SAVE \$17,100 OFF OF RETAIL PRICE!

LIKE NEW 2018 CHEVY SILVERADO 1500 LT 4x4
#39523L
NEW RETAIL PRICE: ~~\$40,675~~
WHOLESALE PRICE: \$31,484
Double Cab, Premium Audio, V8, Alloys, 8" LCD, Only 13k Miles!

SAVE \$9,200 OFF OF RETAIL PRICE!

2015 DODGE DURANGO NEW Retail Price: ~~\$38,680~~
#D9636 • MOONROOF, ALLOYS, HEATED LEATHER, NAV, AWD
WHOLESALE PRICE: \$26,777

SAVE \$11,900 OFF OF RETAIL PRICE!

2018 KIA SORENTO SX NEW Retail Price: ~~\$41,790~~
#P12019L • ALL-WHEEL DRIVE, V6, 19" ALLOYS, MOONROOF, NAV
WHOLESALE PRICE: \$30,844

SAVE \$10,900 OFF OF RETAIL PRICE!

2016 FORD EDGE SE NEW Retail Price: ~~\$33,085~~
#P11919L • ALL-WHEEL DRIVE, BACK-UP CAM, TURBO, ALLOYS
WHOLESALE PRICE: \$17,500

SAVE \$15,600 OFF OF RETAIL PRICE!

2016 HYUNDAI ELANTRA NEW Retail Price: ~~\$22,305~~
#H8595A • SE SEDAN, FUEL EFFICIENT, SATELLITE RADIO
WHOLESALE PRICE: \$11,000

SAVE \$11,300 OFF OF RETAIL PRICE!

2007 BUICK LUCERNE NEW Retail Price: ~~\$21,400~~
#39394A • CXL TRIM, 17" ALLOYS, MOONROOF, LEATHER SEATS
WHOLESALE PRICE: \$5,999

SAVE \$15,400 OFF OF RETAIL PRICE!

LIKE NEW 2018 RAM 1500 4x4 CREW CAB
#19097A
NEW RETAIL PRICE: ~~\$39,085~~
WHOLESALE PRICE: \$28,500
Express Trim, 17" Alloy Wheels, Satellite Radio, Only 9k Miles!

SAVE \$10,600 OFF OF RETAIL PRICE!

LIKE NEW 2015 FORD EDGE SEL AWD SUV
#P11805L
NEW RETAIL PRICE: ~~\$34,985~~
WHOLESALE PRICE: \$20,854
All-Wheel Drive, Alloy Wheels, Satellite Radio, Moonroof, Leather.

SAVE \$14,100 OFF OF RETAIL PRICE!

LIKE NEW 2016 HYUNDAI TUCSON LIMITED SUV
#H8174A
NEW RETAIL PRICE: ~~\$35,610~~
WHOLESALE PRICE: \$24,999
21K Miles, All-Wheel Drive, Nav, 18" Alloys, Moonroof, Heated Leather.

SAVE \$10,600 OFF OF RETAIL PRICE!

SALE ENDS 04/24/19. CANNOT BE COMBINED WITH ANY OTHER DISCOUNT OR PROMOTION AND MUST USE DEALER SOURCE FINANCING. SOME RESTRICTIONS APPLY. SEE US FOR DETAILS. NEW RETAIL PRICE BASED ON MSRP OF NEW MODELS. NOT VALID WITH PRIOR SALES. SELLING PRICE INCLUDING OUR \$1,000 IMPERIAL TRADE ASSISTANCE BONUS FOR A QUALIFYING 2010 OR NEWER TRADES. SEE US FOR DETAILS. ADVERTISED PRICE DOES NOT INCLUDE TAX, TITLE, REGISTRATION OR DOCUMENTATION FEE. VEHICLE MUST BE PAID IN FULL AND TAKE SAME DAY DELIVERY. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. CALL 1-800-526-AUTO TO SEE WHICH INCENTIVES YOU QUALIFY FOR.

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Spring

THURSDAY – MONDAY
APRIL 18 – 22

FREE Market Umbrella & FREE DELIVERY on \$599.99 Patio Purchases

UP TO **30% OFF**
2019 PATIO

SAN MARCO 5 PC. DINING SET

NOW \$289.99

SAN ANDRES 5 PC. DINING SET

NOW \$399.99 2018 TOP SELLER

CASA BLANCA 7 PC. DINING SET
AVAILABLE IN SAHARA & BLACK

NOW \$799.99

ROYALE 5 PC. DINING SET

NOW \$1,299.99

VEGAS 4 PC. CUSHION DEEP SEATING

NOW \$599.99 NEW FOR 2019

SOHO 4 PC. CUSHION DEEP SEATING
AVAILABLE IN TAUPE & BLACK

NOW \$899.99

BELLA 4 PC. CUSHION DEEP SEATING

NOW \$1,399.99

MONACO 4 PC. CUSHION SECTIONAL

NOW \$1,999.99 2018 MOST POPULAR ITEM

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Assisted Living vs. Nursing Home

True or False: "Assisted Living" Is Just a Nicer Name for "Nursing Homes"

Does your parent have escalating health and personal care needs? It might be time to consider an assisted living facility or a nursing home. Although some individuals think they are the same, the care and services each facility provides is distinctly different. Our experienced and dedicated team at our assisted living community, Wyndemere Woods in Woonsocket in Rhode Island, has provided a basic overview to help you make the correct choice for your loved one.

