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Friday, January 8, 2021

BVT students build COVID barriers for school cafeteria



Courtesy

Luke Morrison, a senior from Douglas in Electronics & Engineering Technology and BVT Robotics Club member, with the final tabletop barrier for use in the school cafeteria.

UPTON – A design challenge at Blackstone Valley Regional Vocational Technical High School (BVT) inspired students and staff to work collaboratively to develop a creative solution to a common COVID-related issue, limited cafeteria seating.

With only two students seated per 12-foot table, facing the same direction during a lunch block, Vocational Director Tom Belland had the thought if one of our shops could

engineer a solution to maximize our allowable seating per lunch period safely. Overcoming that hurdle would be one less ‘barrier’ to bringing more students back to BVT.

Belland discussed the concept of challenging several departments to design and build a user-friendly tabletop barrier with Construction Technology instructor Mark Fitzpatrick, Electronics & Engineering Technology instructor Mike Norton, and Heating, Ventilation,

Air Conditioning & Refrigeration instructors Daniel Morin & Joshua Dunton. Ultimately those conversations inspired the idea for a Cafeteria Tabletop Design Challenge within the three shops.

“The prototype had to be secure and stable on a table without drilling or clamping, quickly removable, and easily cleaned, disinfected, and reusable to meet the requirements. Each shop

Turn To **BARRIERS** page A15

Millville Senior Center to receive new propane generator

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

that can also see use as an Emergency Operations Center.

of many tools communities can use to become more resilient.”

MILLVILLE — To provide Millville with a shelter that can also be used as an Emergency Operations Center, the Millville Senior Center will soon receive a new propane generator funded by a \$20,000 FEMA grant.

Millville’s Emergency Management Director, Chief Ronald Landry, recently announced that Millville has received the award—a Pre-Disaster Mitigation grant—of approximately \$20,000. The funds will be used to purchase and install a propane generator at the Millville Senior Center.

The grant was submitted in January of 2020 to “reduce the loss and risk of loss to persons or property in Millville,” according to a town statement, by installing an emergency generator at the Senior Center to provide the town with a shelter

“A permanently installed generator installation provides hazard mitigation and emergency response actions in a central location integrated into relevant town operations,” the statement reads.

The Pre-Disaster Mitigation grant program provides funding for actions to reduce or eliminate long-term risk to people and property from future disasters, according to the Massachusetts Emergency Management Agency.

“In recent years, the Commonwealth has seen its share of severe weather and other emergencies and our Administration is committed to taking action now to prepare for future disasters and climate change,” said Gov. Charlie Baker in a press statement. “These hazard mitigation grants are one

To acquire the funds, Millville Emergency Management sent a letter of intent and then was required to submit a lengthy grant application, benefit-cost calculator, Millville’s zoning, environmental, and historic preservation documentation, as well as water resources, biodiversity habitats, and flood plains maps.

“This information, which took a great deal of time and effort, was instrumental in the acquisition of this grant,” town officials stated. “We would like to thank Senator Fattman and Rep. Soter and the Millville Board of Selectmen for their support of this grant.”

The installation is slated for completion in the spring of 2021.

Northbridge renews electricity aggregation program

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

NORTHBIDGE — The town of Northbridge recently announced that it has renewed its electricity aggregation program for another 35 months starting in January 2021.

The Northbridge Community Electricity Aggregation (CEA) program, which was launched in January 2016 and part of a 25-community electricity buying group, has been renewed through the end of 2023.

No action is required on the part of the current program participants, according to the town, as

they will continue their electricity service automatically with the new supplier, Constellation. The Northbridge CEA program is part of a larger electricity purchasing group, providing Northbridge residents and businesses with competitive choice and longer-term price stability.

“We’re very excited that this successful program is entering its sixth year of operation—it has been a great benefit for our community,” said Town Manager Adam Gaudette.

In early 2016, the town of Northbridge joined other Massachusetts

communities to launch the CEA program, designed to provide residents and businesses with competitive choice and long-term price stability. Now, the program also provides options with more renewable electricity than the minimum required by state law.

The new default program rate is \$0.10470 per kilowatt hour (kWh) from January 2021 through December 2023; this default rate meets all state renewable electricity standards, town officials said. The National Grid Residential Basic Service electricity rate

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Northbridge awarded Green Community grant funds

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

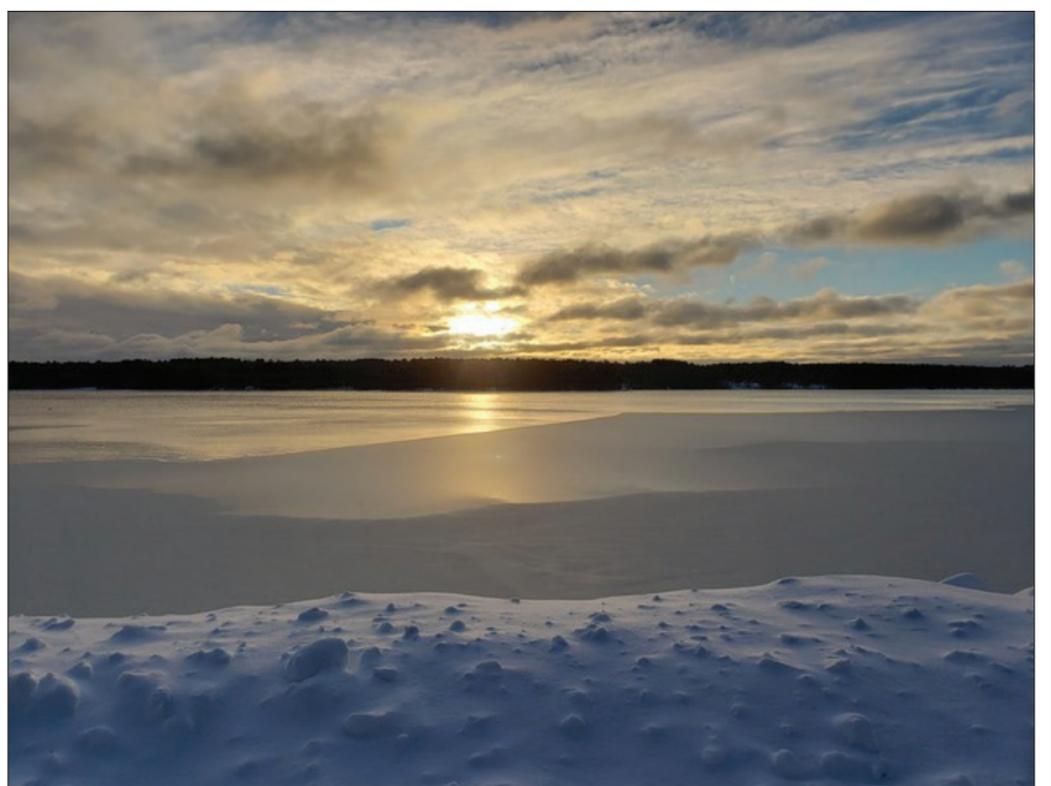
NORTHBIDGE — The town of Northbridge has recently been awarded \$164,275.00 in Green Community Grant funds which allowed for additional LED lighting upgrades at the middle school and high school, as well as Variable-Air-Volume (VAV) control replacements at the high school.

The funds come as part of the Massachusetts Department of Energy Resources 2020 Competitive Grant Program. This is the third competitive grant Northbridge has been awarded since being designated a Green Community in 2016.

According to George Simmons, Northbridge Public Schools Director of Facilities & Maintenance, the VAV upgrades allow for the district to regulate the air volume in each space that required upgrading. Previously, there was no remote control over the rooms; now that school officials have control, it allows the capability to create a more comfortable environment in the space.

The VAV upgrades also allow for the option of controlling day and night set back temperatures, saving the district on energy costs and optimizing the system as originally designed. The LED lighting upgrades

Turn To **GRANT** page A15



Laurie Gildea — Courtesy

AFTER THE STORM

Reader Laurie Gildea captured this breathtaking image of the Douglas Reservoir just after the Dec. 17 snowstorm that blanketed the region in white.

Now we're cooking!

ESSENTIAL COOKING TOOLS DONATED TO BVT'S CULINARY ARTS PROGRAM

UPTON—At Blackstone Valley Regional Vocational Technical High School, students in the Culinary Arts program gain authentic food preparation and hospitality skills. By learning to multi-task, listen carefully, and communicate clearly, students develop the proficiency, knowledge, and skills necessary for success in the food, beverage, and hospitality industry.

Before one jumps into cooking, there are basic essential cooking tools every aspiring chef needs. During dis-

tance learning, that can be a challenge. Thanks to the Massachusetts Restaurant Association Educational Foundation (MRAEF), which has generously donated 48 sets of cooking tools, students are ready to get cooking from their home kitchens. The set includes an instant-read probe thermometer, a 15-by-20-inch commercial cutting board, a 10-inch aluminum sauté pan, stainless steel measuring spoons and cups, and a Dexter 8-inch Cooks Knife.

Culinary Arts Instructor Chef Matthew Williams

explained that the 48 sets would be broken up and distributed to sophomores, juniors, and seniors.

"We will supplement the kits with our own fundraising money because it essential for Culinary Arts students to have the proper tools in their kitchen. Much of what we do is rooted in science, history, and math, but there is no substitute for hands-on experiences," Williams said.

"I am writing a new curriculum," said Chef Williams. "It will incorporate the use of new



tools and ideas that will open up a world of possibilities. We are also

in the midst of a lesson on knife skills with our sophomores. Having all students work at home with the same commercial equipment that we have at BVT helps them be as prepared as possible for our industry, and maybe more importantly, it gives all students equal access to an enhanced curriculum."

"As a ProStart school, we utilize a curriculum from the National Restaurant Association and are in contact with our local ProStart advisors through the Massachusetts Restaurant Association, said Chef Williams. "They've been incredible supporters and very creative in their responses to supporting the many ProStart programs throughout the Commonwealth. We are thankful that the MRAEF was able to supply our students with these tools.

With the proper tools, our Culinary Arts students graduate well-educated, well-trained, and ready to join the workforce."

About Blackstone Valley Regional Vocational High School (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Millford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school's Web site is www.valley-tech.k12.ma.us.

MILLBURY SENIOR CENTER

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"This project has been funded at least in part with Federal Funds from USDA.

This institution is an equal opportunity provider.

The SNAP Logo is a service of the U.S. Department of Agriculture.

USDA does not endorse any goods, services or enterprises."

The Senior Center is closed to the Public.

While the building is not open to the public the Food Pantry at the Millbury Senior Center is available from 9am to 1pm Monday thru

Friday by calling 508-865-9247 for an appointment our food pantry is fully stocked at this time tell us what you need and you can pick it up or we will deliver it.

We are still here to answer any questions you may have and we are available for your transportation to Doctors appointments or if you need to go to the drug store for your prescriptions, we will take you there. If you don't have a mask, we will give you one.

Also if you are in need of a home delivered meal give us a call and we will set you up to get one delivered to you.

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Megan O'Meara of Northbridge awarded Moynihan Scholarship from Assumption University

WORCESTER — Assumption University has announced that Megan O'Meara, of Northbridge, is one of the recipients of a Daniel Patrick Moynihan Scholarship, aimed at empowering the next generation of scholars and leaders while emphasizing the importance of the integration of political and intellectual life. The Daniel Patrick Moynihan Center for Scholarship and Statesmanship, launched in the summer of 2018, is an endeavor with national reach that will cultivate thoughtful citizens who are inspired by the late senator's example to appreciate the link between ideas and action.

O'Meara, a member of the Class of 2024, is one of seven Moynihan scholars. In addition to the financial award, worth up to \$3,000 per year, students are provided the opportunity to participate in the Daniel Patrick Moynihan Seminar in Washington, DC, a five-day summer program dedicated to studying the intersection of ideas and action in political life. The scholars are also invited to participate in a number of activities hosted by the Moynihan Center at the University throughout the academic year, including reading groups and the Model Senate project.

"Now, more than ever, it is critical to encourage the development of the next generation of leaders and political

thinkers," said Deborah A. O'Malley, associate director of the Daniel Patrick Moynihan Center for Scholarship and Statesmanship and visiting assistant professor of political science. "The opportunities provided through this scholarship and by the Daniel Patrick Moynihan Center help students not only deepen their understanding and knowledge of exemplary political minds like the late Sen. Moynihan, but analyze the lasting effects of his thinking and policies, and how to emulate such scholarship in their future careers."

The Daniel Patrick Moynihan Center for Scholarship and Statesmanship at Assumption University, launched in the summer of 2018, cultivates thoughtful citizens and seeks to renew the esteem and prominence of both political and intellectual life. The mission of the Center is inspired by the late senator's dedication to the linkage of ideas and action and aims to inspire a new generation of scholar-statesmen and stateswomen. Sen. Moynihan's political career includes positions in the cabinet or sub-cabinet of Presidents Kennedy, Johnson, Nixon and Ford; and four terms in the United States Senate representing New York, beginning in 1976.

