

Free by request to residents of Douglas, Northbridge, Uxbridge, Linwood, Whitinsville and North Uxbridge

SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS

Friday, June 11, 2021

Unified Track off to the races in Northbridge

BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDEN

NORTHBRIDGE Northbridge High School's Special Olympics Unified Track team is off to the races. The team has had three meets this year, with one more on the way.

"The benefits of the unified programs for both our athletes as well as the entire school community cannot be understated," said Athletic Director Jeff Kozik. "It helps to foster an inclusive environment where our athletes can showcase their skills while at the same time developing compassion and understanding with our partners.'

Northbridge has been doing unified sports since the spring of 2019, according to a school statement. The program began with track and has expanded to basketball as well. This year's track team

has 11 athletes who participate in the 100-meter, 400-meter, and 4x100-meter, as well as shot put, javelin, and long jump.

"I can barely run for 60 seconds without getting winded so I never thought in a million years I would be a track coach, but it has been incredible to watch all of these kids compete and support each other,' said Head Coach Stevie Bentley, who is celebrating her first season with the team. "They are a fabulous crew of kids."

Kozik said his favorite part is the "comradery and mutual respect between the teams during meets.

"The pure joy exhibited at the meets as well as the bonds created between our athletes is truly an amazing thing to witness and I am left feel-

Turn To TRACK page A15



Northbridge High School's Special Olympics Unified Track team is off to the races. The team has had three meets this year, with one more on the way.

announces promotion

BOYLSTON Worcester County Sheriff Lew Evangelidis

announced today he has promoted 15 Sergeants to the rank of Lieutenant



Uxbridge including native Sgt. Corev Sullivan.

"All promotions at the Worcester County Sheriff's Office are based on merit, work ethic and a dedication to duty." Said Worcester County Sheriff Lew Evangelidis, «Today, Lam very proud to announce the promotion of Sgt. Corey Sullivan as well as the other 14 Sergeants to the rank of Lieutenant, these individuals represent the best in the field of corrections and will work hard to make us a better department."

Sheriff's Department Local police share words of condolence for Worcester, Braintree officers

BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

REGION — Police departments across the state have taken to social media to share words of condolence after two

According to reports, Worcester Police Officer Enmanuel Familia died after he fought to save the life of 14-year-old Troy Love, who was drowning. Braintree Police Officers Billy Cushing and Matthew Donoghue were wounded, and Braintree K9 Kitt has died, after they responded to a dangerous domestic incident.

Five officers entered the water in an attempt to locate and rescue the victim and to secure the other individuals who were also in the water. police said. During this rescue attempt two individuals were brought to shore. At this time, officers on scene were notified that one officer was missing.

Courtesy

Worcester County Sheriff Lew Evangelidis presents newly promoted Lt. Corey Sullivan with his insignia gold bars signifying his promotion to the rank of Lieutenant.

Sullivan, an 11-year veteran at the Worcester County Sheriff's Office started his career with the department in March of 2010, was promoted to Sergeant in October of 2017 and effective immediately to Lieutenant. Turn To **PROMOTION** page A15

separate incidents in Worcester and Braintree left one officer and a police K9 dead and two officers injured.

"Friday's terrible incidents in Worcester and Braintree have prompted all of us in law enforcement to pause and reflect upon the oath we pledged and the dangers inherent in the public safety mission to which we have committed ourselves," said Col. Christopher Mason, Massachusetts State Police Superintendent of Department.

In Worcester, dispatch received several calls for a report of a person possibly drowning in the pond at Green Hill Park. Worcester Police officers and members of the Worcester Fire Department arrived on scene, according to reports, observing several people in the water. Officers saw a male toward the center of the body of water reaching an arm up and struggling.

Divers located the officer-identified as 38-yearold Enmanuel Familiaand brought him to shore. UMass EMS immediately initiated life-saving protocols and transported the officer to the hospital. Officer Familia later succumbed to his injuries at the hospital.

Officer Enmanuel

Turn To OFFICERS page A15

Marking a Milestone

BVT CELEBRATES CLASS OF 2021

UPTON – The Blackstone Valley Tech Class of 2021 Commencement Ceremony was held outdoors on its athletic field on May 27. The evening ceremony was a socially distanced event for immediate family in attendance to celebrate the accomplishments of the Class of 2021 and say farewell before they go off on their next great adventure.

'It is really special that we are gathered here on campus. In fact, it is really special that we are gathered here in person to celebrate the accomplishments of the Class of 2021," said Assistant Superintendent-Director/Principal Mr. Anthony E. Steele II during his opening remarks. "I'm very grateful for the dedication of our staff and the ongoing support of the Upton Board of Health to make this event possible. We will have an opportunity to honor our graduates with all the pomp and circumstance they deserve."

The ceremony included a rousing rendition of the National Anthem sung by graduate Kayleigh Labrecque of Northbridge. Yvette Martin, Director of Student Services, delivered the benediction. Graduate, Madison Mathieu of Douglas, gave an inspired and moving musical performance of "Always Remember US this Way" by Lady Gaga, in addition to student speakers.

Overcoming unexpected circumstances during

Turn To BVTS page A15

Courtesy

The Blackstone Valley Tech Class of 2021 Commencement Ceremony concluded with cheers and applause for the graduates as they tossed their caps towards the sky.

Free Summer Concert Series kicks off July 2 at the Alternatives' Whitin Mill

WHITINSVILLE — ValleyCAST is proud to announce the return of its Free Summer Concert Series featuring an incredible line-up with a wide variety of music. Enjoy Rock n' Roll, Big Band, Country, Folk, Bluegrass, Classic R&B, Funk, Reggae, Blues, and even a Symphony Orchestra!

The concert series, now in its 12th year, is one of the most popular events at the Alternatives' Whitin Mill drawing crowds of all ages and walks of life.

The series kicks off on Thursday, July 1 and continues every Thursday evening through Sept. 2 at the Alternatives' Whitin Mill, 50 Douglas Rd., Whitinsville. In case of inclement weather, the concert moves inside the Singh Performance Center at the same location.

"After a year of isolation, the Free Summer Concert Series is a wonderful way for people of all abilities to gather together in the plaza and sing, dance, or just relax and enjoy a summer evening of music while watching the sunset over the Mumford River," says Cristi Collari, Director of Community Outreach.

Free Summer Concert Series



Blackstone Valley Community Concert Band performing on the Community Plaza at the Whitin Mill.

Schedule:

Join ValleyCAST for its "Kick-Off" Concert on Thursday, July 2 with the Blackstone Valley Community Concert Band (sponsored with a special grant from the Northbridge Cultural Council, which is funded by the Mass Cultural Council).

Free Thursday Night Concert Series:

July 8: The Promise is

Hope July 15: Knock on Wood July 22: Chuck & Mud and the Hole in

the Dam Band July 29: Super Chief Trio

Aug. 5: Far from Eden

Aug. 12: Claflin Hill Summer Winds

Aug. 19: Le'Mixx Band

Aug. 29: Michelle Canning Band

Sept. 2: Changes in Latitudes

The concert series is sponsored by Lampin Corporation, UniBank, Wiersma Insurance Agency, the Northbridge Cultural Council; which is supported by the Mass Cultural Council, Open Sky Community Services and ValleyCAST.

For more information or for links to each band's website, visit openskycs. org/news-events. Or visit Facebook/ ValleyCAST

For more information about ValleyCAST and/or Open Sky Community Services visit openskycs. org or call (508) 234-6232.



Dental hygiene is about more than just your teeth



tricians, parents may begin brushing their youngsters' teeth the moment the first tooth breaks through the gums. While proper dental hygiene is vital to oral health, it also can have a profound effect on the rest of the body

According to the Mayo Clinic, poor oral health might contribute to various diseases and conditions. Periodontitis is a severe vet preventable gum infection that can lead to tooth loss if left untreated. But the threat of periodontitis doesn't end in the mouth. The American Academy of Periodontology notes there's a connection between periodontitis and several other diseases. While bacteria was long suspected to be the link between periodontitis and other diseases in the body, the AAP notes that recent research points to inflammation as the culprit that connects periodontitis with diseases such as diabetes and heart disease.

betes are at increased risk for periodontal disease, speculating that diabetes patients' risk is higher because people with diabetes are more vulnerable to infections than those without diabetes. While that suggests periodontal disease is a byproduct of diabetes, the AAP notes that research points to the relationship being a two-way street. Periodontal disease may make it more difficult for people with diabetes to control their blood sugar, making dental hygiene an especially vital component of routine healthcare for people with

odontal disease is not fully understood, but enough studies have been conducted for scientists to support the notion that the two are connected.

Can periodontal disease be prevented?

Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing at least once per day and swishing with mouthwash are some simple, healthy habits that can prevent periodontal disease. In addition, the AAP recommends

Individuals tend to learn about dental hygiene at an early age. On the recommendation of their children's pedia-

Diabetes

The AAP notes that people with dia-

diabetes.

Heart disease

The AAP notes that research indicates periodontal disease increases a person's risk for heart disease, with the inflammation caused by the former leading to the latter. People with existing heart conditions also may find that periodontal disease exacerbates those conditions. The Mayo Clinic notes that the link between heart disease and peri-

that people at increased risk for periodontal disease, including the elderly and smokers, should discuss their risk with their dental professionals.

Dental hygiene can do more for individuals than produce a mouthful of pearly white teeth. In fact, people who prioritize dental hygiene may lower their risks for various diseases.

hen can children brush their own teeth?