What is an Assisted Living Facility?



An assisted living facility provides housing and personal support for daily activities. This typically includes assistance with bathing, dressing, eating and medication. Communities like Wyndemere Woods also offer a range of onsite facilities such as meals, housekeeping, laundry, recreational activities and exercise programs. If your family member requires continual medical care and attention, a nursing home is more appropriate than an assisted living facility.

What is a Nursing Home?

A senior with a chronic illness, physical disability or mental illness (like dementia or Alzheimer's) would require a nursing home. Also known as a long-term care home, nursing staff is on hand 24/7 to monitor and provide professional care for your family member. This type of retirement home offers a high level of medical support as well as personal assistance for daily activities, rehabilitation services and ongoing care for escalating needs.

Which One is Right for You?

Deciding whether an assisted living facility or nursing home is the best fit for your family member requires a careful evaluation of their needs, especially with regard to healthcare. If your parent or elderly loved one can take care of themselves with minimal assistance, consider an assisted living community. However, if he/she has a chronic illness or cognitive impairment like dementia or Alzheimer's, a nursing home will provide the right care.

Visiting the nursing home or assisted living facility will give you a better idea of the services and level of care available.

At Wyndemere Woods Assisted and Independent Living Community in Woonsocket, Rhode Island, we provide comfortable accommodations and loving care for your family member. A wide range of easily-accessible services and amenities and a dedicated team are always on hand to make them feel completely at home. Customized care plans cater to their unique needs. Your loved ones will enjoy the company of peers while staying in their own private apartment and you will have peace of mind knowing that they will always be well-cared for here.

Contact Wyndemere Woods Assisted and Independent Living Community at 401-762-4226 for more information or fill out our online form to book a tour.

HEALTH

Spring 2019

A Stonebridge Press
Publication

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Sturbridge Herbfest coming in October

The first annual Sturbridge Herbfest will be on Saturday, October 5, 2019, 9:30-4:30. This Herbfest is a brainchild of 3 local herbalists: Salli Greene, Joanne Grubert and Chris Haller. There are very few herbal conferences nationally and none in this area. The New England Woman's Herbal Conference, which they have attended many times, is in Northern New Hampshire and sells out early, every year. This can make it difficult for herbalists, young and old, male and female to gain more education in a conference setting. The International Herbal Conference is every two years in June. There is also Herbstock in Somerville, MA once a year. Sturbridge, because it is centrally located, is an ideal location, and is expected that the Herbfest will be an annual event.

The three herbalists contacted the Sturbridge Senior Center and the Board of Selectmen. Both approved holding Sturbridge Herbfest at the Senior Center at 480 Main Street. To date there are 3 Intensives (2 hour classes) and 17 - 50 minute classes scheduled. There will also be food vendors and craft, jewelry and product vendors set up on the lawn of the Senior Center. Hours are 9:30 - 4:30, Saturday October 5, 2019. Mark your calendars!!

The Sturbridge Herbfest is now taking vendor applications, \$50 for a 10x10 space. Pre-registration is \$10 and \$15 the day of the event. Intensives are \$25. The other classes are part of the admission. For more information call Salli, at Alternatives For Health 508-347-2111.



10 Important Lessons from A Nursing Academy Director

“One does not become a nurse by osmosis. You go through a competitive admission process, complete a rigorous program, and pass the NCLEX, then you’re a nurse.”

Gretheline Bolandrina
MSN Ed, RN, CRRN

When I started in nursing education in 2005, I never thought I’d be a director of a nursing program. Almost six years at Bay Path Practical Nursing Academy, a 5th place in-state ranking, and several new clinical sites later, I answer an ad to get published in the Spencer New Leader for the WRITE STUFF!

ONE. Things happen quickly.

When I was asked to be interim director in 2015, I was only on my second year as full-time faculty. After proctoring a test, the actual offer all happened in just a day. The night before was uneventful. I remember it was a swift decision to step up and lead. I saw the big picture. The superintendent, Mr. Lafleche and the other full-time faculty, Professor Dockstader were there and both supportive. It was a quick but exciting time!



TWO. Nurses never get old.

It’s been almost 32 years since I graduated with my BSN and to this day, I still get asked, “Do you like nursing?” I always answer, I do and a lot. I also don’t mind being asked. I don’t think

I could ever really get tired of being a nurse. The cool thing now about being in an academic setting is that every nursing student I encounter gets to be a part of my nursing journey. I get so much satisfaction helping a nursing

student succeed the same way that I got satisfaction in helping patients when I was a bedside nurse.

THREE. Once a nurse, always a nurse.

Even after I’ve been behind a desk, managing day to day activities for the practical nursing academy, I keep up to date with “everything nursing.” I have a list of nursing specialties that I keep tabs on because I have nursing students and graduates who have expressed specific interest and I keep them connected. There’s ER nursing, advance practice nursing – Nurse Anesthetists, home care nursing, and of course, nursing education. They are all exciting specialties. I try to connect as many as I could. There isn’t a shortage of seasoned nurses as role models and mentors.

FOUR. At admission interviews, we prefer to look at the whole candidate.