Throughout the year, the Center hosts guest lectures, speakers, panels, and exclusive trips to Washington, D.C.,

to participate in conferences inspired by Sen. Moynihan's work. The Moynihan Center is generously supported by the Thomas W. Smith Foundation and the William and Flora Hewlett Foundation.

For more information on the Daniel Patrick Moynihan Center at Assumption University, visit www.assumption.edu/moynihan-center.

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England's premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 35 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master's and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.



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) 909-4106 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

Grief Recovery support group starts in January

WHITINSVILLE — A new grief recovery support group starts up on Tuesday, Jan. 5, at the Pleasant Street Church. GriefShare is a program designed to help people in bereavement find encouragement and support during the grieving process. GriefShare meetings are for anyone who is grieving the loss of someone close.

The meetings will be done in a hybrid fashion. Participants can come to the in-person meeting or participate online via Zoom if that is more comfortable.

Each GriefShare session includes a video seminar and group discussion, providing an opportunity to interact with others who have experienced a recent loss. Weekly topics include "Living with Grief," "The Effects of Grief," "Your Family and Grief," "Why," and "Stuck in Grief."

The program continues for 13 weeks, and attendees are welcome to join the group at any point.

GriefShare is free, non-denominational, and open to all.

Meetings begin Tuesday, Jan. 5, from 6:30 to 8:30 p.m. at Pleasant Street Church, 25 Cross St., Whitinsville.

Contact the church office at 508-234-5268, e-mail howard@psrc.org or visit www.psrc.org for more information and to register.

Local students named to President's List at Plymouth State University

PLYMOUTH, New Hampshire — 899 students have been named to the Plymouth State University President's List for the Fall 2020 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2020 semester and must have attempted at least 12 credit hours during the semester.

Shannon Francolini of Whitinsville
Bryana Reardon of Uxbridge
Jessica Perkins of Uxbridge
About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

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\$465,000, 25 Summer St, Pineau, Gabrielle M, to Ruiz, Edgar.

\$339,900, 79 Milk St, Babin, Daniel, and Babin, Maria T, to Arena, Maribeth.

\$509,900, 14-R Orchard St, Cora Lane Group LLC, to Geddes, Jeffrey.

\$290,000, 7 Prospect St, Devlin, Michael, to Dias, Julia.

\$205,000, 13 Rivers Edge Rd #13, Lawes, Dereck C, and Lawes, Amie, to Wetherell, Brian A, and Wetherell, Alyssa M.

DOUGLAS

\$439,000, 10 Kelly Cir, Mooreland, William L, to Robertson, Ashley, and Robertson, Mark D.

\$405,000, 16 SE Main St, Robertson, John J, and Robertson, Jennifer L, to Page, Eric M, and Gazeblin, Kaitlin A.

\$510,000, 31 Hilltop Dr, Gingras, James F, and Stewart-Gingras, Johana, to Ferro, Graham, and Ferro, Leah.

\$485,000, 18 Locust St, Deorio, Brett, and Deorio, Rebecca, to Beaudin, Cynthia J, and Beaudin, Briand J.

\$437,000, 10 Manzi Way, Ovian, Craig, and Peterson-Ovian, Tracey, to Thomas, Lawrie, and Thomas, Elizabeth.

\$435,000, 76 Manchaug St, Arnold, Megan, to Bloniasz, Jacob.

\$370,000, 1 Spring St, Desantis, David G, and Desantis, Silvia C, to Couture, Amber C, and Couture, Casey J.

\$357,400, 9 William Dr #9, Williams Ct Douglas LLC, to King, Kristen A.

NORTHBRIDGE

\$557,000, 968 Marston Rd, Pinto-Dealmeida, Ronaldo, to Havro-DeSa, Mario J, and DeSaPatricia, Gomes D.

\$425,000, 320 Moon Hill Rd, Pietruszka, Thomad E, and Pietruszka, Laura J, to Odell, Richard D, and Odell, Eileen C.

\$425,000, 61 Freedoms Way, Anderson, Steven G, and Anderson, Teresa M, to Pond, Ashley C, and Farrell, Joshua E.

\$300,000, 83 Fletcher St, Phipps, Joseph T, and Gosselin, Wendy M, to Healey, Michelle.

\$150,000, 178 Church St, 178 Church Street RT, and Ferris, Shawn C, to 178 Church Street LLC.

\$125,000, 233 Main St #233, Harris,

Yvonne D, and Damico, Danielle M, to L& M Main Street LLC.

\$565,000, 10 Windstone Dr, Mccarthy, Paul, and Mccarthy, Susan, to Murphy, Christopher J, and Murphy, Tracy M.

\$559,500, 902 Quaker St, Quarry HI Dev Co Inc, to Riccio, Regina, and Munroe, Robert J.

\$525,000, 170 Chipper Hill Rd, Randor, Roger F, and Randor, Mary E, to Flagg, Matthew S, and Flagg, Nicole R.

\$465,000, 140 Jessica Way, Visbeek, Scott D, and Visbeek, Sarah E, to Marra, Robert L, and Marra, Melissa.

\$350,000, 9-11 Grove St, Blackstone Vly Realty LLC, to Marime, Francelino.

\$330,000, 474 Sutton St, Ferreira, Edmar C, and Manso, Keila M, to Roy, Janet M, and Roy, James E.

UXBRIDGE

\$461,000, 77 Chestnut St, Zullo, Antonio, and Zullo, Judi A, to Goncalves, Danny M, and Goncalves, Melissa.

\$445,000, 419 East St, Dependable Hm Solutions, to Santos, Antonio P, and Santos, Christopher M.

\$412,500, 354 Hazel St, Kindl, Deborah A, and Murray, John P, to Laplante, Jean-Paul.

\$365,000, 149 High St, Davis, Melissa A, and Davis, Zachary D, to Goncalves, Norberto A, and Goncalves, Marlene A.

\$365,000, 651 Blackstone St, Hayward, Tammy E, and Marchand, Wayne J, to Levine, Michael P.

\$325,000, 6 Peter St #6B, Got, Christopher J, and Got, Carin A, to Nikfarjam, Paul G, and Brooks, Lisa.

\$250,000, 383 Mendon St, Coluzzi, Beth, to Jones-Sundin, Matthew, and Sundin, Kelsey.

\$685,000, 46 Dunleavy Brook Dr, Chamberland, Eric, and Chamberland, Jennifer, to Schock, Steven G.

\$519,000, 703 Blackstone St, Marra, Robert L, and Marra, Melissa, to Peciario, Daniel A, and Tanca, Lauren.

\$514,900, 49 Turner Farm Rd, Arraho RT, and Frateschi, Edward A, to Spicer, James, and Spicer, Shannon.

\$255,000, 5 Crowns Way #5, Hamilton, Paul, to Bird, Karen.

\$248,000, 60 Douglas St, Costa, James S, and Costa, Michelle M, to Kell, Norman, and Kell, Karen M.

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Friday's Child



Photo by Mike Ritter

Nyla
Age 10

Hi! My name is Nyla
and dancing and singing
make me happy!

Nyla is a very friendly girl of Hispanic descent. Her nationality is Dominican and Puerto Rican. She can be cute and sassy! Her favorite color is blue, and she likes cats and dogs. Her favorite hairstyles are half up and half down and space buns. For coping strategies, Nyla uses an oatmeal bath when upset. She states that it makes her feel good, clean, and relaxed. Nyla's favorite food is lasagna and her favorite games are Sorry, Skip-bo, and Mancala. She also likes to create fidgets. She loves to be around others and is very social. A few of Nyla's talents are dancing, swimming, drawing, and making jewelry. Nyla also likes music and enjoys singing along to it. She is very artistic.

Nyla is very intelligent, motivated to learn, and especially enjoys reading and math. She is very bright and excels in and loves school. There are no concerns about Nyla's behaviors in school. She states that she'd like to be a cosmetologist when she is older. Her clinician describes her as hilarious and explains that spending time with her always includes a lots of laughter.

Legally freed for adoption, Nyla will thrive in most any family constellation with older children or no other children in the home. Families interested in starting a relationship with Nyla as a visiting resource with weekly visits will certainly be consider and encouraged. Nyla resides in Eastern MA. Her new family should be willing to help her visit with her biological siblings on a regular basis and possibly her maternal grandmother who lives in Western Massachusetts. There is an open adoption agreement in place for three visits per year with her birth mother.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

Antiques, collectibles, and auctions in 2021

2020 was a difficult year for everyone, and antique collectors and dealers were no exception. I am a member of several auctioneer and estate liquidator groups and have the chance to hear from other business owners across the country. Some members have lost family to COVID, most have struggled financially, and all have had to adapt to



ANTIQUE,
COLLECTIBLES
& ESTATES
WAYNE TUISKULA

working in this new environment. Locally, it has also been a challenge for auctioneers, antique dealers and estate sale companies with regulations constantly in flux throughout the year. With the recent approval of vaccines, there is optimism that 2021 will be a much better year for those buying and selling antiques and collectibles. As the New Year begins,

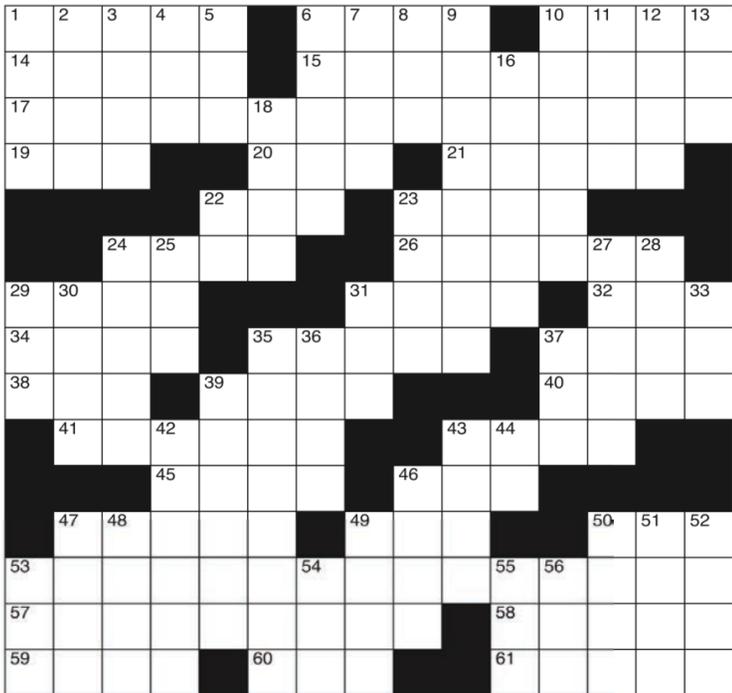
some auction houses running live auctions are extending preview hours and offering previews on multiple days to ensure there won't be a large number of bidders gathering together at once. Some auctioneers are allowing only a small number of bidders to attend the auction in person. Other bidders are required to leave absentee bids or bid by phone. When the warm weather returns this spring, I expect we will see auctioneers return to outdoors sales, like some did during the summer and



fall of 2020. Many other auction houses (like ours) have switched to all online auctions. When the situation improves, auctioneers will have to determine whether they want to switch back to live auctions this coming year or to continue running auctions online. Some estate sale companies continue to run live estate sales by limiting the number of people who can enter the estate, requiring masks, social distancing and offering hand sanitizer. Many other estate sale companies have switched to online auctions instead of traditional estate (tag) sales. Others are offering items from estates online with fixed prices. You can purchase items outright and then make arrangements to pick up your items(s). Some estate sale companies may also reevaluate how they've done business in the past and determine how to

move forward in 2021. How things will change in 2021 is partially dependent on the distribution of the COVID vaccine. The Massachusetts timeline for COVID vaccinations shows that Phase One is taking place now through February, Phase Two from February to April, and Phase Three from April to June. Connecticut plans to offer vaccinations for members of the general public early in the summer. This timeline gives us hope that we may be able to walk the fields of Brimfield in September, possibly even by July. In what may be another promising sign for us, the Malvern Flea Market recently opened in England. It is scheduled to run on weekends throughout 2021. The distribution of the new vaccine and the good news from our friends across the pond should provide

optimism to antique fans throughout New England. Thank you for reading my column in 2020. Happy New Year to all as we look forward to a better 2021! The first session of a huge toy collection, all from one estate, is taking place online now. We are currently selling the diecast cars. Most are unopened and in their original boxes. Vintage and antique toys will be sold in later sessions. We will be offering the equestrian and other paintings from artist Fay Moore's estate in another online auction soon. Keep watching www.centralmassauctions.com for details. Contact us at: Wayne Tuiskula Auctioneer/ Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.centralmassauctions.com (508-612-6111) info@centralmassauctions.com.