Parents quickly learn that their children go through a transition marked by a desire to be more independent. They're picking out their own mismatched clothes and no longer want any help when solving puzzles or complex toys. That newfound independence signals getting older and can be a healthy thing to nourish. But what happens when a youngster suddenly believes he or she is capable of brushing his or her teeth without assistance?

Parents wrestling with their kids' can-do attitude and if it's wise to allow them to brush their teeth unassisted can familiarize themselves with certain guidelines to determine their youngsters' readiness. According to Scripps

Pediatric Dentistry & Orthodontics, most kids are at least six years old before they have developed the finesse and dexterity to handle a toothbrush in a manner that will effectively remove plaque. Dentists also may ask if the child can tie his or her own shoes, which can serve as a barometer of readiness to wield a toothbrush without assistance.

Pediatricians and pediatric dentists recommend that children visit a dentist as soon as a child's first tooth starts to appear. This also is when parents should begin to clean their children's teeth. As a child ages, the natural proclivity to want to take charge of brushing teeth takes hold. The child may not yet have the manual dexterity to brush

child to brush and then go over the teeth as a "double check." This helps foster independence while also ensuring teeth are fully cleaned.

Flossing may require even more dexterity than brushing, but it is essential for sloughing off plaque that accumulates between teeth and below the gum line, according to Parents magazine. Moms and dads can introduce their children to pre-threaded Y-shaped flossing tools, which are easier to handle than loose floss.

Parents will have to check on children even as they age to be sure they are practicing good oral hygiene. Parents who are in doubt about their children's

alone, but parents can encourage the readiness can work with dentists or dental hygienists to assess skills and get other pointers.







Evershine Dental Group



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Find us on Facebook & Google



MILLBURY SENIOR CENTER

SENIOR WORK - OFF PROGRAM

For Eligible seniors, 60 or older that are residents of Millbury

Receive up to \$1,500 per year that can be used to pay real estate property tax

In return for voluntary service at a town department

For more information or to pick up an application please call the center at 508-865-9154

MILLBURY SENIOR **CENTER ACTIVITIES!**

EXERCISE CLASSES Mondays and Fridays 9:30

A.M. - 10:15 A.M. Classes are held inside

with limited capacity Reservations required,

please call the center at 508-865-9154

BLOOD PRESSURE CLINIC Every Tuesday from 9

A.M. - 10 A.M.

WALKING CLUB Tuesdays at 8:30 A.M. We will be walking around the garden

This will be followed by coffee in the garden!

SOCIAL BINGO

Wednesdays at 1 P.M. Bring your pennies! required, Registration Please call the center at 508-

865-9154 If you would like Lunch ahead of time a 48 hour reservation is required!

The Millbury Senior Center Announces. SUMMER CONCERTS ARE BACK!

Thursday, June 17th, 6 -7:15 P.M.

Featuring Robert Black an ELVIS IMPERSONATOR

Thursday, July 15th, 6 - 8 P.M.

4 Ever Fab "A Beatles Tribute Band"

Thursday, August 19th, 5:30 - 7:30 P.M.

Eddie Forman Polka Band Orchestra

Concerts are sponsored by the Massachusetts Cultural Council Mike and Lucille & Maguire

Hot dogs & drinks will be available for sale. These events will be held rain or shine, bring your lawn chairs!

Masks required along with social distancing!

Millbury Senior Center COVID-19 Vaccine Assistance

We will assist Millbury residents who are 65 and older schedule a vaccine appointment

The sites open are the larger ones the Governor has set in place.

As soon as a nearby site opens up we will call you If you have a computer

you can go on to the Mass. gov website and schedule an

appointment If you do not have access to a computer or require assistance, please call the center and leave your name and phone number 508-865-9154

Millbury Senior Center Transportation

Transportation is provided for Millbury Senior Residents

Monday through Friday from 9 A.M. to 4 P.M.

We travel one town out in each direction including Sutton, Grafton, Auburn and Worcester

48 hour notice is Α required for scheduling rides (business days)

Rides are free until July 1st

For more information or to schedule transportation call the center at 508-865-9154

Millbury Senior Center Food Pantry

Our pantry is open for Millbury residents Monday through Friday

9 A.M to 1 P.M. Please call ahead to place your order and pick up

508-865-9154

Millbury Friendly Visitor Program

Friendly Visitor Our Program is now being provided by telephone

Volunteers call clients to check in with them, chat and hear a friendly voice

For more information on coordinating a Friendly visitor

Call the center at 508-865-9154

"MEMORY CAFÉ"

Our Traveling Memory Café is visiting people monthly.

If you are interested in a visit (outside) please call Julieanne Fitzgerald at the senior center

We are also looking for volunteers to assist with this program

For more information call to RSVP 508-865-9154!

"Grab & Go Meals"

Lunch meals will be available to be picked up daily at the front door, 11:30 A.M.

Menu is available on Town Website, www.townofmillbury.org

Or our Millbury Senior Center Facebook page

A 48 hour reservation is required

For more information or reservations call us at 508-865-9154

(Food Stamps)

Our appointments are on Tuesdays & Thursdays 10

Call for an appointment & 508-865-9154

"This project has been funded at least in part with

This institution is an equal opportunity provider. The SNAP Logo is a ser-

vice of the U.S. Department of Agriculture.

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



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.

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news@ stonebridgepress.news



Program Director (Webster, MA)

Responsible for the overall daily operations of a group home, including ensuring integrated treatment services.

Mail CV/Cov ltr to: Human Resources, Job Code T3059-00191 The Devereux Foundation 364 Thompson Road, Webster MA 01570. EOE.



Local students named to Assumption University Dean's List

WORCESTER — Assumption University has announced those students who have been named to the University's Dean's List for the spring 2021 semester. Students named to the Dean's List must achieve a grade point average of 3.5 for a five-class,

15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters. Local students include: Samuel Malone of Douglas, Class of 2021

Morgan Shields of Uxbridge, Class of 2021 Emily Gay of Uxbridge, Class of 2022 Stella Noecker of Douglas, Class of 2022 Sean Morrissey of Uxbridge, Class of 2023 Megan Place of Whitinsville, Class of 2023 Julianne Sutherland of Uxbridge, Class of 2023 Angelina Carneiro of Douglas, Class of 2024 Megan O'Meara of Northbridge, Class of 2024 Carlenys Troncoso of Northbridge, Class of 2024

"These students demonstrated incredible resilency amid the challenges posed by COVID-19 during the previous academic year and remained committed to their programs of study," said Assumption University President Francesco C. Cesareo, Ph.D. "Assumption is proud of these students for excelling in the classroom as they immersed themselves in the University's liberal arts curriculum, steeped in the Catholic intellectual tradition, and their majors preparing them for meaningful lives and careers after graduation." Assumption University provides students with a comprehensive, Catholic liberal arts experience through curricular and co-curricular programs, including internship opportunities, recreational activities, and more than 60 on-campus clubs and organizations.

An Assumption education forms graduates both intellectually and spiritually, inspiring wonder and purpose as they discover their vocation.

For more information, visit assumption.edu. 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 34 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

please visit www.assump-

Assumption

tion.edu.

University,

SNAP APPLICATIONS

A.M. - 2:00 P.M.

required documentation

Federal Funds from USDA.



Stonebridge Press Presents

CONGRATULATIONS CLASS OF 2021!

in the June 18 issue of all of our papers

DEADLINE FRIDAY JUNE 11 NOON (space) • Copy by Monday Noon

Run in one (your choice of 1 publication), five (Spencer New Leader, Charlton Villager, Sturbridge Villager, Southbridge News Webster Times) or all seven publications. Publications to choose from: Spencer New Leader, Auburn News,

Charlton Villager, Sturbridge Villager, Webster Times, Blackstone Valley Tribune, Southbridge News

SPONSOR A SCHOOL GRADUATING CLASS LIST FOR \$250. Ask us what schools are available.

a. one pub = \$120

b. 5 pubs = \$240

c. 7 pubs = \$340

1. 2.4" X 2.5" block (dble blocks available at \$60/\$120/\$170 a. 1 pub = \$30

2. Full Banner (10" X 2) 3. 1/8th page (5" X 5") a. one pub = \$96 b. 5 pubs = \$192c. 7 pubs = \$272

- 4. 1/4 page (5" X 10 or 10" X 5") a. one pub = \$240 b. 5 pubs - \$480 c. 7 pubs = \$680
- b. Five pubs = \$60 c. Seven pubs = \$85

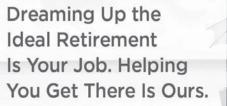
Feel free to mention certain grads that may be working for you!

For more information or to reserve space, please contact

June Simakauskas, for the Spencer New Leader, Charlton Villager, Auburn News, Blackstone Valley Tribune at 508-909-4062, or email jsima@stonebridgepress.news

Mikaela Victor, for the Southbridge News, Webster Times, or Sturbridge Villager at 508-909-4126, or email mikaela@stonebridgepress.news

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WHITINSVILLE SOCIAL LIBRARY

17 Church St.

Whitinsville, MA 01588 www.northbridgemass.org/WSL (508) 234-2151 Follow WSL on

Facebook, Instagram & Twitter

Register for crafts and www.tinyurl. events com/EventsAtWSL

Library hours: Monday - Thursday: 10 AM-7 PM Friday 10 AM - 4 PM Saturday 10 AM - 2 PM Closed Saturday 6/19 for Juneteenth

The library has reopened to the public. All returns are fine free through Labor Day 2021. Masks are encouraged but not required. Computers are available by appointment only.