We conduct panel interviews for admission into the Academy, you need to look the part to play the part. Not to be intimidating but we look at everything! You need to channel your best

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Bay Path Regional Vocational Practical Nursing Academy



Credit: V. Dockstader, BSN, RN, B. Duval, LPN

Bay Path Practical Nursing Academy offers a 40-week, 10-month, full-time, Monday through Friday, evening program. The program begins in mid-August and is completed in late June. Graduates will receive a Practical Nursing Certificate and will be eligible to take the NCLEX-PN licensure exam. Practical Nurses are prepared for careers in a variety of health care settings including extended care facilities, clinics, physician offices, hospitals, and community health agencies. The role of the Practical Nurse is recognized nationally by organizations such as the Institute of Medicine in their 2010 “Future of Nursing” report and the National League for Nursing in their 2011 “Recognizing the Vital Contributions of the licensed Practical/Vocational Nurse” statement.

**For admissions, please visit our website at www.baypath.net
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The Bay Path Practical Nursing Academy is fully approved by the:
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The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education
840 Roswell Road, Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org

Notre Dame Health Care Mission-Driven and Resident-Focused

In 1900, the Sisters of Notre Dame de Namur viewed the undeveloped expanse of land that stretched from Plantation Street down to the shores of Lake Quinsigamond as an ideal setting for peaceful contemplation and retreat from the rigors of their teaching ministry. Since the Sisters purchased the property, its purpose has expanded significantly beyond its original intent.

Today, some 100+ years later, this property has become home to Notre Dame Health Care, a non-profit organization that takes a holistic approach to the ministry of healthcare delivery. Following the teachings of Saint Julie Billiart, who founded the Sisters of Notre Dame de Namur, the mission of Notre Dame Health Care reflects the gospel message in every aspect of its programs and services.

The Sisters have driven innovation in health care, recognizing and addressing specific needs as the times have changed. Its first program, a skilled nursing facility for both the Sisters and the greater local community, delivers high quality care with dignity and respect. The success of this program prompted the addition of other, much-needed programs and



services. Through the years, Notre Dame Health Care has enhanced its portfolio of services with assisted living apartments, memory care units, post-acute and short-term rehabilitation, hospice and palliative care for adults and children, and an educational “bridge” center.

Every program at Notre Dame Health Care offers

distinct features that engage residents, encourage socialization and promote a better quality of life. Social activities, such as art and music therapy, along with social dining and field trips, help promote a sense of community for every resident. Notre Dame Health Care also offers daily Mass and the Rosary for its Catholic residents. We acknowledge the spiritual value in all faith traditions through the provision of pastoral care and ecumenical services for all.

The Sisters’ influence and “special touches” are reflected in many unique features which are present throughout our facilities. Peaceful gardens and serene landscaping surround each building; lavish court-yards and green space invite residents to experience the outdoors in a safe, pleasant atmosphere; exquisite photography and multi-medium artwork adorn the hallways. Differences in design abound in each of our facilities, giving each resident space its own distinctive character.

In addition to exceptional health care services, Notre Dame Health Care has created unique educational opportunities for staff and the local community. Emblematic of the Sisters’ ministry to educate for life,

the Educational Bridge Center was originally founded as a way for employees to advance in their careers. Subsequently, the Bridge Center has become a lifeline for those seeking citizenship, adult basic education programs, or support in attaining a high school diploma or an advanced degree. Drawing upon their years of service in the classroom, retired Sisters tutor students as they embark on their personal academic journeys to a better quality of life.

Not only does Notre Dame Health Care lead the industry in top-rated programs and services, the organization also has an incredible staff retention rate. Every employee exemplifies the organization’s mission and works synergistically to continually raise the bar and operate at the highest possible level.

Going forward, Notre Dame Health Care anticipates changes in the industry that will require innovation, creativity and wisdom to continue serving the spiritual, social, physical and psychological needs of the lay and religious communities through all stages of life. Guided and driven by our mission, our team is poised and ready to embrace the continually changing needs of our community!

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Open Sky's Adult Family Care Program

Open Sky's Adult Family Care program (AFC) provides both financial support and practical assistance to families caring for a qualifying family member at home. Whether you need assistance in finding resources for a young adult with autism or an aged parent with dementia, our dedicated staff have the expertise needed to help you make the right connections and guide you through the process.

Benefits of AFC for Caregivers:

- Tax-free monthly stipend – in many cases this means family members will receive funds for care they are already giving

- Ongoing nursing support

- Training and professional support

- The personal satisfaction that comes from helping someone grow and live as independently as possible

- The peace of mind of knowing there's always someone to call for help and support

Eligibility Requirements:

- The person receiving services must be 16 years of age or older

- He or she must need assistance with one or more activities of daily living such as bathing, eating or dressing

- He or she must be eligible for MassHealth

- The person is unable to live safely on their own

If you or someone you know is caring for a loved one at home and needs additional support, Adult Family Care may be the answer.

Contact Open Sky's Adult Family Care to find out if your family member meets AFC eligibility requirements at 508-266-6524 or afc@openskycs.org

Adult Family Care



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or email afc@openskycs.org

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Help! I've fallen and i can't get up!!

We've all seen the commercial of the unfortunate elderly women lying on the floor after a fall. Regrettably, this really happens more often than you might think. The Center for Disease Control's 2014 survey found that 28.7 percent of adults 65 and older reported falling at least once in the preceding 12 months equaling an estimated 29 million falls, 7 million of which resulted in injury. This number increased to 36.5 percent in the 85 and older population. What's worse is that the CDC estimates every 20 minutes, an elder person dies as a result of a fall. The financial costs are staggering: \$637.5 million was spent for falls resulting in fatal injuries. The cost of non-fatal injuries was \$30.3 billion. These statistics are expected to increase as the baby boomer generation ages. By 2030, there will be 74 million people age 65 or older in the US. If the current trend continues, that may result in 49 million falls and 12 million injuries per year.