CLUES ACROSS

- 1. Partner to "oohed"
- 6. Relaxing places
- 10. Humorous monologue
- 14. Simple elegance
- 15. Bearable
- 17. Disobedience
- 19. Express delight
- 20. Gov't attorneys
- 21. Wake up
- 22. A type of band
- 23. Remain as is
- 24. Turfs
- 26. Battle-ax
- 29. Volcanic crater
- 31. The mother of Jesus
- 32. One's life history
- 34. "Rule, Britannia" composer
- 35. Doubles
- 37. Jacob __, American journalist
- 38. House pet
- 39. S. African river
- 40. Broad sashes
- 41. Establish as a foundation
- 43. KGB double agent Aldrich __
- 45. Part of a book
- 46. Taxi
- 47. Pancakes made from buckwheat flour
- 49. Train group (abbr.)
- 50. Frames per second
- 53. Have surgery
- 57. Formal withdrawal from a federation
- 58. Guitarist sounds
- 59. Greek war god
- 60. 2,000 lbs.
- 61. Helps escape

CLUES DOWN

- 1. Currency exchange charge
- 2. River in Tuscany
- 3. Breakfast dish
- 4. Defunct European currency
- 5. Upper class young woman
- 6. Part of a purse
- 7. Self-contained units
- 8. Boxing's GOAT
- 9. Legislators
- 10. Flightless birds
- 11. U. of Miami's mascot is one
- 12. Floating ice
- 13. Low, marshy land
- 16. Seldom
- 18. Lyric poems
- 22. Law enforcement agency (abbr.)
- 23. Full extent of something
- 24. __ Claus
- 25. Naturally occurring solid material
- 27. Acquired brain injury behavior science (abbr.)
- 28. Thirteen
- 29. Partner to cheese
- 30. Member of a Semitic people
- 31. One thousandth of an inch
- 33. Former CIA
- 35. Most lemony
- 36. Engage in
- 37. Small Eurasian deer
- 39. Provisions
- 42. All humans have them
- 43. Swiss river
- 44. Storage term (abbr.)
- 46. Famed Broadway lyricist Sammy
- 47. Dutch colonist
- 48. Full-grown pike fish
- 49. Egyptian sun god
- 50. Flute
- 51. Flew off!
- 52. Scottish tax
- 53. Young women's association
- 54. Populous Brazilian city
- 55. Malaysian Isthmus
- 56. Pointed end of a pen



Pain medicine physician appointed to Milford Regional staff

MILFORD — Milford Regional is pleased to welcome pain medicine specialist, Edward Michna, MD to the medical staff. He has joined Victor Wang, MD at Brigham and Women's Center for Pain Medicine at Milford, located in the Hill Health Center at Milford Regional Medical Center. The Center for Pain Medicine offers a multi-disciplinary team approach that works with primary care physicians, spine surgeons and other specialists to provide a thorough and individually tailored program for patients to manage their pain. Dr. Michna graduated in 1991 from UMDNJ-Rutgers New Jersey Medical School, Newark, New Jersey with a degree in medicine after earning a law degree from Seton Hall Law School, Newark, New Jersey. He performed an internship at Monmouth Medical Center, New Jersey and a residency



Edward Michna

in anesthesia at Brigham and Women's Hospital, Boston. Additionally, Dr. Michna completed a fellowship in pain medicine at Brigham and Women's Hospital. He is board certified in pain medicine, anesthesia and palliative care. Dr. Michna is an assistant professor in anesthesia at Harvard Medical School and is the Director of Pain Trials Center, Department of Anesthesia at Brigham and Women's Hospital. At the Center for Pain

Medicine, the team offers services that include anesthesiology, psychiatry, psychology, nursing, neurology and physical therapy to treat a variety of conditions including back pain, abdominal pain, vascular pain, headaches, neuropathic pain, neck pain, pancreatitis, pelvic pain, cancer pain, peripheral neuropathy and chronic post-surgical pain. "We are pleased to offer pain management services to our patients at Brigham and Women's Center for Pain Medicine at Milford," says Edward J. Kelly, President & CEO, Milford Regional Medical Center. "Dr. Michna is a highly experienced physician whose comprehensive approach to pain management can provide our patients with a better quality of life." Appointments with Dr. Michna can be made by calling Brigham and Women's Center for Pain Medicine at Milford at 857-307-7246.

Beaumont at Northbridge hosts COVID-19 vaccine clinic

NORTHBRIDGE — Northbridge, Robin High, Residents and staff at SALMON Health and Retirement's Beaumont at Northbridge campus are receiving their first round of the FDA-approved Pfizer COVID-19 vaccine. Additional clinics will continue at SALMON's other communities throughout the week. Out of 230 staff members and 131 Residents, CVS Health will administer the vaccine to approximately 70 percent of staff members and 97 percent of Residents. The high number of participants is evident of the atmosphere across all SALMON communities—one of hope and pride. Executive Director of Beaumont at

Northbridge, Robin High, says she is "Thrilled for Residents and staff to receive the vaccine; it's been a tough year, but we've persevered. We're hopeful we can return to a pre-pandemic world soon." SALMON's Director of Network Development, Andrew Salmon, reflects on the support we've received throughout the entirety of the pandemic, commenting "We're so grateful for the Baker administration and Health and Human Services for making long-term care a priority. Their stewardship of the COVID-vaccine program will save many seniors' lives in the commonwealth and improve the workplace for thou-

sands of frontline workers here at SALMON and beyond." The second round of COVID-19 vaccines are tentatively scheduled in the coming months. Since 1952, SALMON Health and Retirement has been serving Central Massachusetts. SALMON's Beaumont at Worcester community became the nation's first COVID-19 recovery center for seniors. To learn more about SALMON's continuum of care with services on multiple campuses and the way in which the organization is fighting COVID-19 head-on, visit www.SalmonHealth.com or call (508)-366-4730.



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OBITUARIES

Gerard E. Roy, 91



NORTHBRIDGE – Gerard E. Roy, 91, passed away peacefully at home on Thursday, December 31, 2020. He is survived by his loving wife of 66 years, Phyllis (Benjamin) Roy.

He is also survived by his five children: Denise (Roy) Lachapelle and her husband David of Northbridge, Joseph Roy and his wife Kathy of Buzzards Bay, David Roy and his wife Anne of Shrewsbury, William Roy of Whitinsville and Kenneth Roy of Grafton; six grandchildren, David Lachapelle, Christopher Lachapelle, Joseph Roy, Jill Roy, Benjamin Roy and Bailey Roy; and four great-grandchildren: Taylah, Emma, Brayden and Kristina Roy, as well as many nieces and nephews. He was predeceased by four siblings: Doris Audet, Rachel Roy, Jean Conrad Roy and Remi Roy.

Born on July 30, 1929 in the Linwood section of Northbridge, Gerard was the son of Joseph and Maria (Labrie) Roy and graduated from Northbridge High School class of 1947. After graduating, he began his career at Whitin Machine Works as a machinist, and also graduated from the former Whitin Machine Works Apprentice School. Gerard proudly served in the US Army during the Korean Conflict entering in 1951 and was honorably discharged

in 1953. After his service Gerard served his apprenticeship at Whitin Machine Works and was also a volunteer firefighter in Northbridge for three years, driving the ladder truck. In 1959 Gerard began his employment at Wyman Gordon in Grafton, where he worked for 33 years. He enjoyed a long, healthy and happy retirement working around the yard and in his basement workshop.

Gerard was also an avid golfer and former member of Pine Ridge in Upton, Saddle Hill in Hopkinton and Green Hill in Worcester. He was also a member of St. Patrick's Church and served alongside his wife as 1st Co-Chair couple for Family Life from 1967 – 1972. He was a 3rd Degree Knight serving in the Mumford Council 365 Knights of Columbus.

Gerard was a dedicated family man who will be sorely missed.

Services will be held privately at the convenience of the family due to the current pandemic. In lieu of flowers, donations in Gerard's memory may be made to the Northbridge Fire Dept. Construction Fund, 193 Main Street, Whitinsville MA 01588. To leave a condolence message for his family please visit: <http://www.Jackmanfuneralhomes.com>



Orland F. "Bud" Stevens III, 79



MENDON - Orland F. "Bud" Stevens III, 79, passed away on December 31, 2020 at UMASS Hospital after complications of Covid-19. He is survived by his loving wife of

21 years, Dawn M. (Fisher) Stevens. He is also survived by his stepson, Leonard L. "Lenny" Nelson and his wife Chris of Douglas; several grandchildren; many great-grandchildren; 4 siblings, Joseph Arsenaault and his wife Barbara of Stoughton, Deborah Ruiz and her husband Peter of Uxbridge, Gladly Jean Stevens of N.H., and Gail London of The Villages, FL. He is also survived by many nieces and nephews and his best friend Bob Tatton of Milford. He was predeceased by his first wife, Dorothy M. (Stanley) Stevens and 2 siblings, Michael Arsenaault, and Trudy Jennings. Born in Medford, MA on December 2, 1941 he was the son of Orland F. Stevens II and Evelyn (Somers) Stevens and

grew up in Newton. He was a graduate of Newton Technical High School class of 1958. Where he was a spectacular athlete and held many first-place records in both track and swim teams that up until recently were never beat. He had been a resident of Mendon since 1964 and was the owner of Bud & Son Autobody. He towed cars for the Town of Hopedale and Mendon for many years and was a very hardworking man. Up until his death he still enjoyed tinkering in his body shop, visiting his camp in Groton, NH, he also was an avid NASCAR fan, who even raced stock cars back in the day and loved riding his Harley Davidson. He adored his grand and great grandchildren dearly and will be remembered as a kind and easy-going man. As to his wishes, there will be no services. In lieu of flowers, donations in Bud's memory may be made to: The Mendon Police Dept., 22 Main St., Mendon MA 01756. To leave a condolence message for his family please visit: www.Jackmanfuneralhomes.com

David A. Lavoie, 64



UXBRIDGE- David A. Lavoie, 64, of 28 Snowling Rd. passed away peacefully on Wed. Dec. 30, 2020 at home.

He is survived by his devoted wife of 25 years, Sandra (Demers) Gazaille-Lavoie; 2 step-daughters Margherite (White) Phillips of Harrisville, RI and Leigh Bianco of Uxbridge; 4 step-granddaughters; 2 great step-grandsons; a sister Mary Yurasha and her husband Paul of Northbridge; a brother, Maurice E. Lavoie and his wife Brenda of Northbridge; a sister and brother-in-law, Cheryl and Ken Gantt, and Lisa and Norman Demers, as well as many cousins, nieces, nephews and friends. Born in Whitinsville, MA on Aug. 13, 1956, he was the son of Arthur J. and Eleanor N. (Deso) Lavoie, and lived 25 years in Uxbridge.

Mr. Lavoie worked in maintenance

at St. Mark's School Southborough and later for the Town of Westborough. Previously he worked at Manchaug Corp. and was a long-time Funeral Attendant at several area funeral homes. A graduate of Sutton High School, Dave was a Volunteer Firefighter in Manchaug and belonged to the Manchaug Legion and the Dudley Gendron American Legion. He enjoyed the Boston Red Sox, trips to Old Orchard Beach in Maine, and his many beloved dogs he has had over the course of his marriage.

His Funeral Service will be held Fri. Jan. 8 2021 at 11 am in Tancrell Jackman Funeral Home, 35 Snowling Rd. Burial will follow in St. Mary's Cemetery. Calling hours at the funeral home are from 9:30 to the start of his service. Memorial donations in his memory may be made to: NEADS Dogs, P.O. Box 1100, Princeton, MA 01541. To leave a condolence message for his family please visit jackmanfuneralhomes.com

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"Revolution in the Air" Winter Lecture Series begins Jan. 23

PROVIDENCE, R.I. — Blackstone River Valley National Historical Park will once again offer its annual winter lecture series discussing the Blackstone Valley's role as an incubator for revolutionary thought and action. In partnership with the Blackstone River Valley National Heritage Corridor, lectures will be offered virtually using Zoom. This six-part series will cover a variety of topics including labor reform, ethnic religion and politics, the cotton economy, and architecture. Presentations begin on Saturday afternoons at 2 p.m. Lectures will be offered on Jan. 23, Feb.

6, February 20, March 6, March 20, and April 3. These lectures are free and open to the public. Registration is required to receive the Zoom link. You can register at <https://bit.ly/RevolutionInTheAir>.

"We are excited to offer this lectures series again this year," Ranger Mark Mello explains. "We are working in partnership with the Blackstone River Valley National Heritage Corridor in order to offer these programs virtually this year. This is a great example of how critical our partners are to helping us with our mission."

Academics, independent historians, and park staff will discuss the cotton economy, ethnic religion and politics, and labor reform. Dr. Manisha Sinha from the University of Connecticut, Dr. Evelyn Sterne from the University of Rhode Island, and Dr. Jane Lancaster are among this year's presenters.

"As we anticipate the 250th anniversary of our nation's independence in 2026, we hope these lectures will provoke the public to think about what it means to live in an ever-evolving democracy here in the United States," continued Ranger Mello. "In many ways, the Blackstone Valley shaped our nation in both posi-

tive and negative ways."