Tails and Tales-Summer Reading 2021 June 21st - August 14th

Whitinsville Social Library presents this year's Summer Reading Program, "Tails and Tales". Celebrate with all types of animals... including their fun tails! This year's Summer Reading Kickoff is on Saturday June 26th from 10:00 - 1:30, come by to register for summer reading and receive your summer reading kit with all the program information. Each week will be a different animal theme, make sure to join us throughout the summer for a mix of virtual and in-person programs, and track your reading using the Beanstack App or online version! Additional programs will be added throughout

the summer, including weekly Tween and Teen Crafternoons, Storytime!, Baby Bounce. and Registration is required for each event and events will take place either virtually or outside of the library. Registrations will open one week before the event date. Register at: www.tinyurl.com/ EventsAtWSL

Adult Take & Make: Record Clock

Monday 6/7 Pick up kit between 10-7

Each kit contains supplies for an adult to make a wall clock out of a record. We provide the supplies and instructions. Crafter provides scissors and glue stick. This craft is best for adults. Reserve your kit at www.tinyurl.com/ EventsAtWSL

Public Day Saturday June 12 from

11-1 Join fellow knitters on the Library's front lawn for World Wide Knit in Public Day.

Bring your project and something to sit on. Mask wearing and sunscreen are encouraged.

Drop in any time between 11 and 1. This event is for fiber artists of all ages.

If the weather is poor this event will not take place.

Memoir Book Club: Boy Erased

Wednesday June 23 at 6 Join us for a discussion of Garrard Conley's best-selling memoir "Boy Erased". Copies are available at the Library's front desk. The meeting is taking place outside on World Wide Knit in the library's front lawn.

If you have one, please bring a chair. Sign up to be notified if the meeting needs to be rescheduled due to poor weather.

Cookbook Club: Zahtar Thursday 6/24 at 12

Join us for June's meeting as we discuss the Middle Eastern spice blend called zahtar. Stop by the library to pick up a free sample of the spice. Bring the spice home, cook with it, and come to the meeting to discuss your thoughts. June's meeting will take place on the library's front lawn so please bring a chair and some sunscreen. Cookbook Club is the last Thursday of every month.

Adult Craft: Patriotic Lanterns Tuesday 6/29 at 6

Sign up to reserve your kit to create a patriotic lantern, just in time for your Independence Day celebration. You can either pick up your kit anytime between 10-7 on 6/29 or you can come craft in the library's front yard with hands-on instruction at 6 PM. If you bring the craft home scissors and glue are required. Registration required.

Friends of the Library Meeting

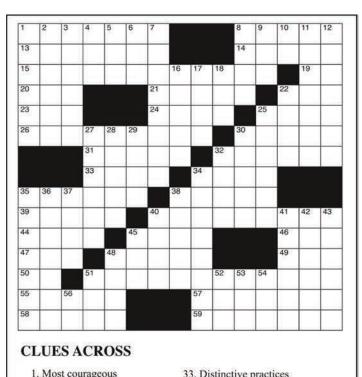
Tuesday 6/29 at 6:30 All are welcome to join!

The June Friends of WSL meeting is taking place on the library's front lawn. Please bring a chair. If the weather is poor this meeting will take place virtually. Please contact friendsWSL2019@gmail. com for more info.

Marissa Allegrezza completes intensive research project

WORCESTER — Marissa Allegrezza, of Uxbridge, a member of the class of 2022, majoring in Chemistry at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed an intense research project titled Intersectional Approaches Among Ashoka Fellows in Romania with Bucharest, Romania (IQP).

At WPI, all undergraduates are required to complete a research-driven, professional-level project



that applies science and technology to addresses an important societal need or issue. Nearly 90% of students typically complete a project in collaboration with partners in communities across the country and around the world, through the university's 50-plus project centers. Students usually travel to the project center for seven-week terms; this spring, however, due to the global coronavirus pandemic, they worked remotely, using video conferencing and other technol-

ogy to complete their projects. A signature element of the innovative undergraduate experience at WPI, the project-based curriculum offers students the opportunity to apply their scientific and technical knowledge to develop thoughtful solutions to real problems that affect the quality of people's lives-and make a difference before they graduate.

"The WPI project-based curriculum's focus on global studies brings students out of their comfort zones to apply their knowledge to solve real problems for people in communities around the globe," said Professor Kent Rissmiller, interim dean of the WPI Interdisciplinary and Global Studies Division. "Students have the opportunity to learn about a different culture, from the



Meet Miller! This 1 year, 7 month old handsome boy is ready to meet his new family. Miller is a sweet, nervous guy. He loves to spend time with other dogs, and once he gets to know you, he is happy to spend time with people! He will wiggle to show you just how happy he is to see you! Miller is new to Baypath, so we are

way people live and work to the values they hold to the foods they eat - all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork; make a real and meaningful difference; and gain a competitive edge for any resume, or graduate or professional school application.

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 17 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet

ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www. wpi.edu

Tribune ALMANAC

- 8. Insurance giant
- 13. Small trace left behind
- 14. In a way, signals
- 15. The same letter or sound at
- the beginning
- 19. The Great Lakes State
- 20. Engage in a contest
- 21. Drinks served to celebrate
- a birth (Spanish)
- 22. Manpower
- 23. Undivided
- 24. Strong, magnetic metal
- 25. People of Tanzania
- 26. Sorts
- 30. Cop car accessory 31. Trade
- 32. Sullen and ill-tempered
- **CLUES DOWN**
- 4. Roman numeral 7
- 5. Sun up in New York
- 6. Institute legal proceedings

- 22. New Zealand conifer

35. Electrodes 38. Polish river 39. Human feet 40. Make very hot 44. Toppin and Kenobi are two 45. Blackbird 46. One point west of due south 47. Large beer 48. Third stomachs 49. Rare Korean family name 50. Hectoliter 51. Aquatic invertebrate 55. Where we live 57. Poked holes in 58. Partner to ways 59. ____Ann

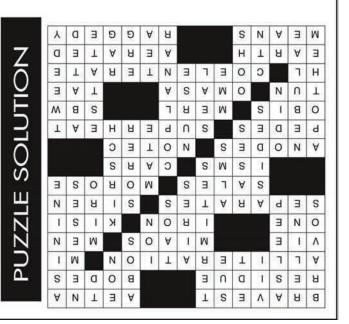
34. Motor vehicles

- 1. Expressions of approval
- 2. Replace the interior of
- 3. Not awake

- against
- 7. Bugs homeowners don't want
- 8. Maltese-Italian composer
- 9. Very long period of time
- 10. Touchdown
- 11. Agents of downfall
- 12. Complacently or inanely
- foolish
- 16. Argentina capital Buenos ____
- 17. County in New Mexico
- 18. An electrically charged atom
- 25. Type of brandy
- 27. Comments to the audience



- 43. Wilco frontman
- 45. Woman (French)
- 48. Expresses delight
- 51. TV channel (abbr.)
- 52. Beverage
- 53. Unit of work or energy
- 54. Cleaning accessory
- 56. Dorm worker



still getting to know him. He is a country boy, and is still getting used to the idea of living in a home in Massachusetts. Right now he is still nervous of everything new to him. Miller loves other dogs, so a canine friend may help him feel more comfortable. We are not sure how Miller would do with cats. Miller would do best in a quiet home with adults only or kids over 13. If you think Miller is the one you have been waiting for, please email adopt@baypathhumane.org today!

500 Legacy Farms North • Hopkinton, MA 01748



FEDERAL Established 1887

Milford Federal Bank is proud to sponsor Baypath Humane Society's Pet of the Week!

Bring your furry friend along on your next trip to MFB for a treat from our drive-up tellers, or stop in any branch and bring home a treat from our complimentary doggy treat bar.



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TO SUBMIT A LETTER

news@stonebridgepress.news

OR send to Blackstone Valley Tribune

P.O. Box 90, Southbridge, MA 01550

OR send to Blackstone Valley Tribune

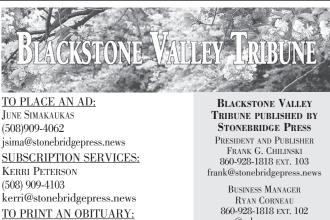
P.O. Box 90, Southbridge, MA 01550

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LENDER

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– *Real Estate* –

BLACKSTONE

None

DOUGLAS

\$848,888, 24 Ridge Trl, Collins, Michael, and Collins, Jacqueline, to Giovino, Christopher J, and Baker-Giovino, Katherine.

NORTHBRIDGE

\$553,000, 171 Chipper Hill Rd, Lelli, Paul A, and Lelli, Nancy A, to Halcisak, Kelli A, and Halcisak, Lauren R.

\$470,000, 403 Kelly Rd, R E& B A Helstrom IRT, and Helstrom, David R, to Rice, Robert J.

\$455,000, 9 Danielle Ln, Hebert, Wayne E, and Hebert, Paulette D, to Downing, Justin A, and Downing, Nicole.

\$325,000, 62 Center St, Markowitz, David K, to Mccauley, James, and Libby, Joanne.

\$238,500, 19 High St, Rouille, Joel, to Puccio, Claudia.

Gayle A, to Vezina, Elaine, and Vakoc, Amy J.

\$580,000, 46 Brandy Ln, Cruz, Anthony, and Cruz, Jessica, to Drotar,

\$531,000, 26 Willow Ln, Kaswandik,

\$475,000, 85 S Main St, Stage 1

David N, and Kaswandik, Elaine M,

to Shea, John P, and Burlingham,

Investors LLC, to 85 South Main St

\$468,750, 720 West St, Vanderbrug, Henry R, and Vanderbrug, Cynthia

J, to Morin, Brianna A, and Morin,

Independence Uxbrdge Rlty, to

Martinis, Kristin E, and Macdonald,

Prop Rlty Corp, to Nextgen TT Realty

Properties LLC, to Skyrocket

\$402,000, 29 Tea Party Dr #29,

\$350,000, 485 Douglas St, Reservoir

\$156,000, 22 Kennedy St, Ether

\$70,000, 22 Kennedy St, Stinchfield,

Alan L, to Ether Properties LLC.