What's behind this growing health concern? Many falls occur because our ability to maintain balance diminishes as we age. Our muscles become less flexible and weaker. Nerve conduction becomes slower, decreasing reaction time. Vision, an important component of the balance mechanism, often becomes impaired. In addition to these factors, multiple medications, blood pressure changes, and other health conditions impact balance.

All is not lost! Evidence based research has shown that exercise is the best intervention to reduce the risk and rate of falls. Here's what the research shows is the best way to reduce our risk:

Strength training exercise.

Exercise that provides a moderate or high rate of challenge to the balance.

Exercise that addresses stiff joints and tight muscles.

In addition:

See your primary care provider regarding medical issues that affect balance including blood pressure, medications, and visual impairments.

Complete a home safety check: get rid of scatter rugs, remove cords across pathways, and clean out clutter. Consider adding grab bars and railings on stairs.

A visit to a physical therapist is a good way to start. Physical therapists are experts in exercise and fall prevention. Comprehensive Physical Therapy, with offices in Leicester and West Brookfield, offers the Balance for Life program. Balance for Life is a comprehensive program that is designed to address multiple factors that contribute to falls. As part of a thorough evaluation, computer generated graphs help to identify areas of concern. Individual exercise programs are designed to meet each person's specific needs. Education regarding home safety, fall prevention, and other health issues is provided to maximize independence once the program is completed. The end result is a stronger, more flexible, and safer you.

Don't become a statistic! A comprehensive balance program can keep you strong, healthy, and independent. Balance for Life is covered by most health insurance companies with a referral from your physician. Contact our office for more information on how you can protect yourself from falls.

Rosemary Wolanski, MEd, DPT

Comprehensive Physical Therapy

1037 Main Street, Leicester and 23 Ware Street, West Brookfield

508-892-1335

LESSONS

continued from page A5

self. Are you dressed appropriately? (Business casual). Did you arrive on time? (15 minutes early is on time for nurses). The pressure is, are you a good fit for us and are we a good fit for you? What does your references say about you? What does your work history show? We obtain handwriting samples. I can keep going. . .

FIVE. Prudent nurses don't have to be witches or ogres.

Bay Path Practical Nursing Academy produces real world ready, prudent LPNs. All praises go to the hardworking faculty and staff, plus the supportive office of the Superintendent, and all the key individuals at our various clinical sites. The work that Bay Path has done in supporting prudent nurses. Powerful nurses. The rigorous academic requirements do not take away from nursing students. Who they are becomes

enhanced, their character- whether in school, clinicals, work, or their homes. The amazing thing is, our nurses are intelligent and beautiful inside and out. They have the power to change lives!

SIX. You shouldn't sit around waiting for doctor's orders.

Between assertiveness and being articulate, I can identify inherent and developing traits in our future nurses. As a new graduate nurse back in the day, I would never be caught dead waiting for doctor's orders! I was proactive. I anticipated the next steps. I was blessed to have strong instructors who instilled assertiveness and being articulate. Instructors who helped me figure out what I'm strong at and polish that. What I'm weak at and strengthen it.

SEVEN. Don't wait for good luck, hard work is important as well as talent.

There's no doubt some students have unparalleled caring abilities, but if you want to be a successful nurse, good luck is not enough. It's great to know the fun-

damentals in nursing, solidly. There's a lot of hard work involved in nursing, our students are prepared for that. They have discipline. They show up not just on time, but fifteen minutes earlier! And they know their stuff.

EIGHT. You may view yourself as the super nurse, but you should also be a team player.

It's necessary in nursing to be a team player. It's important to know how to catch the ball as well as hit. Nursing is like performing as part of an ensemble. Even when a nurse thinks she's the smartest person in the room, or when he thinks he knows more than the doctor, perform your role with grace and humility. No need to be a show off. At the end of the day the team is working towards the same goal to benefit the patient.

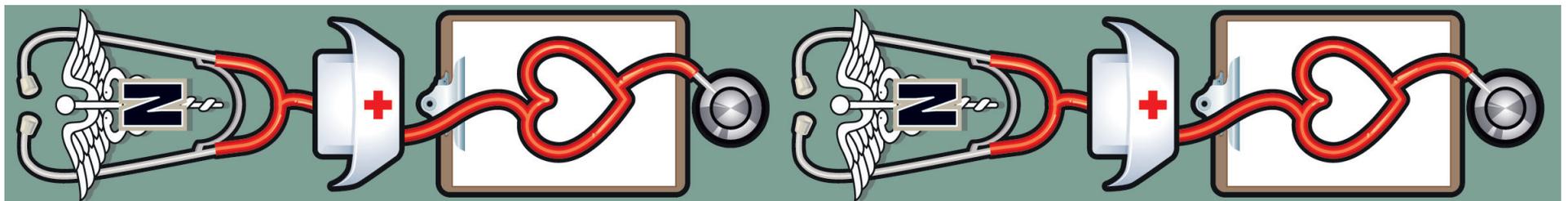
NINE. You may be a super nurse, but things won't always go your way.