"We have a great lineup of some of the leading historians in the field this year as well as our dedicated park staff. We are very excited to provide a public forum to discuss these topics which helped to shape the Blackstone River Valley and continue to resonate today," said Supervisory Park Ranger Kevin Klyberg.

A full listing of the lectures can be found on our website, www.nps.gov/blrv or on our Facebook page, www.fb.com/BlackstoneNPS. For other inquiries or additional information, contact Ranger Kevin Klyberg: Kevin_Klyberg@NPS.GOV or at (401) 428-3816.

Schedule:

Jan. 23: STRIKE! Hopedale 1913, Allison Horrocks and Mark Mello, Park Ranger Blackstone River Valley NHP

Feb. 6: Slavery, Abolition, and the Rise of Industrial Capitalism, Manisha Sinha, Professor University of Connecticut

Feb. 20: King Midas's Curse, Andrew

Schnetzer, Park Ranger New Bedford Whaling NHP

March 6: Ethnic Politics and the Catholic Church in Rhode Island, Professor University of Rhode Island

March 20: Was there "One Best Way"?, Jane Lancaster, Independent Historian

April 3: Cotton River-lution: The Blackstone's Role in the Booming New England Cotton Economy, Allison Meyette, AmeriCorps Vista, Blackstone River Valley NHP

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EDITORIAL

Cheers to 2021

The past year has been challenging, and the months ahead only look slightly different as far as the pandemic is concerned. The rollout of the vaccines does, however, offer some promise in getting our lives back to normal.

It's been discouraging; however, to see people behave so unkindly towards one another. Not so much on the local level — here, we are fortunate. But nationally, the temperature has been turned up for far too long. When did it become 'cool' or 'macho' to behave with such hate towards another person, simply because you disagree? Why are so many individuals filled with so much hate that they take it out on complete strangers? We remind everyone, that when it comes to national politics, listen to several news sources, and not a passing meme on social media. Too many uninformed people are acting out, when if they truly were aware of how things work, beyond just a talking point, they may see things a bit more clearly. Again, we have faith that in the months ahead, the climate will become one of which we can all be proud. It's ok and actually a good thing to question and even disagree with others if it's how you feel. It is not OK when decency, lack of respect and kindness falls by the wayside. It is possible to disagree and yet still be kind and helpful to each other. The constant chest puffing on social media and on national news is just, well, sad. You get more bees with honey.

On another note, as we sit and reflect about how much time has been spent apart as a society, we do need to give a nod to solitude. Extroverts across the globe, just want their social lives to be in full swing again. Heck, even introverts do as well. Being social is an important part of our existence. As things move in that direction, we want to remind everyone that there is a benefit to having some much needed alone time. Something we all don't get very often.

Life in normal times can move very swiftly. We're always looking ahead at what needs to be done next, planning, over thinking and stressing about the future. Studies show that when you stop and enjoy some alone time, your brain will rest. Overstimulation can have adverse effects on our well-being. Take time to detach from the internet, television even music.

When we're alone, our parasympathetic nervous system, that relaxes us, is triggered. Alone time relaxes your muscles, lowers your blood pressure and slows your heart rate. Time alone is a great way to prevent burn out. Burnout can cause us to go about our days in an inefficient manner.

Another check mark in the 'pro' column of solitude is that we become more creative. Our minds are free from distractions. Spending time solo can reduce the chance you'll suffer from vital exhaustion which can lead to increased anger and heart trouble.

One analogy that makes sense regarding solitude, is that it gives you time to get a bird's eye view of your life — the bigger picture, instead of feeling stuck in the day to day sometimes mundane activities.

In the New Year ahead, we wish you all health and happiness. As always, take care of each other.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

Have you ever heard about the first American woman to pilot the F-35 single seat fighter jet? This woman has been doing some amazing flying for the past 20 years, although you do not hear about it on the Nightly News.

U.S. Air Force Lieutenant Colonel Christine Mau is a fighter jet pilot. Regarding the idea of a woman flying a fighter jet in a male-dominated environment, she coolly said: "flying is the ultimate equalizer."

Lt. Col. Mau grew up in Laguna Hills, California, beneath the flight paths of F-4 jets screaming across the sky from the El Toro Marine Corps Air Station in Irvine. She recalled that those jets made an awesome noise and she told her Mom: "I want to do that someday!" Mau grew up a tomboy. It served her well.

By her junior year in high school, Mau was determined to attend a military academy. She focused on the U.S. Air Force Academy and was admitted in 1993.

Flying was in her blood. Her grandfather flew the B-24 bomber in World War II. Her Dad was an Air National Guard C-130 pilot. But watching the 1986 movie Top Gun, and seeing "Maverick" and "Goose" (Tom Cruise and Val Kilmer) fly an F-14 Tomcat jet fired her determination. She never even stopped to consider that it might be something a woman could not do.

She was also inspired by the WASPS (Women Airforce Service Pilots), civilian women pilots who flew 60 million miles on non-combat missions during World War II. Mau said: "They did a lot of really cool things back when societal and gender norms were totally against them...If they could do that back in the

A MOMENT IN HISTORY
.....
BEVERLY GUDANOWSKI UXBRIDGE

Act (which kept women out of combat) barely registered. "I kind of put the horse blinders on and just kept moving forward." How American!

At the Air Force Academy she tried to replicate everything her instructors taught her because she wanted to perform well in the flight-screening program. It would help her compete for the Euro-NATO Joint Jet Pilot Training program in Texas. She graduated with distinction in 1999.

To survive, Mau grew a "really thick skin." This allowed her to absorb feedback during the withering scrutiny of "debriefs." Every tiny mistake was critiqued mercilessly. "I've seen men cry in debriefs," she said. "I have wanted to punch holes in walls" during debriefs, she said.

In pilot training, she got her choice of airplane: the two seat F-15E Strike Eagle fighter jet. She flew this jet for most of her career, clocking 500 combat hours in Operation Iraqi Freedom, Southern and Northern Watch, and Enduring Freedom.

In March 2011, she made history leading the first ever all female F-15E combat mission to support coalition and Afghan ground forces.

Mau loved her F-15E jet. She said it was a "totally badass fighter that drops every bomb in our inventory." She continued: "Being a fighter pilot is really all about breaking things and killing bad guys...you constantly have to be finding targets and killing bad guys in the air."

Whoa, Nelly. I mean,

1940's, well, clearly, I could become a fighter pilot in the 1990's." Mau said that the Combat Exclusion

Whoa, Mau! A woman jet fighter pilot who drops bombs on the bad guys! Can a Millennial woman even imagine such a thing? Or would she have to find a safe room because that very sentence is too scary?

In 2015, Mau became the first woman to fly the F-35 single seat fighter jet. "It's demanding," she said. But here is the critical thing: "The jet doesn't care whether you're a man or a woman. So, you may not like me, simply because I'm a woman, but when I get in that airplane, and I'm able to out-fly you... you want the best to be defending our nation."

When it came time to have a family, Mau was grounded during her pregnancies because, due to safety concerns, women are not allowed to fly jets while pregnant. "No one really knows what to do with a pregnant fighter pilot," she said. Her two daughters are now 9 and 12 years old. Watch out World, here comes the next generation of courageous women. Mau retired from the Air Force in 2017 and trains F-35 pilots for Lockheed Martin. See Lt. Col. Mau in full gear in the pilot's seat of an F-35 at MarketWatch.com and tell me if you have any doubts about women accomplishing whatever they want to in the U.S.A.

You will not see Mau on the Nightly News, but you will see the "squad", every night, it seems. You know who the "squad" is, don't you? They are a group of young Congresswomen who complain about the U.S.A. every day. As far as I can tell, they never actually do anything other than complain.

As for me I will put my money on Mau every time, and bet the farm that she can accomplish anything, even run for President.

Could you be so brave and become a jet fighter pilot? Could you do this for your country?

How to respond when risk tolerance is tested



FINANCIAL FOCUS

DARREN PARENT

When you begin investing, you'll generally assess your comfort with risk, as your investment choices will be guided at least partially by your risk tolerance. But once you actually experience the ups and downs of the market, this tolerance could be tested.

Risk tolerance may appear less bothersome in the abstract but seem quite different in reality. For example, you might initially think you wouldn't be fazed by short-term market downturns, no matter how severe. However, when the financial markets really decline, as happened when the COVID-19 pandemic struck last March, you might find yourself being more concerned than you thought you would be.

Before you change your investment strategy, it's important to understand the potential tradeoffs. By limiting your downside risk by investing less aggressively, you may also limit your upside potential. You might need to change your strategy in other ways, such as saving more or working longer. That said, the tradeoff involved in reducing your downside risk may be worth taking, if it helps you cope better with wild market swings, as the best strategy may be one you can stick with through the inevitable ups and downs of the markets.

Because market fluctuations are a normal part of investing, here are some additional suggestions that may help you focus on your long-term strategy.

Look past the immediate event. While the market's pandemic-driven fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more favorable environment. Yet, while past performance can't guarantee future results, every historical market decline has been followed by a recovery.

Understand that the Dow isn't your portfolio. When the Dow Jones Industrial Average and the other major market indexes such as the S&P 500 fall precipitously (or shoot up), it makes headlines. But the Dow and the S&P 500 only track the performance of large U.S. companies — and while their performance may be an indication of the U.S. economy, they aren't going to track the results of your portfolio, which should ideally include a personalized mix of large-company stocks, small-company stocks, international stocks, bonds, government securities and other investments.

Keep your emotions out of your investment moves. The market will fluctuate constantly — but you should always try keep your emotions in check. Excess exuberance when the market rises, or extreme despondency when the market falls, can lead you to make poor decisions. Specifically, we may buy when we feel good (when the markets are up) and sell when we feel badly (when markets are down). Your heart and your emotions may drive your financial goals — creating a comfortable retirement, sending your kids to college or leaving a legacy for your family — but when you invest for these goals, you should use your head.

Your risk tolerance is a key part of your investment strategy. But by taking the steps described above, you can gain a broader understanding of how risk fits into your overall picture — and a better understanding of yourself as an investor.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Darren Parent, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or darren.parent@edwardjones.com.

LETTERS TO THE EDITOR

An inconvenient truth

To the Editor:

Inauguration Day looms on Jan. 20, but the United States Constitution spells out steps that must be followed scrupulously between Election Day and the swearing-in of a new President and Vice President. Scholars can recite many incidents where outcomes were challenged. However, after 234 years under the rules set forth, none of those contentious times ever resulted in "dangerously undermining democracy itself" as some, on both sides of the aisle, claim who shy away from discussing missteps of November 2020. Rather than performing a sworn duty- to acknowledge and fix problems, then accept political blowback- inconvenient truth is shamefully ignored.

Jan. 6 will see a day of high drama when a number of courageous Senators and Congressmen challenge the legitimacy of election results from several states and voice objection to certification of electoral votes slated for the President-Elect. Distressing as it is, airing examples of (and investigating) irregularities which flout specific state and federal election laws is necessary if confidence

in the voting process is not to be undermined (at least) short term. To stifle or censure such conversation in Congress is the antithesis of 'democratic.' Further, to deliberately prevent a full presentation of positions in print or on social media platforms smacks of McCarthyism- an especially ugly era in modern American politics.

To sweep the subject under the rug or stop debate is 'un-American.' No matter the outcome, we will endure confident in knowledge truth always prevails sooner or later. A President and Vice President will stand on the Capitol steps at noon on Jan. 20 and swear the Oath of Office to "preserve, protect and defend the Constitution of the United States." Americans expect nothing less of elected leaders, from lowest to highest rank, than that they follow the Constitution and work to their best ability. Oftentimes, fortitude is required to face inconvenient truth. In turn, we pledge not to rant, rave or riot in response.

Jane F. Keegan
Uxbridge

LETTERS

Extra! Extra! Read All About It!

We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

Mail your letters to the Blackstone Valley Tribune, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at news@stonebridgepress.news.

You'll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!

Time to get back on the ice

The cold weather is her to stay. Hopefully! Checking your ice fishing gear should be done by now. Checking your line and hooks are very important. Ice fishing tilts or tip ups, as the new generation calls them, are becoming very expensive. This writer prefers the older ice tilts that work very well, and are easy to repair. Because of the rain that was predicted this past Friday, ice conditions have deteriorated, and very few ponds are safe for ice fishing locally.

Anglers wanting to do some ice fishing, may need to travel North and West of the valley area, or even consider Maine and New Hampshire. Ice conditions were a lot better last week, as the temperatures dropped to -10 degrees in those states. First ice is extremely dangerous and should be navigated with extreme caution. Checking the ice with a hand chisel and striking it into the ice as you navigate across a frozen pond, is extremely important. Remind youngsters about the dangers of unsafe, ice and tell them to stay off of the ice without parental supervision.