James A, and Drotar, Rachel R.

UXBRIDGE

Caroline A.

WSCP LLC.

Nicholas S.

Brennan.

Properties LLC.

LLC

David Petrides graduates from Lebanon Valley College

ANNVILLE,

ANNVILLE, Pa. David Petrides of Uxbridge is one of nearly 440 Lebanon Valley College students in the Class of 2021 undergraduate and graduate programs who celebrated their educational and personal accomplishments during three Commencement ceremonies this weekend. The College held three distinct Commencementsone for physical therapy doctoral graduates and two for undergraduate degree recipients-as part of the CDC and other COVID-19 protocols.

Petrides received a Bachelor of Arts in criminal justice from LVC. Petrides is a graduate of Milford High School.

Dr. Michael Fink, PT, DSc, SCS, chair and newly promoted professor of physical therapy, was the featured Commencement speaker by virtue of being named the Vickroy Award winner (see below) during the 2020 Commencement Celebration.

Dr. Fink's speech focused on "Adapt and Overcome." He advised the Class of 2020 to "Surround yourself with those who embody what you want to becomethose with a positive outlook on life, who speak encouragement into the lives of others, and who exude confidence, and who have mastered their craft. Spending time with these type of people, can help reframe your mental narrative.

Along with honoring graduates, LVC revealed the winners of several major annual awards.

Dr. Ken Yarnall, chair and associate professor of mathematical sciences, presented the top student award, the H. Anthony Neidig Award, to Allison Liu, who graduated with a near-perfect 4.0 GPA with degrees in actuarial science and computer & data science. Liu received almost every honor bestowed by the faculty in the College's Department of Mathematical Sciences, and took four national actuarial sciences exams, including passing two during her first year.

Faculty in the nationally recognized department noted that "Allison is one of the most astonishingly capable, involved, and accomplished students we have ever had the pleasure of working

with. Her incredible level of involvement with campus life, diversity initiatives, and community service make her near-perfect academic and professional accomplishments even more amazing. She represents the best of LVC in every way imaginable."

Liu, who also minored in German and studied in Germany, is one of the College's four Allwein Scholars in the Class of 2021. Allwein Scholars receive LVC's most distinguished full-scholarship. Liu earned three paid internships during her LVC career, including on with the Capital Insurance Group in California. Liu accepted a position with Capital as an actuarial analyst.

Also during Commencement, Dr. Monica Cowart, provost and vice president of academic affairs, announced Michael Pittari, M.A., professor and director of creative arts, as the recipient of this year's Vickroy Award, the top honor for a full-time faculty member. His department chair noted, "Professor Pittari is a skilled and practiced technician in the art of teaching." A fellow professor added, "Professor Pittari's ability to engage students, stimulate thinking, and develop understanding is exemplary."

Professor Pittari has taught at LVC for more than 15 years, including creating the distinctive Color + Culture course, which led to a 100-page Color + Culture Journal that featured student work and a dozen student essays selected from among 36 finalists. He has a B.F.A. from the University of Florida and an M.F.A. from the University of Tennessee. Pittari's art has been featured in museums throughout the United States

The second teaching award presented by Dr. Cowart during Commencement was the Nevelyn J. Knisley Award, annually bestowed on a part-time or adjunct member of the College faculty. Rev. Timothy Dewald, adjunct instructor in mathematics, received this year's honor. Dewald, who has taught classes throughout the curriculum in his nearly three decades at The Valley, is the first-ever two-time winner of Lebanon Valley College

the Knisley Award. He was described by a nominator as "Tim teaches his courses to develop students' ability to read technical material, work through complex lines of reasoning, and explain technical materials at appropriate levels. His love of mathematics and science gives his courses a unique air. Students will long remember his tactile demonstrations to illustrate statistical concepts, including falling beads, rolling dice, flipping coins, and even a plastic Godzilla toy to illustrate statistical curves."

Earlier in the week, Dr. Andrew Milosz, clinical assistant professor of exercise science, received the Educator of the Year Award from Camden Student Selby '21, Government representative, on behalf of the student body. This honor is bestowed annually on a member of the full-time faculty who embodies the transformative power of the LVC experience, in and out of the classroom. About Lebanon Valley

College

For three consecutive years (2018-2020),

has been listed as #1 in Pennsylvania for graduate job placement by the career guidance site Zippia.com, using federal data.

Lebanon Valley College is a private, coeducational college in Annville, Pa. The College offers more than 45 undergraduate majors plus self-designed majors and a range of minors, concentrations, and pre-professional options. LVC also offers online and in-person graduate degree programs in accounting (MBA 3+1), applied kinesiology, athletic training, business administration, clinical exercise physiology, clinical mental health counseling, physical therapy, science in STEM education, speech-language pathology, and sport performance, and certificates in healthcare management, integrative STEM education, leadership and ethics, online teaching and learning, modern band, and supply chain management & logistics.

BVT's annual budget unanimously endorsed by district towns

UPTON The Blackstone Valley Vocational Regional School District's FY22 proposed budget has earned unanimous and favorable support to secure its operational budget for the upcoming fiscal year.

In a highly transparent process, BVT concluded its traditional town-by-town presentations, distributed a detailed report of the return on investment of last year's funding, met various filing deadlines and advanced website presentations. The FY22 budget will protect and enhance the rigorous, high-quality education in which the system established nationally.

Reviewers of the now-voted budget shared praise for its cost-effectiveness. They cited accolades for avoiding present and future debt made possible by BVT's self-funding of its MSBA's advance reimbursement. BVT's FY 22 budget will cover all cost centers, forged with the benefit of avoiding all major legal expenses with no current litigation issues and limited to no grievances.

The BVT School Committee credits the creative ability of its vocational-technical staff to incorporate campus and community-based improvement projects into challenging instructional opportunities for students as simply remarkable. The thirteen-member communities and the school

campus share benefits of cost avoidance maintenance and enhancements. Other FY22 budget evaluators referenced the system's aggressive grant pursuits, which consistently complement local tax dollars.

As the annual budget sought approval from its thirteen sending towns, it relied on the continued support of each member town to endorse its vocational-technical school system at their Annual Town Meeting.

The Blackstone Valley Regional Vocational Technical High School community is thankful for that support. More information is available at www.valleytech.k12. ma.us/annualbudget.

About Blackstone Vallev Regional Vocational Technical High School (BVT)

Vallev Blackstone Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Grafton. Douglas,

Hopedale, Mendon. Millbury, Milford, 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.



Live chair yoga class available

UXBRIDGE — The Uxbridge Senior Center is proud to sponsor a live eight-week Chair Yoga Class. Yoga has been shown to improve overall health when practiced regularly. Chair yoga is a gentle form of yoga that can be done while sitting.

Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration and strength, while

Milford Regional Medical Center achieves 5-Star Rating for quality and safety

MILFORD — Milford Regional Medical Center received an overall hospital quality star rating of 5 Stars from the Centers for Medicare and Medicaid Services (CMS). Milford Regional was one of 455 hospitals out of 4,586 across the United States to achieve a 5-star rating, and was one of 12 hospitals to receive 5-stars in Massachusetts.

"This is a testament to the extraordinarily high quality, safe care provided by the team of providers and caregivers at MRMC," stated Bert Thurlo-Walsh, MM, RN, CPHQ, Vice President & Chief Quality Officer.

"We are proud to be among a select number of hospitals nationwide to be recognized for quality and safety," says Edward J. Kelly, President and CEO of Milford Regional. "This achievement is a reflection of the commitment our employees have to providing unparalleled care to our community." The CMS hospital quality star rating program uses measures from the following categories to determine an overall star rating: mortality, safety of care, readmission, patient experience, timely & effective care, and efficient use of medical imaging. CMS developed the star rating program to help consumers choose highly rated hospitals based on comparing data on the CMS hospital compare Web site.

boosting your mood, and reducing stress and joint strain. Other benefits include improved balance to help prevent falls, increased energy, and improved relaxation. The class will focus on stretching, breathing, and allowing the mind to be still.

The program is scheduled to begin Thursday, July 22 from 2:45-3:45 p.m. at the Senior Center's Satellite Site which is the McCloskey School located at 62 Capron St. in Uxbridge. The instructor will be Dr. David Tapscott, certified yoga instructor. Dr. Tapscott has been an instructor since 2014 and has a deep passion for yoga. As an instructor, he sees himself as a practitioner at the front of the room, offering guidance and suggestions to allow others to move along their journey of discovery. The class will run one hour, one day a week for an 8-week period of time. The suggested donation cost for this 8-week class is \$25, and is open to all in the community including those outside the Town of Uxbridge. Checks should be made payable to the

Uxbridge Senior Center. Bring your own yoga mats and blocks, if you have them.

Interested individuals should call the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge, and is open Monday thru Fridays from 8 a.m. to 4 p.m. For participant's safety, social distancing guidelines will be adhered to. Namaste!