There's a point when communication breaks down. Team members call in

sick. The pharmacy does not deliver meds on time. It will not be a fun time at work. Nurses fix it from zero. Nurses coordinate and triage, then the team is back on their feet. Good things come out of struggles, better leadership skills.

TEN. Everything happens for a reason.

If the goal is to become a nurse, we are here to help. You need to do your part. You need to not just attend classes but also participate. Passing grade is 73%. You need to not just attend clinicals but truly, have a heart. Graduation attributes include communication! Practice, practice, and practice, because after ten months of rigorous academics and training, you will sit for NCLEX-PN and pass the first try. When you become an LPN, it will come full circle and you will be paying it forward. It's funny how things happen, for whatever reason but still everything comes up roses!



Brace Yourself!

While the word 'braces' may still, for some, conjure up images of teenagers or middle school children, the truth is you're never too old or young, for a healthy, beautiful smile that you feel confident to share. While healthy adult teeth can often be moved at any time, the American Association of Orthodontists recommends that children should have an initial orthodontic screening at age 7. An early exam identifies problems with growth and development or airway issues that may be resolved to allow your child the benefits of better growth with early intervention. At Central Massachusetts Orthodontic Associates (CMOA), we see patients who range in age from 7 to 77 and up! Our three offices are conveniently located in Worcester, Spencer and, in October of 2018, we proudly celebrated the grand opening of our new Auburn location on 567 Southbridge Street within the Heritage Shopping Center.

At CMOA our top priority is to provide you the highest quality orthodontic care in a friendly, comfortable environment and to help you achieve the healthy, beautiful smile you deserve. From the moment a patient walks through our doors we pride ourselves in the courteous, personalized service we deliver.

Our doctors, Lisa M. Giarrusso, D.M.D. and Gregory Livanos, D.M.D. are both Board Certified orthodontists; a key deciding factor to look for in choosing your provider. In addition to completing a graduate program in dentistry, they go on to complete a 2 year residency of accredited specialty training in orthodontics and dentofacial orthopedics. When you chose to have your treatment with a Diplomate of the American Board of Orthodontics, you can be certain to receive the highest quality care and treatment.

Dr. Lisa M. Giarrusso joined her father in practice in 1992. She is a three-time graduate of Tufts University and immediately joined the faculty upon graduation where she served as an Assistant Clinical Professor of Orthodontics from 1992-2008. She became a Diplomate of the American Board of Orthodontics in 1999. She is a member of the American Dental Association, American Association of Orthodontists, Massachusetts Dental Society, Tufts University Dental Alumni Association and the Tufts Association of Orthodontics.

Dr. Gregory Livanos joined Central Massachusetts Orthodontic Associates

in December 2004 after practicing for seven years in Kendall Park, New Jersey in his own private practice while also serving as a partner in a Warren, New Jersey practice. He served as a faculty member at the University of Medicine and Dentistry of New Jersey, teaching in the Department of Orthodontics. He is a graduate of Fairleigh Dickinson University in Teaneck, New Jersey, where he received a Bachelor of Science in 1983 and went on to receive his D.M.D. in 1986, again at the Fairleigh S. Dickinson Jr. School of Dental Medicine in Hackensack, New Jersey. He completed a general practice residency at St. Clare's Hospital in Schenectady, NY in 1987 and went on to practice six years of general dentistry in Saratoga Springs, New York while maintaining a faculty appointment at St. Clare's Hospital. He received his Certificate in Orthodontics at Tufts University School of Dental Medicine in 1995 and became a Diplomate of the American Board of Orthodontics in 2005. He is a member of the American Association of Orthodontists, the American Dental Association and the Massachusetts Dental Society.

Drs. Livanos and Giarrusso are the 2006 recipients of the national APSE Employers award and the 2006 Massachusetts Council of Human Services Award for Small Businesses. Drs. Giarrusso and Livanos have vast experience with children while maintaining a large adult practice as well. The doctors have a great deal of experience in treating numerous patients who require orthognathic surgery in combination with their orthodontics.

For more information regarding Central Massachusetts Orthodontic Associates (CMOA), including our contact information, office hours, locations and more detailed information on treatment options please visit our website at www.tightbite.com or our Facebook page. We encourage you to call us at any location if should you have questions or would like to us about scheduling a consult.

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Help kids feel comfortable at the dentist



Routine dental examinations and cleanings are an important component of oral health-care for both children and adults. However, many children do not visit the dentist until well after the time recommended by medical and dental professionals. Parents may be unaware of the dental health timeline, or they could be reluctant to bring their children for fear of how their kids will behave — especially if parents are harboring their own apprehensions about the dentist.

The American Academy of Pediatric Dentistry recommends that a child go to the dentist by age 1, or within six months of the eruption of his or her first tooth. Yet, according to a survey commissioned by Delta Dental Plans, the average age of a child's first dental visit is 2.6 years.

Parents worried about how their kids will respond to the dentist can take the following steps to acclimate kids to dental visits to make them more comfortable during their appointments now and down the road.

- Be a positive role model. Children frequently learn by example. If they see their parents being diligent about dental care, they're more likely to embrace proper oral hygiene. Bring children to your own dental appointments so they understand the process

and become familiar with the type of equipment used.

- Stick to the first-tooth milestone. Take your child to the dentist on or about when his or her first tooth erupts. Early dental visits will get kids used to going to the dentist and prevent minor problems that may lead to more complex dental issues.