This writer has been fishing on ice for most of my life, and has found jig fishing as being the most fun and most productive. A simple jig stick equipped with a small reel loaded with 10-pound test braided line and four feet of six-pound test monofilament as leader, equipped with a Swedish pimple jig, and baited with a perch eye, is deadly for bottom feeding fish. Back during my younger years, I used a hand chisel to cut my holes for jigging, sometimes cutting as many as 100 or more a day when the ice was six inches or less thick. The method was called spudding! The hole was only a couple of inches around, enough to accommodate the lure, or a small perch. We had no reel on the jig stick, which was called dead sticking.

When a large fish was hooked, we often had to call a buddy to chop the hole larger, while the

fish was held just under the ice. A small hand gaff was used to hold the fish, until the hole was large enough to pull the big fish through. Most often I fished for yellow perch and calico bass, but we often encountered a largemouth bass. While fishing for perch, catching as many as 10 or more from one hole was not uncommon, and catching 100 or more in a day, was also not uncommon. The best eating size was 8-to-10-inch fish, although numerous perch well exceeded the 12-inch size. Pan fried in a mixture of ground cornmeal & flour in a pan of oil and a quarter pound of butter can provide some great eating.

When ice fishing on the Cape in the town of Carver, we found a pond that was loaded with pickerel, back a number of years ago. While fishing with the late Dick Blanchard of Uxbridge we caught a couple of limits of the extremely boney fish. Dick convinced this writer to retain a few, as he was going to find a receipt for pickling the fish. A few weeks later he dropped of a jar of pickled pickerel for me to try. It was great. Every year after, Dick always made a few jars of the tasty fish which consisted of pickling salt, raw onion rings, pickling spices in a combination of two thirds white vinegar, and a third water. The pickling process softened the bones of the pickerel, making for a great appetizer on our future fishing expeditions.

Deer hunters were happy to see the snow of two weeks ago, resulting in some great tracking conditions. Numerous deer were harvested in the last two weeks of the Black Powder season, some of the bucks carrying only one antler. Every year the bucks shed their antlers and grow new ones for the following year.

Duck & goose hunting opened



THE GREAT
OUTDOORS
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RALPH
TRUE

on Dec. 14, and provided some great shooting opportunity's after the recent snow and cold weather. The freeze and snow drove the birds into major rivers and unfrozen ponds. A lot more mallards and a few wood ducks that lagged behind from their annual migration, provided some great shooting. The final season ends on January 4, 2021 in the Central District. Sea duck hunting in Massachusetts ends on Jan. 25.

Now that I have compiled more information on the dissolved Sea Scouts organization, the following information from my memory, and from Elvin Winchell of Grafton is as follows: Back in the '50s up until the '70s or so, the Sea Scouts had a clubhouse on the shores of Meadow Pond in Whitinsville. Tom Frieswick, Mr. Cahill were scoutmaster for many years getting the young generation ready for the draft. The scouts also had a large Dory, 20 feet plus, and the scouts were often observed rowing the Dory across the Meadow Pond a few times a week. Pete Opperwall, Jack Cunningham, the Baldwin brothers, Jim Bouley are only a few of the original Sea Scouts. Elvin Winchell was a bit younger than the scouts, but still hung around with the group, later joining the Sea Scouts.

After their rowing work out, they cruised into the boat wharf at Joe Tops bar and Grill. All of the rowers held their oars up in a vertical position, as the helmsman navigated the boat alongside the wharf. There was also a candy shop on the side of the bar, that sold them soda and potato chips before they headed back out. Harding's Boat House and Bait Shop was also a stopping off spot to get fresh bait for fishing.

The clubhouse burned down



Courtesy

This week's picture shows Dan Southwick with a 9.15-pound largemouth bass.

around the '80's, but the Sea scout's organization continued to meet weekly. They also spent many days fishing, which was one of the top activities back in the day. You could say that the Meadow Pond was a popular playground for many residents of the Village in Whitinsville years ago. My generation sure lived in the best years, although our parents had little money, and worked hard to raise us.

It was a time that people went to their local Fish & Game Club to play cards and bingo, and enjoy a dinner of Raccoon and Ham, beans, & potato. Tickets were a mere \$2 each, which was a lot of money back then. Raffle's and other entertainment were

enjoyed on weekends, and then they got ready to return to work on Monday, with most residents in the valley working at the former Whitin Machine Works.

The incredible Dan Southwick landed another whopper a couple of weeks ago, as this week's picture shows. The largemouth bass weighed in at 9.15 lbs. and was caught in a neighboring state. Nice fish!

Happy New Year! Hoping everyone had a very Merry Christmas and good health!

Take a Kid Fishing & Keep Them Rods Bending!

Easy Indoor Plant Project for the Kids

With COVID restrictions keeping people close to home, and students learning remotely, it can be a challenge to find new (and fun) projects for the kiddos. So how about getting a jump start on the gardening season, by recycling foods in your refrigerator? All it takes is a little soil, sunlight, and some common produce to grow a wonderful windowsill garden. Best of all, planting with kitchen castoffs is great fun for all ages. The next time you need a lesson on the fly, just open up the refrigerator or kitchen cupboard and make these plantings a family project. To personalize the project and encourage responsibility for young children, allow each child to choose their own fruit or vegetable, and allow them to "tend" to their plant on their bedroom windowsill. Chances are the gardens may not serve as anything more than a houseplant for the indoor duration, but by the time they die out or are ready to be replanted, spring will be around the corner! *

New England boiled din-



TAKE
THE
HINT
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KAREN
TRAINOR

ners are comforting fare for winter weekends. The next time you are preparing parsnips to drop into the bubbling pot, save one or two to "plant." Parsnip is a good first choice because it grows quickly, allowing impatient children to witness the fruits of their labor in almost no time! How to do: First, choose a deep planter. You can recycle a child's summer sand pail, or even use an old plastic container embellished with felt tip marker designs. Scrub parsnips thoroughly under water and dry. Cut of a piece of the parsnip and place it cut side down into your container filled with a standard potting soil mix. Leave about an inch of the parsnip visible above the soil. Water lightly and place in sunlight. After leaves sprout, a spiked flower will appear. Keep soil moist,

but not soggy. After a week or two feed every couple of weeks or so with a stick fertilizer (cut it in thirds and work up to half, then a full stick). *

Make a lush hanging plant from . . . soybeans! Believe it or not, the soybean plant boasts purple or white self-pollinating flowers that are as pretty as any mainstream houseplant. To do: Soak soybeans overnight. Then place wet beans into a wide mouthed mason or mayonnaise jar (beans will expand as they sprout). Cover jar with cheesecloth and secure with an elastic band. The next day, drain off any water and lay the jar on its side in a warm, dark location. Keep adding water a couple of times a day, shake jar to rinse the seeds, and drain. Place jar back on its side. Beans should not sit in water too long or be allowed to dry out. Germination will occur in about four days. When they sprout to about 4 inches, plant in a hanging pot with standard potting soil and place in the sun. Feed with a commercial plant food and soon you'll have

a beautiful houseplant! *

If you are really ready to take on a challenge, why not try your hand at growing a peanut plant? Because peanuts are great fun to watch grow, choose an old Mason jar or mayonnaise jar so the kids can view the miraculous growing process. To do: Start with unprocessed peanuts in a shell (no salt). Shell three or four peanuts and place them on their side in a four-inch container filled with potting soil. Cover the peanuts with a thin layer of soil and keep them in a warm location. Water lightly. The peanut will germinate in about a week, forming a sprout. Soon after leaves will form. Keep moist and transplant when plant is about 8 inches tall. If you are patient, yellow flowers will develop above the soil. When peanuts begin to set, the plant will die back. You can either dig up the peanuts and eat them, or leave them in the soil where they will sprout again. *

Here are some other plants you can grow with pantry groceries:

* Radish plants are easy to grow and the salad fixings are quickly harvested, even in a windowsill garden. Kids love the almost-instant results they see before too long! Choose a firm radish and wash under running water, pat dry. Place root side down into standard potting mixture. Like parsnip, you should leave an inch of the radish above the soil. Place in good light and water when needed. Don't over-water or the plant will rot. Radish leaves will grow in about 6" of soil, so you can really use your imagination when selecting a suitable growing container.

* Garlic is quick and easy to grow. And the garlic plant does not give off an odor, so plant away! Save a clove from a garlic bulb and remove all the skin. Plant pointed end up in a container with soil to which you've added a layer of pebbles for drainage. Feed with fish emulsion every couple of weeks. Keep the soil moist and in a sunny area, and in about four weeks your plant will be nearly a foot tall! **

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 renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Winter care for houseplants



GARDEN
MOMENTS
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MELINDA
MYERS

Holidays are filled with new plants and decorations that often find our houseplants relegated to any out of the way available space. Be sure to keep your houseplants looking their best with proper winter care.

Make sure houseplants receive sufficient light now and throughout the winter. The shorter, often gray days of winter mean less light reaches our plants. Start by moving plants to the sunniest available window. A south-facing window is usually best, but if it is obstructed by trees, awnings or shears it may

be no better than an unobstructed window facing another direction.

If brightly lit locations are limited in your home, try rotating plants between high and low light areas. Switching plants every few weeks usually keeps them growing healthy. Give the pots a turn every few weeks to ensure each side of the plant has time facing the light. This encourages even growth and discourages stems stretching toward the light.

Consider supplementing natural light with artificial light when light is limited. Newer styles that clip onto pots, are mounted on the wall, or tucked into furniture grade stands make them attractive and easier to

use. And now LED plant lights are more affordable, longer lasting and use less energy.

Humidity is the other winter stress. Many of our houseplants are tropical and require higher humidity than our homes provide. As we turn up the heat, the humidity declines.

Boost the humidity around your plants by displaying them together. As one plant loses moisture, the others will benefit. Add a gravel tray for additional humidity. Fill a tray or saucer with pebbles and water. Then set the plant on the pebbles elevated above the water. As the water evaporates, it increases humidity around the plant.

Adjust your watering schedule to fit the conditions in your home.

Always water thoroughly but only as needed. Use your finger to check the soil moisture below the soil surface. Water moisture-loving plants, like Moon Valley Pilea, when the top few inches are barely moist. Allow the top few inches of soil to dry for cacti and succulents. And always pour off excess water that collects in the saucer. Or use gravel trays to capture the excess water, eliminating this task.

Most houseplants do fine in the same temperatures we prefer. They do not tolerate drafts of hot air from heat vents or cold air from windows and doors. Move plants as needed to avoid drafty locations.

Never trap houseplants between the curtain or blinds and the window.

The temperature can be significantly colder, resulting in injury and even death of some plants. Place plants on a table near the window or windowsill extension, leaving room to close the window coverings at night.

Wait until spring to fertilize. Plants do not need as many nutrients when their growth is limited by less-than-ideal winter conditions. As the outdoor growing conditions improve with longer days and brighter light, so do those indoors.

You will be rewarded with healthier, more attractive plants when giving them the care they need this winter. And as you tend your indoor garden, you will help fight the winter blues.



Melinda Myers

Moon Valley Pilea is a moisture-loving plant that prefers high humidity but will tolerate average home humidity.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.

BVT ANNOUNCES FIRST TRIMESTER COMMENDATION LIST

UPTON – Superintendent-Director Dr. Michael F. Fitzpatrick has released the following Commendation List for the first trimester of the 2020-2021 academic school year at Blackstone Valley Regional Vocational Technical High School. Now that the grade appeal process has concluded, the District can name the honorees. Students named to the Commendation List have met rigorous standards that include maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester. Students are listed alphabetically by their last name and grouped according to grade and hometown. The Freshman Class of 2024 is currently in Exploratory.

SENIORS (Class of 2021)

Blackstone
Avry Guilbert, Painting & Design Technology; Victoria Lemieux, Health Services; Sean Tasker, Electronics & Engineering Technology; and Grant Van Dyke, Engineering & Robotics.

Douglas
Jessica Brown, Health Services; Giannah Downen, Health Services; Ryleigh Flansburg, Dental Assisting; Krista Helstrom, Multimedia Communications; Luke Morrison, Electronics & Engineering Technology; and Victorya Pacheco, Construction Technology.

Grafton
Rebecca Ashmore, Electronics & Engineering Technology; Audrey Karyabdi, Dental Assisting; Catherine Rozanas, Drafting & Design Technology; and Emily Valoras, Advanced Manufacturing & Fabrication.

Milford
Bianca Sayure de Oliveira, Advanced Manufacturing & Fabrication; Alaina Gobbi, Dental Assisting; Jacob Manor, Engineering & Robotics; Kaitlyn Manzi, Health Services; Christopher Mason, Engineering & Robotics; Nickolas Montani, Heating, Ventilation, Air Conditioning & Refrigeration; Connor Murphy, Drafting & Design Technology; Ryan Shaw, Electronics & Engineering Technology; and Joseph Tutela, Culinary Arts.

Millville
Aaron Canali, Electrical; and Hayley Vecchione, Health Services.

Northbridge
Emery Amtmann, Health Services; Gavin Chabot, Drafting & Design Technology; Kevin Downing, Electronics & Engineering Technology; Grant Houatchanthara, Information Technology; and Donna Ross, Health Services.