"Our juvenile court is,

in many ways, our most

important court. We can

try to prevent a lifetime

of involvement with the

criminal justice system

for these kids," Early

added. "It is crime pre-

five juvenile courts in Worcester County,

Milford, Leominster,

Fitchburg, and Dudley,

youths aged 12 through 17

charged with assault and

battery on a family mem-

ber or caregiver qualify

for the diversion pro-

gram, which postpones

arraignment for three

months while the fami-

ly is connected with ser-

vices. If the service plan

is being followed, the

charge will be dismissed

prior to arraignment and

the juvenile will avoid

having a criminal record,

the DA's office released.

in

Worcester,

all

vention at its best.

Operating

including

DA receives grant for juvenile diversion program

riculum-based learning

focused on athletics, arts,

and academics, accord-

ing to a press statement.

"We not only want to

reduce crime, but resolve

the underlying issues.

This grant will offer case

management, direct sup-

port, intervention, and

referrals for services to

address the unmet needs of the youth and their

The program has near-

ly a 90 percent success-

ful completion rate, with

a recidivism rate under

five percent, reports said.

effective the program has

been, despite the global

pandemic. I regularly

connect with others via

Zoom, assisting them in

becoming more effective

communicators, empath-

ic family members and

for their needs," said

Diversion Coordinator

advocates

stronger

"It is astounding how

families," Early said.

programs, offering cur- Ivette Reyes.

BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

REGION — The Worcester County District Attorney's Office will continue its Juvenile Diversion Program thanks to a recent state grant totaling more than \$36,000.

Worcester County District Attorney Joseph D. Early, Jr. announced the District that Attorney's Office and the city of Worcester have received the grant to contract services with Youth **Opportunities Unlimited**, Inc. to continue the program-the first in Massachusetts-which allows juveniles charged with domestic assault to avoid detention and a criminal record while helping the victimized family heal.

Worcester will provide participants access to Recreation Worcester

Curry College welcomes Uxbridge resident into Criminal Justice Honor Society

MILTON — Curry College is proud to announce that Devin Gatto of Uxbridge has been inducted into Lambda Alpha.

Lambda Alpha is the

to discuss urban violence in Boston, co-hosting a student/faculty forum on decriminalization of marijuana and bringing in other leading practitioners in the field.

About Curry College

liberal arts programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students. The student body consists of 1,700 traditional students and nearly 800 continuing education and graduate students. The College offers a wide array of co-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Visit us on the web at www.curry.edu.

Year of unprecedented challenges culminates in celebration of achievement for local Bryant graduates

SMITHFIELD,

— At Bryant University's 158th Commencement ceremonies on Saturday, May 22, 840 graduates of the Class of 2021 and their families and guests gathered on campus to celebrate earning a Bryant degree.

R.I.

Abigail Labrie of Whitinsville graduated with a Bachelor of Science in Business Administration degree in Marketing.

Caroline Meizen of Douglas graduated with a Bachelor of Science in Business Administration degree in Marketing.

Matthew Stansky of Douglas graduated with a

Bachelor of Science in Business Administration degree in Marketing.

"There has probably never been a graduating class more deserving of a Commencement and celebration than the Class of 2021," said Bryant President Ross Gittell, Ph.D. "You have earned your degree under extraordinary circumstances. You successfully responded to unprecedented challenges."

About Bryant University

For 158 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares

Curry College inducts Uxbridge resident into

Psychology Honor Society

students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www. Bryant.edu.

has been inducted into Psi Chi, the international Psychology Honor Society. Devin is one of 12 students from Curry to be inducted into this honor society this year.

MILTON — Curry College is proud to announce that Devin Gatto of Uxbridge

Founded in 1929, Psi Chi is an international honor society whose purpose is to encourage, stimulate, and maintain excellence in scholarship of the individual members in all fields, particularly in psychology, and to advance the science of psychology.

Curry inductees are part of a network of more than 700,000-lifetime Psi Chi members.

About Curry College

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Massachusetts. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers 22 undergraduate majors in specialized and liber-

al arts programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students. The student body consists of 1,700 traditional students and nearly 800 continuing education and graduate students. The College offers a wide array of co-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Visit us on the web at www.curry. edu. Curry College Chapter of Alpha Phi Sigma, the National Criminal Justice Honor Society. Students must have a 3.2 in the Criminal Justice major and a 3.2 GPA overall to be eligible for the Honor Society. Lambda Alpha hosts several events over the year, including bringing in a documentary film-maker Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Massachusetts. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers 22 undergraduate majors in specialized and

NORTHBRIDGE AMERICAN LEGION POST 343 SCHEDULE

- June 19: Northbridge at Framingham (Doubleheader), 12 June 20: Cherry Valley at Northbridge, 2 June 23: Northbridge at Main South (Tivnan Field), 7 June 25: Northbridge at Leominster, 5:30 June 26: Northbridge at North County (Doubleheader), 12 June 28: Northbridge at East Side, 7 June 29: Sturbridge at Northbridge, 5:30 June 30: Milford at Northbridge, 5:30 July 1: Northborough at Northbridge, 5:30
- July 2: Northbridge at Sturbridge: 5:30
- July 6: Northbridge at Cherry Valley, 8
- July 8: Main South at Northbridge, 5:30
- July 9: Northbridge at Northborough, 5:30
- July 10: Leominster at Northbridge, 1
- July 11: Northbridge at Shrewsbury (Doubleheader, Holy Cross), 5:30
 - July 12: East Side at Northbridge, 5:30 July 13: Northbridge at Milford, 7

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO21P1768EA CITATION ON PETITION FOR FORMAL ADJUDICATION Estate of: Arthur R Bois Date of Death: 01/15/2021

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Maureen A. Giguere of Blackstone MA requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that Maureen

A. Giguere of Blackstone MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 06/22/2021.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION

UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: May 25, 2021

Stephanie K. Fattman, Register of Probate June 11, 2021

June 11, 20

LEGALS

(SEAL) THE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT 21 SM 000562 ORDER OF NOTICE

To:

Heirs, Devisees and Legal Representatives of the Estate of Richard G. Lewis

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq) Specialized Loan Servicing LLC claiming to have an interest in a Mortgage covering real property in Uxbridge, numbered 11 Manor House Lane, Unit B, Building 27, The Castles at Scotland Yard Condominium, given by Richard G. Lewis to North American Mortgage Company, dated May 1, 1998, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 19901, Page 217 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 July 12, 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 May 28, 2021. Attest: Deborah J. Patterson Recorder 17594 June 11, 2021





This section reaches 47,000 households in 7 Massachusetts newspapers.



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FRANK G. CHILINSKI PRESIDENT & PUBLISHER

BRENDAN BERUBE EDITOR

Editorial

United we stand, divided we fall

In the 6th century B.C., Aesop shared a fable about the Lion and The Four Oxen. The story, if you have not heard it, goes like this:

A lion used to prowl around a field where four oxen dwelled. Several times he would try to eat them but whenever he approached the four oxen would back their tales up to each other with their bodies pointed outward in different directions. No matter what direction the lion approached, he was met by the horns of one of them and could do nothing. Finally, the oxen began quarreling amongst themselves and so each went off to a pasture of their own in a separate corner of the field. Then the lion attacked them one by one and soon made an end to all four.

The moral to Aesop's tale has become one of the most well known sayings of our time — United we stand, divided we fall. President Abraham Lincoln parroted the sentiment in his acceptance speech, during this same month in the year 1858: "A house divided against itself cannot stand."

As of late, it seems the division amongst the country and even in our small communities has grown deeper. What this Editor noticed, however, is that most well minded, kind, compassionate, intelligent people all want the same things. To be happy and successful. The arguments ensue, when people have different ideas on how to reach such a state of success in our government, and even in our own lives. When one person thinks we should reach A by doing x and y, and another thinks we should reach A by doing z, tempers flare. We want to remind you, that there is no reason to get heated when talking to a friend or colleague. Getting heated at a stranger is even more inappropriate. It's ok if someone disagrees with you. Remain calm. What needs to unfold, is the ability to hear each other out with a listening ear. Where one person's experience ends, another's begins. Solutions always appear in that middle area, where compromises are made. To be steadfast in your beliefs is important, but it's even more important to exercise some flexibility, that is where growth takes place. This is where we can learn from someone who doesn't think the same way we do. It does not make a person weak, when there is a mind shift. It makes them smart. We're seeing a lot of arguing on social media, people publicly going back and forth, and the thread never ends with any real change being made. If you want to have a meaningful, productive conversation with someone online, take it to a private message, where the world isn't watching. In the public eye, we all can be defensive. Now, there are extremists on both sides of any argument, in those cases, there's not much you can do. There are people who want to see things through one lens and one lens only. Fine, let them. You will also see ignorance and evil come flying out of the mouths of those you never thought capable, fine let them. Remember that the majority of the people in this country want to unify. It comes down to common sense. United we stand, divided we fall. That statement could not ring truer. Be strong enough in character, where you are a leader, whether that be in your own community, at work or in your own family. Unity should always be the end goal. Therefore, if you see someone that disagrees with you, and you want to unify, have a conversation that will do just that. Sometimes, try simply saying, "Hey the country is really divided right now, how can we start to unify on a small scale?" That question puts both people in a position to come up with a solution that works for everyone. Then the domino effect takes hold. Then unity happens, then change, then success.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

of plastic is currently in the ocean, and because it can't biodegrade, valuable

marine life such as dolphins, fish, sea

turtles, sharks, and crabs end up entan-

gled in trash. When marine life becomes

entangled, they often can't go about their

daily lives, and are instead stuck float-

ing, trapped in plastic that was careless-

ly tossed into the ocean. This pollution

problem doesn't only affect marine life,

but can also drastically affect humans,

as the risk of eating an animal that had

previously ingested toxic waste contin-

uously increases, which can lead to long

term health conditions. Efforts to recycle

plastic have to increase, or soon there

won't be any ocean life as we know it

JILL LABONTE

WHITINSVILLE

LETTERS TO THE EDITOR

The problem of pollution

To the Editor:

Plastic bags, straws, water bottles, yogurt containers, utensils. All of these items are commonly used then disposed of thousands of times per day.