- Read books about the dentist and role play. Information can allay kids' fears about the dentist. Read books together about dental visits and act out possible scenarios with your kids. Give kids toy dental health tools and have them practice exams on you and vice-versa.

- Be supportive and instill trust. Avoid telling your child that everything will be okay. If a procedure is needed, this could affect his or her trust in you and make the dental office an even greater source of anxiety. Simply be supportive and offer a hand to squeeze or a hug if your child needs you.

- Consider using your dentist. Some parents like to take their children to a pediatric dentist, but it may not always be necessary. Many family practices cater to patients of all ages, and the familiarity of the office may

Turn To **DENTIST** page **A11**

Using nature to work with your body

These days, half of any drug commercial that you see tells you about side effects that you may not actually want. We at Your Health Matters believe using nature to work with your body is a smarter approach than resorting to manmade chemicals which force your body to work a certain way.

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Feel your best starting with your stomach



Yogurt is a dietary source of probiotics, healthy bacteria and yeasts that may improve overall health.

Did you know that the key to personal health may begin in the core of the body? Doctors and researchers are learning more and more about how the immune system and other functions of the body are tied to microscopic players housed in the stomach and intestines. Improving this digestive environment can benefit the body in various ways.

UNDERSTANDING PROBIOTICS

Bodily bacteria outnumber body cells by 10 to one, offers the health and wellness resource Healthline. Most of the bacteria in the body are harmless, and many of them in the gut actually are linked to numerous health benefits, such as weight loss, enhanced immune function, reduced risk of disease, and improved digestion. Unfortunately, bad bacteria also vie for space in the gut. If the good bacteria and yeasts, or probiotics, are not in abundance to push out the bad bacteria, like salmonella and E. coli, those bad bugs can proliferate, causing problems. It is essential to keep an abundance of probiotics available to stay healthy and maintain the "good vs. bad" balance in the gut.

GETTING PROBIOTICS

While the body can be healthy without the addition of probiotics, having more can be beneficial. The Cleveland Clinic says that food and supplements containing probiotics assist the good bacteria already present in your gut. When a course of antibiotics wipes out

both good and bad bacteria, for example, probiotic-rich foods and supplements can more readily replace what's lost.

Dietary sources of probiotics include some yogurts, cheeses, kefir, sauerkraut, miso, kimchi, pickles, and beverages like kombucha, a fermented tea. Getting probiotics from foods is the most natural way to supplement good gut bacteria, as the foods meld with the probiotics in ways that doctors may never understand to deliver the most benefits.

The downside is it's impossible to measure just how many probiotics can be acquired from foods. That is what makes supplementation so handy. Capsules and tablets are loaded with a variety of different active bacteria and yeast cultures to aid the digestive system in measurable ratios. Some tout anywhere from one to 30 billion active colony-forming units (CFUs) per serving.

SIDE EFFECTS

Probiotics are generally healthy for people to consume in amounts found in foods, advises the Mayo Clinic. Most healthy adults can safely add foods or dietary supplements that contain probiotics to their diets. Introducing probiotics may cause temporary and mild flatulence, discomfort and bloating.

Probiotics can be yet another tool to improve overall health at any age, but especially for adults looking to minimize illness risk.

DENTIST

continued from page A9

help make children feel more comfortable. Speak with your dentist about the ages they see.

• Steer clear of negative words. Michael J. Hanna, DMD, a national spokesperson for the AAPD, suggests using positive phrases like “clean, strong, healthy teeth” to make the visit seem fun and positive rather than scary and alarming. Let the office staff come up with their own words to describe processes that won’t seem too frightening.

By employing these techniques, kids’ dental visits can be more pleasant for all involved, paving the way for a lifetime of healthy teeth.



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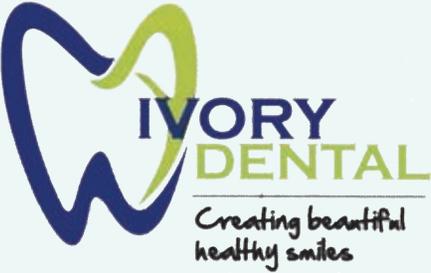
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Outdoor improvements that boost home value

Whether home improvement projects are design to improve the interior or exterior of a house, focusing on renovations that make the most financial sense can benefit homeowners in the long run. The right renovations can be assets if and when homeowners decide to sell their homes.

So how does one get started? First and foremost, speak to a local real estate agent who is knowledgeable about trends in the community. While a swimming pool may be something coveted in one area, it may impede sales in another. It also helps to study generalized trends and data from various home improvement industry analysts to guide upcoming projects.

The following outdoor projects are just a few renovations that tend to add value.

- **Fire pit:** A fire pit is a great place to gather most months of the year. Bob Vila and CBS news report that a fire pit realizes a 78 percent return on investment, or ROI.
- **Outdoor kitchen:** Many buyers are looking to utilize their yards as an extension of interior living areas.



Cooking, dining and even watching TV outdoors is increasingly popular. Outdoor living areas can be custom designed and built. In addition, prefabricated modular units that require a much smaller commitment of time and

money are available.

- **Patio:** Homeowners who do not already have a patio will find that adding one can increase a home's value. Patios help a home look neat, add useable space and may help a home to sell

quickly. The experts at Space Wise, a division of Extra Space Storage, say that refinishing, repairing and building a new patio offers strong ROI.