Sutton
Erin Fitman, Dental Assisting; Jenna Jennison, Culinary Arts; Tyler King, Engineering & Robotics; Hannah Limanek, Electronics & Engineering Technology; and Blake Stone, Business & Entrepreneurship.

Upton
Kyrsten Chapman, Information Technology; Kirsten Dinsmore, Culinary Arts; Lauren Flynn, Multimedia Communications; and John Lemieux, Electronics & Engineering Technology.

Uxbridge
Madeleine Bleyhl, Automotive Collision Repair & Refinishing; Isaac Curley, Drafting & Design Technology; Molly Curley, Health Services; Madison Gannon, Engineering & Robotics; Casey Goyette, Engineering & Robotics; and Khushi Patel, Health Services.

JUNIORS (Class of 2022)

Blackstone
Madison Abrants, Painting & Design Technology; Allana Atstupenas, Advanced Manufacturing & Fabrication; Kendra Atstupenas, Automotive Collision Repair & Refinishing; Isabella Bouchard, Health Services; Grace Buehler, Engineering & Robotics; Anna Claro, Information Technology; Leah Cook, Engineering & Robotics; Kaitlyn Goyer, Cosmetology; Kyle Penta, Business & Entrepreneurship; and Mandolin Simpson, Engineering & Robotics.

Douglas
Joshua Chrul, Automotive Collision Repair & Refinishing; Joshua McCullen, Electrical; Sophia Payson, Advanced Manufacturing & Fabrication; Lindsey Provost, Health Services; Tatiana Tyra, Construction Technology; and Bryan Wheeler, Engineering & Robotics.

Grafton
Baraka Consuegra, Engineering & Robotics; Andrew Corbett, Engineering & Robotics; Harrison Linton, Drafting & Design Technology; Noelle McDonald, Construction Technology; Celine Vaz, Information Technology; and Sofia Yitts, Culinary Arts.

Milford
Joel Awuku-Asante, Heating, Ventilation, Air Conditioning & Refrigeration; Heather Balducci, Dental Assisting; Jacob Brock, Drafting & Design Technology; Brianna Ferreira, Health Services; Ashley Haley, Painting & Design Technology; Connor Harrison, Advanced Manufacturing & Fabrication; Gianna Leet, Multimedia Communications; Benjamin Miano, Construction Technology; and Daniel Paine, Construction Technology.

Millville
Myra Dehestani, Engineering & Robotics; Isabelle Hilditch, Painting & Design Technology; Logan Humphries, Plumbing; Camden Laforest, Information Technology; and Natalie Lambert, Culinary Arts.

Northbridge
Katelyn Barrows, Culinary Arts; Madison Colonna, Multimedia Communications; Kai DePaula, Advanced Manufacturing & Fabrication; Kaia Dziekiewicz, Dental Assisting; Sabrina Fields, Dental Assisting; Carmen Gray, Engineering & Robotics; Cullen Jacene, Engineering & Robotics; Olivia Lange, Dental Assisting; Nicolas Petone, Drafting & Design Technology; and Faith Sawyer, Health Services.

Sutton
Gwyneth Dube, Health Services; Sarah Grant, Multimedia Communications; Kyleigh Leonard, Automotive Technology; Matthew Machado, Information Technology; Camilla Moroney, Health Services; Coryn Myette, Drafting & Design

Technology; and Kaden Vincelette, Drafting & Design Technology.

Upton
Emma Ballard, Health Services; Evan Charron, Heating, Ventilation, Air Conditioning & Refrigeration; Kelli Konieczny, Multimedia Communications; Rachel May, Engineering & Robotics; and Amber Strapponi, Information Technology.

Uxbridge
Nolan Holt, Culinary Arts; Riley Holt, Engineering & Robotics; Abigail Lane, Engineering & Robotics; Aisha Lutwama, Culinary Arts; Robert Mellen, Engineering & Robotics; Adam Pratt, Engineering & Robotics; Emily Warner, Culinary Arts; and Ryan Worthington, Electrical.

SOPHOMORES (Class of 2023)

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Grafton
Jordyn Carroll, Health Services; Juliana Errara, Health Services; Hailey Lutjelusche, Engineering & Robotics; and Noah Mariano, Engineering & Robotics.

Milford
Jack Abbiuso, Information Technology; Jaclyn Bader, Engineering & Robotics; Zachary Barnes, Information Technology; Logan Betti, Information Technology; Jason Cardente, Electronics & Engineering Technology; Colin Chambless, Engineering & Robotics; Thays DeAssis, Drafting & Design Technology; Marcella Ferreira, Construction Technology; Lauren Gobbi, Dental Assisting; Ana Guaman, Construction Technology; Matthew Hynes, Advanced Manufacturing & Fabrication; Allison Kee, Health Services; Alya Lainez, Automotive Technology; Rillary Madruga Ferreira, Engineering & Robotics; Arianna Morese, Multimedia Communications; Kioni Sankofa, Painting & Design Technology; Joshua Schorn, Culinary Arts; and Tifuh Tah, Engineering & Robotics.

Millville
Benjamin Craven, Plumbing; and Joshua Platt, Information Technology.

Northbridge
Vanessa Calles, Drafting & Design Technology; Riley Driver, Electrical; Sam Grilli, Drafting & Design Technology; Autumn Herrick, Electrical; Maya Laydon, Construction Technology; and Emily Wildfeuer, Drafting & Design Technology.

Sutton
Katelyn Devine, Construction Technology; Benjamin Judson, Automotive Collision Repair & Refinishing; Samuel Judson, Drafting & Design Technology; Ryann Lombardi, Health Services; Aidan Mcgrail, Electronics & Engineering Technology;

and Colin Medeiros, Electronics & Engineering Technology.

Upton
Julia Bern, Construction Technology; Nicholas Cummings, Advanced Manufacturing & Fabrication; Bradley Lyon, Drafting & Design Technology; Artem Plotkin, Electronics & Engineering Technology; Kathleen Russo, Culinary Arts; and Katelyn Steele, Engineering & Robotics.

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Northbridge
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Upton
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Uxbridge
Yara Alomar, Noah Cahill, and Grace Mathieu.

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.

Physical activity guidelines for children, adolescents and adults

Staying healthy is a full-time job for people of all ages. While it might not always prove so easy to exercise or eat right, the benefits of healthy living are undeniable.

According to the Partnership to Fight Chronic Disease, "prevention" refers to helping people avoid getting sick or identifying diseases early so treatment can begin. Immunizations and disease screenings are two vital components of preventive care, but children, adolescents and adults can take more active roles in preventive care by embracing physical activity.

The Department of Health and Human Services notes that physical activity fosters normal growth and development and can help people feel better, function better, sleep better, and reduce their risk for a large number of chronic diseases. Reducing risk for chronic disease keeps people out of the doctor's office, or even the hospital, and it also can help save considerable amounts of money. One report from the The Milken Institute estimated that high chronic disease and obesity rates are responsible for more than \$1 trillion in lost productivity in the workplace every year. In addition, the National Commission on Prevention Priorities notes that increasing the use of five preventive services to 90 percent can save more than 100,000 lives in the United States each year. Such services include advising smokers to quit and offering medication or other assistance to help them and providing flu shots for people age 65 and older.

In recognition of the role exercise plays in preventive care, the DHHS recommends children, adolescents and adults follow these physical activity guidelines.

Children and adolescents

The DHHS recommends that children and adolescents between the ages of six and 17 should get 60 minutes or more of moderate-to-vigorous physical activity every day.

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous intensity aerobic physical activity and should include vigorous-intensity physical activity at least three days a week.

- **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week.

- **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity at least three days a week.

Parents can consult with their children's physicians to determine age-appropriate muscle- and bone-strengthening activities for their youngsters.

Adults

The DHHS advises adults to make a concerted effort to move more and sit less throughout the day. Some physical activity is better than none. Adults who



sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

For substantial health benefits, adults should get at least 150 minutes to 300 minutes of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity each week. An equivalent combination of moderate- and vigorous-intensity aerobic activity can serve as a substitute. Ideally, aerobic activity should be spread throughout the week.

Adults should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle

groups two or more days a week, as the DHHS notes these activities provide additional health benefits.

These guidelines also apply to older adults, but older adults also should incorporate balance training into their exercise routines. In addition, the DHHS urges older adults to consult with their physicians about the appropriate level of effort for physical activity relative to their level of fitness.

People of all ages should include physical activity in their preventive health care routines. More information about exercise is available at www.health.gov.

How will you make this new year different from the last?

If you are to only read one of my columns this year and take it to heart ... make it this one.

A new year is upon us and I couldn't be happier. I don't think that in my lifetime I've been more relieved to see a year end and a new year begin.

With that said, there is nothing magical about turning the page on a calendar. If magic is to happen, it happens in our heads and hearts by creating an optimistic view of what is to come and taking positive actions that make our optimism real.

I'm optimistic that 2021 will be a better year. This isn't wishful thinking. We have two new vaccines that are now approved and being administered. I'm hearing that a third and maybe a fourth could be approved early this year. The news is promising, and 2021 will be a positive year of turnaround and renewal.

So, we're upon a new year. Now what?

My dad used to always say, "If you always do what you always did, you'll always get what you always got." That's true for everything we do, including how we approach this new year. Our happiness and success can be determined by an optimistic approach to 2021. In other words, you have the power to be the change you wish for your life. And why not?

The difference with last year was that there was so much out of our control. A pandemic of the size and scope of Covid-19 changes everything. Losses of life, jobs and personal freedoms are beyond our ability to control, so 2021 can lead to a new and better season.

I believe that almost



POSITIVELY SPEAKING
GARY W. MOORE

every successful person will begin this year with the idea that "This year will be a better year than last, and I have the power to make it so."

I already know that a large group of Americans have decided to have a bad year. Pessimism with some abound as they find it difficult to see the brightness ahead. That is a choice they make based on opinion and not fact, and it will drive and guide the results of their new year.

For me, and hopefully you, the voice of truth tells us a different story and that truth is that 2021 will be a year of tremendous positive turnaround. Again, the vaccines alone are a game changer. As the vaccines continue to be administered, I believe our economy will begin

opening and our personal freedoms restored. Could the news be more positive?

So, we have a choice to make. We can wallow in the past pain of 2020 or rejoice and celebrate the brighter days ahead in 2021. Optimism is a choice for happiness and success, while pessimism is a choice for misery and failure. Which will you choose?

I already hear a response of "Yeah, but ..."

But what? The choice could not be clearer and there really are only two choices. Some may say "wait and see" which is also a choice, but I believe that is a choice for pessimism. The wait and see crowd always get what's left over as the optimists act quickly and seize the day. What if we instead said, "yeah, and..."

In other words, we can grieve and lament 2020,

and we can be hopeful and optimistic for 2021.

"Yeah, and."

Optimism takes no more energy than pessimism and studies show that optimists are both happier and achieve more in life. How can someone purposely choose pessimism?

I've said it over and over ... and will say it again. Your belief system creates a mind/heart conspiracy to make what you believe will happen, come true.

Napoleon Hill said, "What the mind of man can conceive and believe, it can achieve." I don't believe truer words have ever been spoken, yet so many purposely avoid optimism. Please ... don't let this be you. Choose a better year for you and your family.

I'm out of space for now but will continue next week. Please consider the

power of your belief system in creating a better year. Optimism is a choice to be happier, healthier, and more successful. Why would you choose otherwise?

Until next week, consider this ancient wisdom from Marcus Aurelius. "You have power over your mind, not events. Realize this and you will find strength."

You hold the key to your own magic. It's a new year. I'm choosing to optimistically make 2021 my best year, ever. You can too.

Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryW Moore721 and at www.garywmoore.com.