Most people don't spare any thoughts on exactly where their waste goes after dumping it in the trash, not realizing that much of it goes directly into our oceans. The levels of trash and pollution currently in the oceans - only made worse by the influx of disposable masks during the COVID-19 pandemic - pose a large threat, not only to marine life but to humans if such pollution persists. There are many factors that contribute to pollution levels in the ocean, including natural runoff and factory waste, but one of the most prominent factors is mass amounts of plastic, dumped into the oceans by humans.

Eight million metric tons (nrdc.org)

There should be no charge to visit our state parks

today.

To the Editor:

The state of Massachusetts is discouraging residents from visiting Massachusetts state parks through one main method: the entrance fee.

This entrance fee makes state parks less accessible because it makes it difficult for lower income individuals and families to visit. For example, Wallum Lake in Douglas costs \$9 for a Massachusetts car, which is the same amount of money it costs for a family to buy a meal. When presented with the choice between hiking or paying bills, most people would not prioritize the state parks. Thus, this makes it harder for lower income individuals to enjoy the recreational outdoors that should be accessible to all.

Outdoor activity is beneficial. Spending time in nature has been proven to benefit mental health by reducing stress, as well as improving mood and physical health by strengthening the immune system and improving vision. State parks provide a great opportunity for individuals to reap the benefits of outdoor recreation, and so attendance could positively impact the health of Massachusetts residents. However, the entrance fees discourage people from taking advantage of this resource.

Making state parks free is possible; eight states currently don't charge an attrence fee for their state parks. One of these states is Missouri, which has one of the best state park systems.

Abolishing the entrance fee will allow more individuals to enjoy state parks and feel more welcomed there. Consequently, people may better appreciate the beautiful state parks and understand their true value is priceless.

> BECKY DOWLING DOUGLAS

Are you still planning to retire early?



Have your retirement plans changed because of COVID-19? If so, you have plenty of company. Nearly 40 percent of those planning to retire say the pandemic has disrupted their intentions, according to the Edward Jones/ Age Wave Four Pillars of the New Retirement study. You might have been thinking about retiring early – can you still do so?

Even without a crisis, it's not a bad idea to review your important life goals from time to time. So, in thinking about the possibility of early retirement, consider these factors:

Your retirement lifestyle

Your ability to retire early depends somewhat on what sort of lifestyle you're anticipating during your retirement years. If you think you'll be traveling extensively or pursuing expensive activities, you might not be able to afford to retire as early as someone with more modest ambitions. Of course, there's no "right" or "wrong" way of living in retirement – we all have our own dreams and preferences. But be aware that different lifestyles do carry different price tags - and have different effects on when you can retire securely.

Sources of retirement income

Obviously, a key factor in knowing whether you can retire early is the amount of retirement income you can rely on. So, you'll have to assess all your sources: Social Security, any other pensions you might receive, and your investment portfolio, including your 401(k) and IRA. The amounts you receive from these sources will depend on a variety of factors. For Social Security, the longer you wait until collecting, the larger your monthly pay ments (although they will "top out" when you reach 70, excluding cost-of-living adjustments). In regard to your investments and retirement accounts, you'll need to establish a withdrawal rate that's appropriate for the length of time you expect to be retired. So, by adjusting these variables – taking Social Security earlier or later, taking more or less money from your retirement accounts – you can help determine if the retirement date you had in mind is viable.

A thanks to the Northbridge Public Works Department

To the Editor:

I made a call Jim Shuris about a week before Memorial Day, left a message requesting some repairs be done to the roads at Riverdale Cemetery on Route 122, across from Benson Road, before Memorial Day. I got a call back within a half an hour by Jim Shuris letting me know they would look into it and do any

repairs that were needed.

Within a few days, roads were patched and graded. The highway department made sure the cemetery was mowed as well. Thanks to a job well done from a veteran who knows how important Memorial Day is to all of us.

"None of us is as smart, as all of us." Ken Blanchard WALLACE L. SMITH WHITINSVILLE

The power of the pen name

To the Editor:

What I believe. Feel free to disagree.

Have you ever taken a moment to think about how our Revolutionary Forefathers and Mothers used pen names to anonymously express their views as they crafted a Declaration of Independence and created a nation with a Constitution? A pen name was essential. Expressing revolutionary ideas could get you hanged for treason.

In those days - 1770-1781 - students got a classical education, studying Greek and Roman literature, Shakespeare and Milton, and Sir Walter Raleigh's History of the World. Pen names naturally came from these sources. The names they used were from the Ancient Greek glory days of democracy: Publius, Vindex, Publicola, Philadelphiensis. Even Loyalists hid behind pen names: Massachusettensis.

In 1744, Mercy Otis Warren was educated along with her brothers. In 1754, she was married, had five children, and began writing plays, anonymously. [She was like Sandra Day O'Connor, first woman Justice of the U.S. Supreme Court, appointed by a Republican President. O'Connor was married, had four children, and had stayed home with them for a while as she searched for a job. She could also ride a horse and shoot a rifle, but that's a story for another day.] Later, Mercy signed herself "A Columbian Patriot." She was bold. She wrote to John Adams at the Continental Congress: "You should no longer piddle at the threshold. It is time to leap into the theatre to unlock the bars and open every gate that impedes the rise and growth of the American Republic." In other words, break with Britain once and for all. Time for a Revolution.

In 1761, John Adams took up his pen and began publishing anonymously as Humphrey Plowjogger. It was a good disguise. Who would have guessed that he, a well educated and proud man, would use such a humble name. Adams later took up the pseudonym of Novanglus (New Englander).

In the 1770's, newspapers flourished. Isaiah Thomas published the Massachusetts Spy and Benjamin Edes and John Gill published the Boston Gazette. They were rebels in full throat. The very pinnacles of Loyalist thinking, like the New York Times today, were the Boston Evening Post and the Massachusetts Gazette.

A war of opinion columns was waged in those rags between Novanglus and Massachusettensis. John Adams thought the latter was his former friend, Jonathan

Sewall, staunch supporter of remaining a British colony, but he would be wrong. The mystery Loyalist writer was another Massachusetts lawyer, Daniel Leonard.

In the Boston Gazette on Jan. 23, 1775, Adams answered Massachusettensis. As Novanglus, Adams stated that "M" was mistaken when he said the "people are sure to be losers in the end." Adams wrote: "They [the people] can hardly be losers, if unsuccessful, because if they live they can but be slaves after an unfortunate effort, and slaves they would have been [anyway] if they had not [revolted]." See the book, American Spring: Lexington, Concord and the Road to Revolution by Walter Borneman.

Sam Adams apparently used not less than 25 pseudonyms, among them: Candidus, Populus, A Son of Liberty. Alexander Hamilton used Publius and Americanus.

After the Revolutionary War was won, Warren openly criticized (it was now her country, she could speak freely) the newly drafted Constitution as not containing a Bill of Rights. Her words pressed Congress to pass the Bill of Rights in 1789. The First Amendment sprang from her letters: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, or abridging the freedom of speech, or of the press, or the right of the people peaceably to assemble and to petition the Government for a redress of grievances." The power of a lady's pen.

As they say today, in Colonial Williamsburg, "what say you?"

Nevertheless, she persisted.

Bev Gudanowski Uxbridge Your feelings about work

Your goals are not static – they can change in response to any number of reasons, both external and personal. When you first decided you wanted to retire early, you might have been motivated by, among other things, a weariness of your current job. But has that changed over time? Have you found new challenges that interest you at work? Or, if you were forced by the pandemic to work remotely, did you actually enjoy the arrangement and want to continue it?

After all, many employers have found that their workers can be just as productive working at home, so, even when we've gotten past COVID-19, we might see a sizable shift in the geography of the workplace. In any case, if your feelings about work have changed in some way, leading you to think you could work longer than originally planned, you'd likely gain some financial advantages. You'd make more money, for starters, but you'd also keep building your 401(k) and IRA, and you could even possibly delay taking Social Security.

The pandemic may lead to a reevaluation of many financial goals – and taking early retirement might be one of them. By thinking carefully about your situation and your options, you can come up with a course of action that's right for you.

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.

In search of porgies

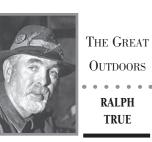


Nine-year-old Leah Varney fishing with her dad Matt at the Uxbridge Rod & Gun Club last week.

As fishing heats up on the saltwater, anglers are catching a lot of fish on most fishing trips, either on a charter or on a private vessel. Striper fishing has been very good on the Providence River until my brother and myself made a trip last week. Reports were good prior to our fishing trip last Wednesday,

launching just above the Bold Point boat ramp. It was a beautiful day with light winds. The sun was just coming up, and the tide was going out for a few more hours. Striper fishing is crazy, and you never know when they are going to be feeding or just become lazy, making for a slow day of fishing. The heavy rain prior to our trip cooled the water down by a few degrees. That is all it takes sometimes.

To make a long story short, we fished for four hours without spotting a single (porgy) baitfish. Unable to catch some fresh for bait, we had us settle for trolling large rebels which produced a single hit, but was lost halfway in. We watched numerous anglers land stripers using porgies, but most were undersize and had to be released. This week, I talked to the owner of Archie's Bait Shop in Providence, R.I., and he revealed the following information. The day we were there, everyone that was looking for the



porgies to snag for live bait had a very hard time locating them. The stripers were not driving the baitfish to the top, and when they stay near the bottom, they are hard to snag.