- **Deck:** Deck can be as valuable as patios. A deck is another outdoor space that can be used for entertaining, dining and more. Remodeling magazine's 2018 "Cost vs. Value" report indicates that an \$11,000 deck can add about \$9,000 in resale value to the home, recouping around 82 percent of the project's costs.

- **Door update:** Improve curb appeal with a new, high-end front door and garage doors. If that's too expensive, a good cleaning and new coat of paint can make an old door look brand new. These easy fixes can improve a home's look instantly.

- **New landscaping:** The National Association of Realtors says an outdoor makeover that includes well-thought out landscaping can net 105 percent ROI. Installing a walkway, adding stone planters, mulching, and planting shrubs are ideas to consider.

Many different outdoor projects can add value to a home.

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The basics of mulching

Mulch is available in various forms. Like other land and garden products, mulch can go a long way toward helping plants thrive.

Mulch comprises just about any material that is spread over the surface of soil. Its purpose is primarily to help soil retain moisture. In addition, mulch can staunch weed growth, keep soil cool, improve the aesthetics of garden beds, and even improve soil nutrient composition. When the right mulch is chosen, it can reduce the amount of time homeowners spend watering and weeding their gardens and insulate plants from dramatic changes in weather.

Gardeners may not realize that mulch also can prevent garden soil from becoming overly compacted, according to HGTV. This can mean beneficial earthworms can move easily through the soil, creating channels for water and depositing their nutrient-rich waste products.

Gardeners can choose organic or inorganic mulch. Organic mulches are derived from natural materials that will decompose over time, lending organic matter as well as various nutrients to the soil. Organic mulches also may contain beneficial microorganisms that can fight against plant diseases. Inorganic mulches may be made of stones, landscape fabrics and plastic. Both types will need to be amended or replaced as they degrade. Those who want the most environmentally-friendly mulching materials can choose all-natural mulches instead of synthetic alternatives.

To work effectively, mulch should be applied in a two- to three-inch layer of material, state the experts at Old World Garden Farms. This is the ideal amount to retain soil moisture and suppress weed growth without choking plants. Also, mulch that is too thick may make it impossible for water to penetrate, or it may prevent the soil from airing out, causing continuously wet conditions that lead to root and stem rot.

The University of Connecticut Home & Garden Education Center says mulch should not be placed directly against plant crowns or tree bases, as this can promote the development of disease. It may also serve as a habitat for bark- and stem-eating rodents. The center also suggests watering newly installed bark or wood mulches to prevent fungi from colonizing in dry mulch and causing problems like a water-repellent surface on the mulch.

Home landscapers considering mulch types may find that compost, manure and grass clippings (from nonpesticide-treated lawns) can be inexpensive and versatile in garden beds. The home advice site The Spruce notes that newspaper may also be effective. Many newspapers have switched over to organic dyes, especially for their black and white sections. Newspapers are an inexpensive way to suppress weeds and act like organic mulch in beds. They can be covered with other organic mulch, like shredded bark, for more visual appeal.

Mulch can be a versatile asset when doing gardening projects around home landscapes. And the benefits are more than just aesthetic.



Get ready: Early spring landscaping tips

During the cold months of winter, many people stare longingly out of the window dreaming of spring and time spent outdoors. For those with green thumbs, images of tending to the garden and other aspects of their landscapes no

doubt dominate such daydreams.

Draw inspiration from those budding crocuses and daffodils pushing through the last remnants of snow and employ these tips to prepare for the upcoming gardening season.



- One of the first steps is to apply a preemergent weed killer to get a head start knocking out weeds that can plague the lawn during the growing season. Killing weeds at the roots early on can mean far fewer hassles in spring and summer, and may prevent new generations of weeds from cropping up each year.

- While it may be tempting to take a prematurely warm day as a sign that spring is in full force and purchase a bunch of annuals, it's better to know the last of the possible frost dates (check "The Farmer's Almanac"); otherwise, you may waste time and money planting flowers or vegetables only to have them die. Amend the soil so that it is the right consistency — just crumbling when lifting it. Soil that is too muddy after spring thaw can harden, making it difficult for plants to flourish later on. Speak with representatives at a local lawn and garden center about which types of amendments you can add to the soil in your particular area to enrich it.

- Lawn and garden experts at The Home Depot suggest filling in bare patches of lawn now by mixing a few shovel-

fuls of soil with grass seed. Then apply this patch to the bare areas, water, and continue to care for the area until the spot fills in.

- Spend a day in the garage or shed tending to the lawn mower and other gardening equipment. Clean all tools and ensure that everything works, repairing parts as needed.

- Give outdoor entertaining spaces a good scrubbing, clearing away dirt and grime that may have accumulated over the winter. Use a leaf blower to blow away any leftover leaves.

- Check if the front porch, railings or decking need painting and/or staining. Tackle these projects when the weather is cooler so everything will be ready for those peak spring days.

- Think about any annuals you might want to plant in the landscape this year that will complement any existing shrubbery or perennials. Come up with a theme so that the entire yard is cohesive.

Before homeowners know it, winter is gone and it is time to once again enjoy long days spent outdoors. Get a jump start on spring lawn prep as soon as you can.

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Must-haves for an amazing kitchen remodel

Kitchen remodels are among the most popular home renovation projects, whether they consist of swapping out cabinet hardware or doing major demolition.

Due to the sheer amount of time families spend in the kitchen, not to mention the number of tasks performed in this space, it is easy to see why Remodeling magazine consistently ranks kitchen renovations as projects that will enable homeowners to recoup a high percentage of their investments. In the magazine's 2018 "Cost vs. Value" report, midrange major kitchen remodels costing an average of \$63,829 recouped 59 percent of that investment.