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DOUGLAS - 102 SE Main St! Start Packing! Spacious 9 Rm Colonial! 2.23 Acres! Center Island Granite Kit w/Soft Close Cabs, SS Appliances! Slider to 24' Deck! Open Floor Plan! Hickory Wood Floors throughout the Kit, Din & Liv Rms, all w/Recessed Lighting! 1st Flr Office or Possible 4th Bdrm w/Oak Hrdwd Flr! Full Bath in the Hall! 2nd Flr w/Full Dble Vanity Bthrm & 3 Comfortable Bdrms, all w/Beautiful Wood Laminate Flrs! Master w/Cathedral Ceiling, Skylight, Ceiling Fan, Bay Window overlooking the Back Yard and a Master Bath! Lower Level w/2 Finished Rms, Utility Rm w/Laundry and Half Bath! 3.5 Baths Total! Recent C/Air, Heat & Roof! 2x26 2 Car Detached Garage! Huge Shed! Nearby Nature Trails & Wallum Lake Beach! **\$379,900.00**

WEBSTER LAKE - 112 Gore Rd! NORTH POND! Sucker Brook Cove! 8 Rm, 3 Bdrm, 1.5 Bath Ranch is Ready for You! Southwestern Exposure! Gorgeous Sunsets! Unique Waterfront! An Open Floor Plan! Lake Views from Nearly All Rooms! 2x6 Construction! Energy Efficient Blinds in Every Room! 4 Oil Tanks - Fill Up Once a Year! C/Air! Gas Fireplace! Whole House Fan! Meticulously Cared For! Large workshop! 3 Car Garage! Carport! 2 Sheds w/Electric! Back Yard is Perfect for Family Gatherings! Plenty of Off Street Parking! Summer is Here! **\$539,900.00**

WEBSTER - 55 Hillside Ave! 7 Rm, 4 Bedroom Cape! Great Highway Access! Walk to Memorial Beach! View July 4th Fireworks from Your Backyard! Liv Rm w/Hrdwds, Ceiling Fan & Pellet Stove! Eat-in Kit! Fam Rm! Full Bath! 1st Flr Master w/Hrdwds & Ceiling Fan! Oil Heat! Vinyl Sided! Younger Roof! Replacement Windows! Town Services! Fenced Yard! 1 Car Garage! **\$239,900.00**

WEBSTER LAKE - 20 Bates Point Rd! Middle Pond! Western Exposure w/Panoramic Lake Views! Beautiful Sunsets! 7 Rms, 3 Bdrms, 2.5 Baths! Recently Renovated from Top to Bottom! Move-in Ready! Professionally Landscaped! Exterior Stonework Front & Back! Open Floor Plan! 1st Level w/Huge Family Rm w/Lake View & Access out to Stone Patio, 1/2 Bath & Laundry, Travertine Tile Throughout! 2nd Level w/Custom Granite Kitchen w/Stainless Steel Appliances, Center Island w/Seating & Large Pantry! Spacious Living Rm w/Sliders to 14X34 Composite Deck! Dining Area w/Water Views, Hardwood Floors Throughout, Bath w/Tiled Shower, Guest Bedroom or use as Office! Lake Facing Master Bedroom w/Walk-in Closet & Private Deck! Bathroom w/Double Sinks, Tiled Shower & Separate Tub! Comfortable 3rd Bedroom w/Lots of Storage! Level Lot w/Room for Entertaining and Enjoying All The Lake has to Offer! **\$749,000.00**

CHARLTON - 74 Daniels Road! Completely Renovated 9 Rm, 4 Bdrm, 2.5 Bath Gambrel w/Attached In-Law Apt! Picturesque 3.39 Acres! Deeded Water Rights to South Charlton Reservoir! Extensive Updates! House w/New Roof, Siding, Kit, Bthrms, Windows, Int Doors, Electrical, Flooring, R60 Insulation in Attic, Water Heater, Well Pump & More! In-Law w/Open Flr Plan, Kit, Bdrm w/Walk-in Closet, Full Bath w/Laundry! Both Fully Applianced! 2 New Driveways, Irrigation, AG Pool! Shed! Security! Generator Hookup! **\$489,900.00**

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5+ Acre Waterfront Land - on "Little Pond". Also known as Schoolhouse Pond. Private, pastoral setting. Open Field surrounded by tree line. 250+ feet waterfront-age. At the end of a dead end road!
\$179,900

N. ATTLEBORO - 523 KELLY BLVD.

SORRY, SOLD!

Farmhouse style home! Sun-drenched interior! Spacious floor plan! living room, eat-in kitchen, 6 rooms total, 4 bedrooms, 2 baths! Heated by gas / hot water baseboard! Outdoor kitchen, pool! Jacuzzi tub/shower. Located just minutes from Rt 95 & 495! assisted sale **\$408,500.**

WEBSTER - 103 UPPER GORE RD

SORRY, SOLD!

Lake! Main level has 3 Bedrooms, Kitchen, Dining Rm, Common Bathroom, Master Bedroom & Master Bath - Fireplaced Living Room! Finished Lower Level, 1/2 Bath, Laundry, Large room w/Pellet Stove & Direct Garage Access! Tiered deck, w/Screened porch, leads directly to your "Salt water" Inground Pool!
\$319,900.

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! **\$89,900**
Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE. **NEW PRICE \$115,000.**
Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **Each \$24,500.**
Douglas-Mount Daniels 2.5 Acres abuts Douglas State Forest! **ON DEPOSIT! \$132,900**
Dudley - Marshall Terrace 12,000+/- Sq Ft Lot Potential for a 2 Family! **SORRY SOLD! \$70,000.**
Dudley - Packard Dr. 2 Lots! Very Private! off Ridge Dr. Will not last! **SORRY SOLD! \$50,000.**

OXFORD - 4 SPICEBUSH LANE

SORRY, SOLD!

One level living with added 35 x 18 finished walk-out lower level. Cathedral ceilings, skylight dining, hard-wood flooring and central air. Stainless appliances! Large double oven. Over-sized 30 x 14 deck, quiet cul-de-sac!
New Price \$314,900.

SOUTHBRIDGE - 14 SERVANT WAY

SORRY, SOLD!

Young ranch with heated 2 car garage, 3 bedrooms, 2 bathrooms. Efficient Propane heat, central air! Open floor plan! gas fireplace! Master Suite w/bathroom, Master California Closet! assisted sale **\$279,900.**

OXFORD - 115 CHARLTON ROAD

SORRY, SOLD!

Beautiful home set back off road providing privacy and oversized yard. Kitchen w/granite counters & abundance of cabinets. Cathedral ceilings kitchen, dining and living room. Open floor plan! large deck with large backyard through sliders in dining room. Hardwood floors! Tile baths. Master bedroom/master bath! Finished walkout lower level w/2 car garage. Extras: above ground pool!
\$369,900.

WEBSTER - 20 KINGSBURY

SORRY, SOLD!

NEW TO THE MARKET! Custom Sprawling Split 2800+ SF! Central Air! Kitchen, Dining Room, Cathedral Ceiling Living Room, 3 Bedrooms! Granite Counters & New Flooring! New Boiler - Hot Water Tank - Oil Tank! FULL finished Lower Level w/ Full Bath & Laundry! THERE'S MORE! 2 Car Garage, reserved to include Hydro Heat, AC & 1/2 Bath! Great for Fitness Studio, Game Room or Home School! Over 1.4 Acres!
\$360,000.

WEBSTER - 52 CUDWORTH ROAD

SORRY, SOLD!

1.99 ACRE INDUSTRIAL ZONED LOT! GREAT OPPORTUNITY TO LIVE & WORK FROM HOME! Amazing 1790 Antique Colonial! Undergone major updates & renovations, maintaining Antique Charm! Great Room graced by an Open Hearth Stone Fireplace! Soaring Cathedral Ceilings!
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On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave

SORRY, SOLD!

WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind. Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplace living room, gourmet kitchen, lake facing dining , formal dining room, media room & spacious 1st floor guest BR Suite w/ private bath. Incredible 2nd floor fireplace lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! Remember, Timing Is Everything!
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Lake Shirley - 647 Reservoir Rd

SORRY, SOLD!

Lakefront! Lake Shirley! Modern Flare on a Lakefront Colonial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, Impala black granite, center island, 3 season porch, overlooking the lake. 1st FL bedroom suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room. Crown moulding & hardwood floors throughout, wired sound system, radiant floors. oversize 2 car garage. Additional Guest House!
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Decembers' Single Family Homes Real Estate Market

AUBURN			
	December 2019	December 2020	Trend
Median Price	\$280,000	\$344,000	▲
Market Volume	\$5,326,050	\$9,592,900	▲
# of Homes Sold	17	24	▲
Avg Days on Market	41	32	▼

DUDLEY			
	December 2019	December 2020	Trend
Median Price	\$282,000	\$323,000	▲
Market Volume	\$2,302,400	\$3,167,400	▲
# of Homes Sold	8	10	▲
Avg Days on Market	32	30	▼

Contact us to find more about your neighborhood market & what your home is worth!
 Happy Holidays from our family to yours!

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Dudley:
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11A Paglione Dr
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ON DEPOSIT

Webster: Condo, 2 bdrm, totally redone
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 Jo-Ann, Diane, or Marie

Divorce support group begins new session

WHITINSVILLE — A new weekly divorce support program begins on Tuesday, Jan. 5.

Called "Fresh Start - There is Life after Divorce," this program is for men and women who are separated or divorced and living single again. Led by knowledgeable leaders, the group offers encouragement, friendship, and hope.

Each meeting includes a topical video followed by small group discussion, refreshments, and social

time. The program continues to April.

The meetings will be done in a hybrid fashion. Participants can come to the in-person meeting or participate online via Zoom if that is more comfortable.

The FreshStart program is free, non-denominational, and open to all.

Meetings begin Tuesday, Jan. 5, from 6:30 to 8 p.m. at Pleasant Street Church, 25 Cross St., Whitinsville. The program continues for 12

weeks, and participants can begin attending at any time.

Contact the church office at 508-234-5268, e-mail info@psrc.org, or visit www.psrc.org for more information and to register.

A complementary program for kids ages five to 12, called DivorceCare for Kids, will be run concurrently with the adult program. This will be in-person only.

DivorceCare for Kids group begins in January

WHITINSVILLE — DivorceCare for Kids is a support group for kids who are angry, hurt, and confused by their parent's divorce. DivorceCare for Kids provides a safe, fun place where children will learn to understand their feelings, express their emotions appropriately, and heal from their pain and confusion.

The meetings will be held in person only.

Each group session is filled with motivating and exciting activities, games, crafts, role playing, discussion times, journaling and activity books, to help children process the divorce and move forward in their lives. DivorceCare for Kids is for children five to 12 years old. It is free and non-denominational.

DivorceCare for Kids begins Jan. 5 and meets

every Tuesday for 13 weeks from 6:30 to 8 p.m. at Pleasant Street Church, 25 Cross St., Whitinsville.

Contact the church office at 508-234-5268 or e-mail Howard@psrc.org for more information and to register. For details about DivorceCare for Kids go to www.dc4k.org.

Kerry Iadarola named to Dean's List at Plymouth State University

PLYMOUTH, New Hampshire — Kerry Iadarola of Northbridge has been named to the Plymouth State University Dean's List for the Fall 2020 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2020 semester and must have attempted at least 12 credit hours during the semester. Iadarola is a Public Health major at Plymouth State.

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

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LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 32-34 Fowler Road, Northbridge, Massachusetts
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Dyanna L. Rondeau to Sovereign Bank, said mortgage dated October 12, 2004, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 35011 at Page 38 and now held by Santander Bank, N.A., fka Sovereign Bank, for breach of the conditions in said mortgage and for the purpose of foreclosing the same, will be sold at Public Auction on **January 25, 2021 at 11:00 AM Local Time** upon the premises, all and singular the premises described in said mortgage, to wit: That certain piece or parcel of land, and the buildings and improvements thereon:

In the Town of: Northbridge
County of: Worcester
And State of Massachusetts
And being more particularly described in a deed recorded in Book 18497, Page 270 of the Worcester County, City of Northbridge which property is more commonly known as 32 34 Fowler Rd, Northbridge, MA 01534.
More particularly described in said deed as:

The land and buildings situated on the westerly side of Fowler Road, the road leading from the Village of Rockdale, so-called, to Northbridge Center, in the Town of Northbridge, in Worcester County, bounded and described as follows:
Parcel 1

BEGINNING at the northeasterly corner of the premises, it being the southeast corner of Lot #1 as shown and designated on a plan of land entitled, "Plan of Building Lots for Samuel Fowler, Rockdale, Northbridge, Mass., 1899" by H.H. Browning, Civil Engineer, Worcester, Mass., recorded with the Worcester District Registry of Deeds, Book 1599, Page 655;
THENCE westerly by Lot #1 to southeast corner of Lot #12 on said plan;
THENCE southerly by Lots #11 and #10, 75 feet to a point;
THENCE easterly 159.1 feet to a point on said road which point is 75 feet southerly measured on west line of said road, from the point of beginning;

THENCE northerly by said road to the point of beginning.
Said Tract being Lot #2 and north half of lot #3 on said plan.
Parcel 2

Beginning at a drillhole in a stone bound at the northeasterly corner of land now or formerly of one Brown;
THENCE westerly by land of said Brown 173 feet to a stone bound, it being the northeasterly corner of Lot #12 on the plan of land referred to in parcel 1 above;

THENCE southerly by Lot #12 on said plan 46 feet to Lot #2 on said plan;
THENCE easterly by said lot #2 163 feet to said road to Northbridge Center;
THENCE northerly by said road 80 feet to the point of beginning.
Parcel 2 containing 10,332 square feet more or less.

The description of the property that appears in the mortgage to be foreclosed and more particularly described in deed recorded in Book 18497, Page 270 of the Worcester County (Worcester District) Registry of Deeds shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated April 30, 1994, and recorded in Book 18497 at Page 270 with the Worcester County (Worcester District) Registry of Deeds.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within sixty (60) days after the date of sale.

Other terms to be announced at the sale.