Tides make all the difference in stimulating the stripers to feed, and sometimes, it is

the incoming or outgoing tides that are best. Stripers do not like the sun, and are often slow in there feeding habits, especially in shallow water. It is not always the case, but more often than not, I find it is the norm, at least for me. Last week, when we were on the Providence River, we fished in four to six feet of water hoping to find some bass and bluefish feeding near the top. In the past, many fish would swirl near the top as the boat approached. That is the time to use surface poppers. Anyway, we had no luck and decided that we had enough, and headed for home.

As we passed the area that has a few windmills on the south shoreline, I noticed a half dozen boats fishing close to it. Slowing the motor to get a better look at what was going on, my hunch was right. A school of baitfish were on top, and anglers were snagging them. We quickly grabbed our rods equipped with snagging hooks and were pleasantly LETTERS TO THE EDITOR

Gudanowski's history lesson was selective

To the Editor:

I thought it was quite interesting that Bev Gudanowski quoted an incident from 1609, one from 1777, and then skipped to 2021 and the treatment of Dr. Ben Carson as proof that America apparently isn't, and never was, racist. The fact that she skipped entirely the Civil War and slavery in America

to the Trail of Tears, and the taking of Indian lands. But that probably doesn't count as racism because they were only redskins. And then there was the Chinese Exclusion act at the turn of the century. Maybe that wasn't racism either because they were just yellow people. Then, there was Donald Trump claiming that black and brown



An unidentified angler fishing for bass in his Kayak last Saturday, at the Uxbridge Rod & Gun Club.

surprised at the dozen of bait fish we snagged in 10 or 15 minutes.

"If only we could have had some of these earlier," I remarked to my brother. The tide had just changed, and the

porgies were driven to the top by feeding fish below, but not many anglers were catching fish, and of those that were, the stripers were small with most being released.

It was now 11 a.m., and I had had enough fishing. It was time to head for home and catch a nice nap. I used to fish both tides in my younger years, but now one is enough. It is just nice to go fishing at age 82 with my brother Ken and talk about the good old days. "Just wait till next week, when we return to try our luck again on the Providence River!" Vengeance is sweet. The following week, Archie's Bait & Tackle shop in Providence reported on a couple of anglers catching up to 14 stripers in the Providence River which all were released but one, because they were too big!

Anglers continue to catch some nice seabass and scup in Massachusetts! Oops! Last week's report stated that Massachusetts was closed to seabass when, in fact, they are open and Rhode Island is closed until the 24th of June, opening with a three fish limit. Just another senior moment. Anglers should always check their abstracts for fish limits and regulations. It is crazy that both states cannot agree on season dates and limits!

Numerous kayaks were observed in the Providence River, and are a very common sighting of these seaworthy fishing watercraft. I sure wish they were around in my younger years. Some are equipped with a small electric motor, while others are powered with foot pedals, or the old fashion paddles. Standing up in the kayaks are also easy for the younger generation, but not for me! Whatever your preference is for fishing, getting out there and enjoying the great outdoors will keep vou young and healthy, and the rewards of catching a striper to bring home for the table is like icing on the cake. Grab your fishing rod and your family and go fishing!

June 5-6 is Massachusetts freshwater free fishing weekend. Take advantage of the free fishing weekend, and you may just get hooked on fishing.

This week's picture shows nine-yearold Leah Varney, fishing with her dad Matt at the Uxbridge Rod & Gun Club last Saturday. They had caught one trout, and were given two more by another member fishing at the pond, giving them enough trout for the supper table. The second picture shows an unidentified member in their Kayak, fishing for bass at the Uxbridge pond. The quiet and peaceful surroundings was sure relaxing, away from the crazy, dangerous world around us

Take A Kid Fishing & Keep Them Rods Bending!



must have been just an unfortunate oversight in her well-reasoned rightwing screed! They must never have occurred, and were most likely a product of CNN "crushing us into submission" with fake history.

I realize that the Civil War was a minor event in American history, and the 100 years of slavery, and the following Jim Crow era were mere footnotes to the lie she talked about. But she could have at least mentioned one of them, or even, in passing, made reference to the Juneteenth massacre on Black Wall Street in Tulsa, Okla. I'm sure, despite her due diligence, she forgot to mention the racism that led

immigrants came from [third world] countries. That wasn't racism either.

Finally, Bev mentions that no one knows of Dr. Ben Carson's writings because he is a conservative, not because he is black, which would have refuted her thesis entirely. America is a racist country, but hopefully is moving away from that status. But what we do about right-wing authoritarianism, and right-wing media's misinformation, and lies is something far more dangerous to America's future.

> RICK BEVILACQUA WHITINSVILLE

Thank you, nurses

To the Editor:

As our senior Class of 2021 has graduated, we continue to return to more traditional in-person learning. We want to recognize the many contributions of our school and community-based nurses, which help make that transition as smooth as possible, by expressing our sincere appreciation. The challenging experience of the pandemic has awakened us to the admirable contributions and the integral role that nurses play in keeping our communities healthy.

However often a nurse is commended, it's simply not enough. Nurses contributing at "the top of their license" share an angelic badge earned via dedication and devotion. The care they consistently provide every day and in the fight against COVID-19 deserves widespread, much-deserved plaudits. I extend an appreciation to all of the nurses in our communities.

Einstein pointed out that within every challenge, there lies opportunity. In the current public scourge, I hope these challenging times lead to opportunities in the Central Mass nursing programs, already a leading source of the region's talented caregivers.

At this moment, a generation of skilled nurses is retiring. With that transition, our nation and this locale are losing perhaps the central value of experience - new recruits know the rules, ah yes, veterans know the exceptions. Our mutual future's well-being depends largely on the development of sizable

numbers of career nurses who can quickly acquire the caregiving experience that patients need through rigorous education and training.

Without a doubt, the American Nurses Association (ANA) holds figures, perhaps organized regionally or by state, documenting retirements. The ANA undoubtedly possesses views on the impact of those departures on public health and the urgency of educating the next generation.

Eventually, the pandemic will subside. However, the pressing need for skilled nurses will persist. As the eldest son of a nurse, I recognize that a career in nursing ranges from bedside care to research, teaching publishing, administration, municipal public health, industrial settings, the military, advanced training in a medical or surgical specialty, and more.

Nursing requires a particular type of selflessness and strength. With a deep appreciation for the nurses at Blackstone Valley Tech and beyond, I thank those who choose to serve and care for our community - not just now in the fight against COVID-19, but every time you do the work you do. No one takes care of us quite like our nurses.

DR. MICHAEL F. FITZPATRICK SUPERINTENDENT-DIRECTOR BLACKSTONE VALLEY VOCATIONAL **REGIONAL SCHOOL DISTRICT** Upton



BLACKSTONE -Elaine J. (Lavigne) Coutu, age 63, of Blackstone and for-merly of Uxbridge, died at home on Thursday, May 27th after a battle with pancreat-

ic cancer with her husband and daughters by her side. She was the devoted, loving wife of Leo M. Coutu, together 41, married 37 years. Elaine was born in Worcester on October 2, 1957 to the late Robert Lavigne and Rita Lavigne-Hadley. She grew up in Uxbridge. Elaine graduated from Dean College and worked for Forte Technology for the past ten years. However, her true calling was being a "stay at home

mom," and raising her daughters. loved the Elaine beach, riding her bike on the bike path in Blackstone-Millville and her dogs. In addition to her husband, Elaine is survived by her loving daughters: Sabrina Howley and her husband Dustin of Uxbridge, Tiffany Blanchard and her husband Kevin of Millbury; her grandchildren: Zoe Martin, Jacob Howley, Zachary Blanchard and Penelope Blanchard; her sisters Louise Coutu of Northbridge and Denise Lavigne of Westport; her dogs: Murphy and Yogi and many wonderful friends. Visiting hours were Friday, June 4, 2021 from 5 - 7 PM in the BUMA FUNERAL HOME, 101 N. Main St., Rte. 122, Uxbridge.

www.bumafuneralhome.com

Live senior Zumba classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live 8-week session of Zumba classes for Seniors. Zumba is a fitness program that fuses entertainment and culture into an exhilarating dance party workout. This is an eightweek specialized program designed for seniors.

The program will begin Thursday, July 22 from 1:30-2:30 p.m. at the Uxbridge Senior Center Satellite Site, which is located at the McCloskey School at 62 Capron St. The class will run for one hour, one day a week for an eight-week period of time. The instructor, Amy Smith, is a licensed Gold Zumba instructor. The suggested donation cost of this eight-week class is \$25. Checks may be payable to the Uxbridge Senior Center.

The benefits of Zumba include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge and is open Monday through Friday from 8 a.m. to 4 p.m.



Send all obituary notices to Stonebridge Press, PO Box 90, Southbridge, MA 01550, or by e-mail to obits@stonebridgepress. news

A Roundup of Timely Tips for Summer

The "lazy, hazy, crazy days of summer" will soon be here - if you know some tricks of the trade to make your warm weather activities less of a hassle! The following timely tips are a roundup of seasonal hints geared toward carefree summertime living.

Yard & Garden Tips: *Citronella candles can be costly! Make your own economical citronella candles to protect your patio or deck from insects by drilling a one inch hole near the wick of an ordinary thick candle. Fill the hole with citro-

nella, cover with melted wax and pocket the savings!