When investing in a kitchen project, it is important to incorporate items that are coveted.

- **Deep, double sinks:** Having a double sink enables you to soak dishes in one side and then wash on the other. It also makes it easy to wash and prep produce for meals.

- **Kitchen island and bar stools:** Even though many meals are enjoyed around the table, there's something to be said for the convenience of a kitchen island and some well-placed bar stools for quick breakfasts or snacks.

- **Smart kitchen storage:** Work with a contractor to include storage solutions built into cabinetry and the pantry. Slide-out shelving,

nooks for a paper towel roll and custom-designed areas to store stand mixers and other necessities can make kitchens more functional.

- **Outdoor access:** If possible, design a kitchen so it is easy to access the backyard via sliding doors. This can make outdoor entertaining or even coffee on the deck much easier.

- **Under-cabinet lighting:** Fixtures installed under cabinets provide both ambient lighting and task lighting. Such lighting makes it easier to see what you're working on as well, as even well-placed overhead lighting can fail to illuminate dark corners and spots on the counters.

- **Convenient warming drawer:** This appliance provides backup to the oven. It's a slide-out drawer that can keep prepared foods out of the way and warm until they are ready to be served. This is particularly handy for holidays and other entertaining.

- **Beverage station:** Designate one area of the kitchen to beverages, such as coffee and tea. Or make the area an informal bar. This can limit traffic in the kitchen to a single area.

Kitchen remodels are exciting to envision, and several choices can make these high-traffic spaces even more coveted.



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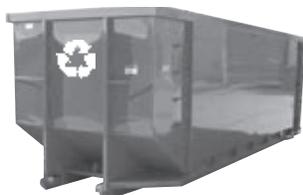


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Preparing Your Deck for Staining

Remove as many items as you can (planters, hoses, outdoor furniture, light fixtures) and cover other items (steps, plants, sidewalks/paths) with drop cloths.

Examine the deck for surface wear, cracked boards, and popped nails.

Make any necessary repairs before you stain your deck.

Applying the Stain Decks are often subjected to extreme environmental conditions (direct sun, cool damp shade, etc.) as well as heavy foot traffic. Proper care of your deck will help ensure the longevity of the finish.

Step 1 After properly preparing the wood, select an inconspicuous place on the actual wood you will be staining and test the stain to be sure you will be pleased with the final color results.

Step 2 First stain the vertical sections of the deck, such as the rails and posts, so that drips will not land on previously finished areas.

Step 3 Once the vertical surfaces are completed, proceed to the deck surface. For deck boards, stain two to three boards at a time to avoid lap marks. Do not stop in the middle of a board, or you will risk developing lap marks. Make sure to wipe up any excess stain.

Deck-Staining Tips



way paint does. You will need to stir the stain frequently during application.

To ensure proper stain penetration and even drying results, avoid applying stain in direct sunlight.

Soak the bottom of the deck posts in Benjamin Moore Alkyd Primer (366). This will give the posts added protection from the kind of ground moisture they are subjected to, and will help extend the life of the posts.

Learn about all of our wood stains by visiting NALS Paint Center or www.benjaminmoore.com, and find the one that is right for you.

The best way to apply deck stain is to use a roller or spray, followed by back-brushing to even out the stain.

Do not let stain puddle on the surface of the deck.

Stain does not stay mixed the same

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How to save up for your first home

Home ownership is a dream for people across the globe. Many people save for years before buying their first homes, squirreling away every dollar they can with the hopes they can one day become homeowners.

But thanks to factors beyond their control, even the most devoted savers can sometimes feel like their dream of home ownership may never come true. According to the Pew Research Center, American workers' paychecks are larger than they were 40 years ago, but their purchasing power is essentially the same. Things aren't much different in Canada, where analysis from Statistics Canada and the Bank of Canada has shown that, since 2015, wage growth in Canada has been weaker than in the United States.

Various challenges can make it difficult to buy a home. However, some simple strategies can help prospective home buyers build their savings as they

move closer to the day when they can call themselves "homeowners."

- Determine where your money is going. If you're finding it hard to grow your savings, audit your monthly expenses to determine where your money is going. Using exclusively debit or credit cards can simplify this process, as all you need to do is log into your accounts and see how your money was spent over a given period. If you routinely use cash to pay for items, even just to buy coffee on the way to work, keep a notepad handy so you can jot down each expense. Do this for a month and then examine how you spent your money. Chances are you will see various ways to save, and you can then redirect that money into your savings account.

- Become a more savvy grocery shopper. Another great way to save more money is to alter something you already do each month: grocery shopping. If you haven't already, sign up for discount

clubs at your local grocer. This is a largely effortless way for shoppers, especially those buying food for families, to save considerable amounts of money. Shopping sales at competing grocery stores also can save money.

- Dine in more often. The U.S. Department of Agriculture says that Americans spend, on average, 6 percent of their household budgets on food. However, the USDA also notes that Americans spend 5 percent of their disposable income on dining out. If these figures mirror your spending habits, you can nearly cut your food spending in half by dining out less frequently. That might be a sacrifice for foodies, but it can get you that much closer to buying your own home.

Saving enough money to purchase your first home is a worthy effort that can be made easier by employing a few budget-friendly strategies.

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