BENDETT & MCHUGH, PC
270 Farmington Avenue
Farmington, CT 06032
Attorney for Santander Bank, N.A. fka Sovereign Bank, FSB
Present Holder of the Mortgage
(860) 677-2868

January 1, 2021
January 8, 2021
January 15, 2021

(SEAL) THE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT 20 SM 001926 ORDER OF NOTICE

To: Donna D. Graham; Richard E. Graham, Jr.

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq) Elizon Master Participation Trust I, U.S. Bank Trust National Association, as Owner Trustee claiming to have an interest in a Mortgage covering real property in Northbridge, numbered 220 Alana Drive, given by Donna D. Graham, Richard E. Graham, Jr. to Norwest Mortgage of Massachusetts, Inc. d/b/a Norwest Mortgage, dated

December 10, 1998, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 20790, Page 21 and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before February 1, 2021 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on December 15, 2020.

Attest: Deborah J. Patterson
Recorder
2011032018
January 8, 2021

(SEAL) TRIAL COURT OF MASSACHUSETTS THE SUPERIOR COURT Worcester Superior Court 225 Main Street Worcester, Massachusetts 01608 Case No. 2085CV01029 ORDER OF NOTICE BY PUBLICATION James E. Carey and Vladimir Thermilus, Plaintiffs, vs.

Persons, if any, unascertained, Not in being, unknown who may Be heirs, devisees, appointees or Persons claiming under Averaldo Lomi, Defendants.

TO: all unknown and unascertained persons who may be heirs, devisees, appointees, or persons claiming under the late Averaldo Lomi, late of Lincoln, Rhode Island.

WHEREAS a civil action has been begun against you in our Superior Court by James E. Carey and Vladimir Thermilus wherein the Plaintiffs are seeking to quiet title and thereby extinguish any hypothetical adverse claim that the heirs of the late Averaldo Lomi could assert with respect to a portion of the real property owned by the Plaintiffs known as 11 and 13 Champlain Avenue, Blackstone, Massachusetts, arising from the omission of lots 317 and 318 in a deed from Averaldo Lomi to James E. Carey dated August 7, 1989, recorded with the Worcester County Southern District Registry of Deeds at Book 12262, Page 371.

We **COMMAND YOU** if you intend to make any defense, that on 3/5/2021 or within such further time as the law al-

lows you do cause your written pleading to be filed in the office of the Clerk of Court named above, in said Commonwealth, and further that you defend against said suit according to law if you intend any defense, and that you do and receive what the Court shall order and adjudge therein.

Hereof fail not, at your peril, or as otherwise said suit may be adjudged and orders entered in your absence.

It appearing to this Court that no personal service of the Complaint has been made on the defendant a deputy sheriff having made a return on the summons that after diligent search he can find no one upon whom he can lawfully make service, a copy of which is hereto attached and made part of this notice, it is ORDERED that notice of this suit be given to them by publishing, once a week for three successive weeks, the last publication to be at least 20-days before said return day in the: Blackstone Valley Tribune January 8, 2021 January 15, 2021

NOTICE OF PUBLIC HEARING

In accordance with the provisions of M.G.L Ch. 40A, Section 11, and Chapter 179, Section 47 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on Thursday, **January: 14, 2021 at 6:35 P.M. VIA ZOOM - Join Zoom Meeting: 1929 .205 6099 US (New York)**

https://zoom.us/j/94051787845?pwd=UnpDazhKUXEiOVJPekdsQVRrUUpFQT09 Meeting ID: 976 4930 0574

Passcode: 585447

To consider the application from Kathleen Malkasian-Roberts, 564 Church St., Whitinsville, MA 01588 for a Variance (20-V-20) pursuant to Article X, Section 173-48, 173-19 Table of Area Regulations in order to allow the applicant to convey a small portion of land to the neighbor to correct the encroachment, in partoular, the applicant requests a variance to allow the Jot size to be reduced. The property is shown on Assessor's Map 14 as Parcel 88, is located in a Residential -3 zoning district and is owned by Kathleen Malkasian-Roberts. LLC. The purpose of this hearing is to provide an opportunity for public comment. Anyone wishing to be heard regarding this matter should attend said meeting at the time and place designated. A copy of the petition is available for review by appointment at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during normal business hours.

Douglas Curving,
Chairman Northbridge
Zoning Board of Appeals
January 8, 2021
January 15, 2021

BARRIERS

continued from page A1

came up with an initial design idea and a prototype for a barrier build," explained Belland. "All three designs were well thought out and had many positive attributes."

The winning design was the aluminum plexiglass model submitted by Electronics & Engineering. They chose to use 80/20 aluminum because it is lightweight but strong. Plexiglass for its visibly transparent, shatter-resistant, and durable attributes, and manufacturing 3D printed the endcaps to reduce costs further. But recycling and reusability were the deciding factors that lead to the win, with nearly all the materials

used for the build being 100 percent reusable and repurposed for use in BVT's Robotics Club.

"I didn't have to look far for inspiration," said Luke Morrison, a senior from Douglas in Electronics & Engineering Technology and a member of the Robotics Club. "In the corner of our shop rests our competition robot, its aluminum and lightweight, but designed and built to compete against opponents in a series of specific challenges, and we always want more materials to improve it. It was fun and rewarding to take skills I've learned and the materials used in shop and apply them in this design challenge."

The Drafting department assisted with detailed drawings for

the barriers, which will help a great deal with mastery preparation and assembly. Isaac Curley, a senior from Uxbridge in Drafting & Design Technology, uses Inventor CAD software that provides him with the ability to produce professional-grade 3D mechanical part drawings. He said, "It is rewarding to use my computer-aided drafting (CAD) skills to good use in this barrier project. The drawings that took me a school day to produce will aid students in Advanced Manufacturing & Fabrication, who will read them and know how long to cut the aluminum pieces."

Belland said, "Our students and graduates continue to rise to meet any challenge with

enthusiasm and work hard to deliver impressive results. The Class of 2020 chose to give back to their school community with a generous donation that covered the cost of all of the materials needed to produce thirty-two tabletop barriers."

The following students participated in the design challenge and contributed to building the final tabletop barrier for use in the cafeteria and other departments. Students are arranged alphabetically by their shop.

Construction Technology (instructor, Mark Fitzpatrick) Aiden Chase, a junior from Northbridge
Cody Carchio, a junior from Mendon
Steven Cote, a junior from Mendon

Daniel Paine, a junior from Milford
Benjamin Powell, a junior from Bellingham
Zachariah Osterman, a junior from Northbridge
Jeffrey Powers, a junior from Upton
Richard Randall, a senior from Upton
Mathew Richardson, a senior from Uxbridge

Electronics & Engineering Technology (instructor, Mike Norton) Luke Morrison, a senior from Douglas
Trout Marnell, a junior from Millbury

Heating, Ventilation, Air Conditioning & Refrigeration (instructors, Dan Morin & Josh Dunton) Nickolas Montani, a senior from Milford
Cooper O'Neil, a sophomore from Millbury
Caitlin Walsh, a sophomore from Upton

Ashley McIsaac, a sophomore from Milford

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, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school's Web site is www.valley-tech.k12.ma.us.

NORTHBRIDGE

continued from page A1

is \$0.12388/kWh for the six-month period from November 2020 through April 2021. The program rates, resulting from a competitive bid, are fixed over the 35 months of the electric supply agreement from January 2021 through December 2023.

The town added that savings cannot be guaranteed as com-

pared to Basic Service rates which change every six months for residential and commercial accounts and every three months for industrial accounts. Current Northbridge residents and businesses who are participating in the CEA program will be automatically transitioned to the new default electricity rate as of their January 2021 meter read date.

Those who do not want to participate in Northbridge CEA

program can opt out without penalty or change to a different program option at any time on the program website masscea.com/Northbridge or by calling the supplier, Constellation, at 833-461-0813.

More information is available online at masscea.com/Northbridge. Residents may also contact the Northbridge Town Manager's Office at 508-234-2095 and speak with Sharon or Melissa.

GRANT

continued from page A1

will also save on energy costs while creating better lighting for students and staff. All lighting has the capability for daylight harvesting, allowing the school to dim the use of those lights that are near windows or any other areas that could utilize natural lighting as a source without the need of ceiling lights.

The State's Green Communities Program provides grants, technical assistance, and local support to help municipalities reduce energy use and costs by implementing clean energy projects that support a resilient

energy future, according to R. Gary Bechtholdt II, Northbridge Town Planner.

"Energy conservation measures are measures involving modification of maintenance and operating procedures of a building, designed to reduce energy consumption," he said. "Since 2016, Northbridge has received over \$775,000.00 in Green Community grant funds and has realized almost 15 percent energy reduction in building usage from its baseline of 2015."

Bechtholdt added that Northbridge is hopeful to secure funding the next round of the 2021 Green Communities

Grant Program to continue energy conservation measures within municipal and school buildings. In addition to these grant funds, Bechtholdt, who also serves as the town's Green Communities Grant Administrator, suggested the town look to secure municipal funds to address weatherization projects at the Northbridge Senior Center, Police Station, and the Whitinsville Social Library, where future application of the Green Community grant rounds and local allocation of municipal funds will continue to be sought.

Northbridge is pursuing a goal of 20 percent energy reduction by 2022.

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Advertisement

Bose 500 soundbar offered as BSTRA raffle prize

DOUGLAS — Thanks to an anonymous donation, Bay State Trail Riders Association, Inc. (BSTRA) is offering a Bose 500 Soundbar valued at \$549 as the prize for its latest raffle. Tickets for this raffle are reasonably priced – 5 tickets for \$10, \$15 tickets for \$20, 35 tickets for \$40, 55 tickets for \$60, 75 tickets for \$80 or 100 tickets for \$100 – and they are conveniently available for purchase online through 5 p.m. on Feb. 28 or through the mail as long as they are received by February 28. For more information, mail in order form, or to make an online ticket purchase, visit www.bstra.org/support/raffle.

“Soundbars are very popular items these days since more people are spend-

ing time in their homes. They want to enhance their home television and music experiences, and soundbars are designed to deliver sound from a small package. With its sleek design it fits easily into everyone’s TV setup,” said Lynn Paresky, BSTRA’s Fundraising Director. “Our anonymous donor thought such a popular and useful item would be a very desirable raffle prize, and we agree.”

The Bose 500 Soundbar offers built-in voice control with Amazon Alexa, voice control of compatible music streaming services and smart home devices, superior voice pick up from a custom-designed 8 microphone array, light bar that visually indicates when Alexa is

listening, thinking or speaking, and specially designed drivers that deliver full, spacious sound.

The drawing takes place on the evening of Feb. 28, and the winner will be notified. A video of the drawing will be

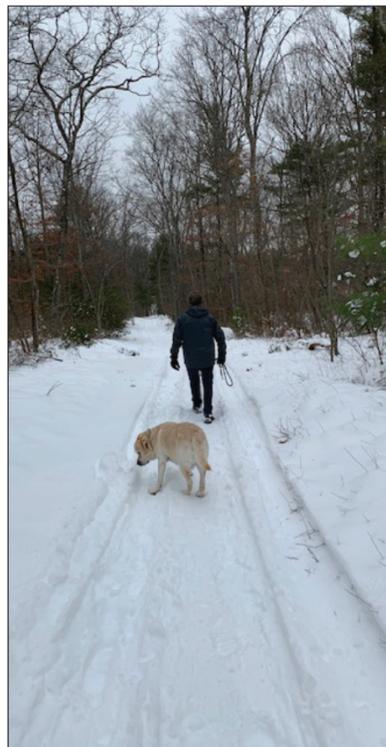
published on BSTRA’s Facebook Page.

Since 100 percent of the proceeds from ticket sales goes towards funding local trail projects, this fundraiser offers everyone an opportunity to make a difference to trails in State Forests in their community. BSTRA has in the pipeline a large \$55,000 trail and parking lot expansion project located in the Douglas State Forest, as well as a connector trail creation and bridge improvement project in the Upton State Forest, and other important projects in Douglas that are in the planning stage.

“We hope the community will support us by participating in this raffle. They will be getting chances to win something really special for themselves or a gift for someone else, while helping community trails,” said Paresky.

BSTRA believes that trails are important assets to the community, and it has been their mission to help create, maintain and preserve trails for community use since 1973. With an extensive track record of dependability, credibility and accomplishment, BSTRA is a good choice to receive local support. Since 1989, BSTRA has put more than \$630,000 into trails within State Forests and Parks within 34 towns in Massachusetts. A wide variety of user groups who enjoy the trails for outdoor recreation and fitness will benefit from BSTRA’s trail improvement projects, including hikers, dog walkers, equestrians, mountain bikers, runners, cross country skiers, and families out enjoying nature.

“Now that a lot more people are using trails of our State Forests for recreation and fitness due to Covid-19, they can see the significance of trails as a local resource and the importance of our trail improvements,” said Paresky. “Participating in this fundraiser is their chance to make a positive difference to the trails right in their own community.”



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