*'Tis the season of poison ivy! If you find some of the pesky plant in your yard, here's an environmentally safe way to bid the stop the poisonous pest in its tracks. Mix together three pounds of regular table salt with a gallon of soapy water. Spray the solution directly on the plant's leaves and stems. It works for mere pennies a treatment.

*Bug repellents are costly, but not if you cut out the fluff and buy the active ingredient in expensive commercial formulas. The Center for Disease Control recommends "Repel" as a safe and effective mosquito repellent. Before you run out to buy a pricy pump bottle of the stuff, stock up on its main ingredient, lemon eucalyptus - and save a bundle!

*Who wants to spend money on a new garden hose? Extend your leaky hose to the end of the season this way: Insert a toothpick into the hole, just penetrating the hose wall. Cut off the toothpick flush with the surface of the hose. Wrap the hose with duct tape that covers the toothpick plus two inches on each side of the repair. As the water flows through the hose, the toothpick will swell and fill up the hole and making a tight seal.

TAKE THE HINT KAREN TRAINOR

Produce Pointers: *Bananas give off a gas called ethylene. If you want to speed up the ripening of other fruits place them next to your bananas.

*When green grapes have a yellow tinge to them they are at their sweetest.

*Never store tomatoes in the refrigerator. Besides losing their nutritional value, they will also lose their flavor. Store tomatoes above 55F.

*Washing produce is a necessary chore, but you can save money if you whip up this homemade version of the pricey commercial brand for pennies: In a spray bottle, mix two tablespoons of baking soda with one cup of water. If you want add a tablespoon of lemon juice. Spray veggies, let sit for a few minutes and rinse!

* To make a home-made "fruit fresh" clone, dissolve two vitamin C tablets in a large bowl of water. Dunk in the fruits or vegetables to keep them fresher longer.

Vacation Tricks:

*Going on vacation? You can keep your house plants watered for up to a month by watering the plant well and then placing it (pot and all) in a clear plastic bag. Tie it securely on the top and bottom. Place the plant in northern light. When you return, simply untie the top and let the plant adjust to room air for a day or two before removing the plastic completely. Or, if you have several smaller plants, simply place a thick, wet towel in the bottom of the bathtub and place pots on top of the towel for the dura-

trip? Make up economical freezer packs to keep cooler foods chilled while you're on the road. Mix one part rubbing alcohol with two parts water & freeze in a gallon size ziplock bag. The bag will be pliable enough to conform to soda cans, fruits or other cooler items. Just re-freeze and use over and over again. This same formula made up in a smaller batch also works great as an icebag to sooth injuries. Just be sure to put a damp cloth between the skin and the icepack to prevent frostbite.

*Always toss sever-al ziplock storage bags in your luggage. They can be used to stow wet swimsuits, dirty socks, sandy seashells, and have dozens more impromptu vacation uses! When you pack, toss a tablespoon or so of baking soda into a large ziplock bag to prevent wet bathing suits from getting mildew on the trip home.

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

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press publications? Send questions and/or hints to: Take the Hint!, c/o Stonebridge Press, P.O. Box 90, Southbridge, MA 01550. Or e-mail kdrr@aol. com. Hints are entered into a drawing for dintion. The plants should ner for two at the historic

* * Friday's Child m in in



Zuleika Age 13

Hi! My name is Zuleika and I want to be a singer when I grow up!

Zuleika is an active, intelligent, and inquisitive girl of Hispanic descent. Her favorite activities include playing with dolls, doing arts and crafts, singing, and dancing. She also enjoys imaginary play. In her current foster home, Zuleika is known to be friendly, mature, and a good helper. She also loves to play with the family dog. Zuleika hopes to be a singer when she grows up.

Zuleika enjoys going to school. While she sometimes needs prompting from adults to do her homework, she does well academically once she puts her mind to it.

Zuleika will do best in a family consisting of a male and female parent, two female parents, or a single female parent. Her social worker is open to families with no other children or with children who are older than Zuleika.

Zuleika is legally freed for adoption. 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.

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remain moist for about a Publick House Inn. week. *Planning a road

Valuable philosophy of an old coal miner

MOORE

On May 31, 1975 at 1:15 p.m., I was sitting with my friend Rob at the Sunshine Tap in Traer, Iowa, eating a hamburger, fries and washing it down with a Pepsi. I was wearing cut off blue jeans, an old white t-shirt with Cavaliers

Drum & Bugle Corps emblazoned across my chest, and sandals.

Around the corner and across the street in Taylor Park, there was a hundred or so people beginning to gather for a wedding that was set to begin at two o'clock ... a mere 45 minutes later.

The bride's father was nervous and pacing in his tux. With each passing moment he'd check his watch, look out across the park, and mumble something inaudible.

I asked for the check, paid the tab, then Rob and I began our short walk to the park.

As we crossed the street, I saw the father of the bride rushing towards us. "I can't believe this!" He growled as he approached. "I didn't think you were going to show."

I looked at Rob. "Doesn't it begin at two o'clock?" I asked.

"Where's your tux?" He demanded with increasing anger.

"In the car. I'll get dressed now." I quickly walked away to my 1972 green Pinto and dressed outside the car. I was half amused and half intimidated, but at two o'clock sharp, I was there as promised and waiting at the alter for Arlene.

That was over 46 years ago, and we are still married. Her dad grew to forgive my casual approach to the beginning of my life with his daughter, thankfully. Fast forward forty-six years ...

Three grown children, two grand kids, and a life together has passed before the blink of our eyes. How can this be? Where does the time go?

Aging and a bad health diagnosis has me pondering what this life is all about. I keep coming up with this ...

"Life is about who we love, who loves us in return, and what we build together.

What else is there? An accumulation of stuff? Accomplishments? Money? It

all seems so important at the time but as time passes and POSITIVELY we look back on it all, it's SPEAKING meaningless. Who we love, GARY W.

who loves us in return and the life we build together is everything.

I believe too many marriages begin without com-

mitment. "If it doesn't work out, there's always divorce," I heard a bride say a few years ago. Yes, it's easy to give up and move on. It's harder to stick with it, push through the problems and make it work. And yes, I understand there are some relationships that cannot be fixed and it's necessary to move on from violence and abuse, along with a few other reasons, but I believe most divorces are premature and often unnecessary.

My grandfather was a coal miner. He had a saying, "Stick and stay and make it pay." I asked him what it meant, and he said, "Young men often quit after their first day or two in the mine. Fear of a shaft collapse or just the sickening experience of breathing the thick black dust often cause them to quit. Stick and stay was the advice the old timers would give."

I realize that advise is applicable to almost everything in life, including marriage. If you loved each other enough to get married, love each other enough to stick with it and make it work. Don't give up.

Our marriage has been far from perfect, but we stuck with each other. We committed to building a life and family together. We smoothed out the rough edges over time. Mistakes were made, worked out and we learned from them and here we are forty-six years later, married, and happy.

Maybe life really is only about who we love, who loves us in return and what we build together. And you know what? I think it's more than enough.

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 @ GaryWMoore721 and at www.garywmoore.com.



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WEBSTER LAKE! Treasure Island Townhouse! UNIT# 401 end unit. Year round enjoyment! Quiet summers on big & beautiful Webster Lake! 6 Rooms Applianced Kitchen. Open Floor Plan! Dining Area. Hardwood Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to Deck & Slider to the Patio! Central Air! Central Vac! Very efficient natural gas heat & hot Water! 2 Boat Slips D10 & D11 in the Private Marina. Heated Pool! Natural Sandy Beach! \$439,000.

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	May 2020		May 2021	Trend
Median Price	\$331,000		\$385,000	A
Market Volume	\$5,647,	350	\$8,190,900	A
# of Homes Sold	16		21	A
Avg Days on Market	20		19	¥
Month Supply Inv.	.8		.49	¥
WEBSTER				
Median Price	\$279,500		\$298,500	A
Market Volume	\$2,766,000		\$6,044,200	A
# of Homes Sold	10		16	A
Avg Days on Market	34		22	¥
Month Supply Inv.	1.68		.67	¥
Contact us to find more about your neighborhood market & what your home is worth! Inventory is extremely low!				













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Manage mosquitoes to better enjoy your outdoor space

Dine, play, and enjoy your outdoor spaces more than ever this year by managing annoying and disease-spreading mosquitoes. Use a multifaceted approach to boost your enjoyment and help keep mosquitoes away.

Screened-in porches add a layer of

protection but only when they are intact

and properly sealed. The same applies

to your home. Check screens and seals

around doors and windows to help keep

Use bug lights in light fixtures by

entryways and in outdoor entertain-

ment spaces. These emit yellow light

that is not as attractive to mosquitoes and other insects. Bug lights will not

eliminate every unwanted insect but

will reduce the number visiting your

lights at night and finding their way

Enhance the ambience and reduce

mosquito issues when entertaining

outdoors. Use a fan to create a cool-

er space and keep these weak flyers

away. Provide fragrant subtle lighting

with citronella oil and scented candles.

Scatter them throughout the area and

within a few feet of the guests for short-

into your home.

term relief.

these pests from entering your home.

Plan your outdoor activities when mosquitoes are less active. Females are the ones looking for a blood meal and are most active at dusk and dawn when looking for warmth and food.



Reduce the overall mosquito population in your yard by eliminating their breeding grounds. Empty water that collects in items left outside. Change the water in your birdbath at least week-

ly or whenever you water your container gardens. Add a bubbler or pump to keep water moving in fountains and ponds so mosquito larvae cannot survive.

Toss an organic mosquito control like Mosquito Dunks and Bits (Summit

ResponsibleSolutions.com) in your rain barrel, pond, or other water feature. Mosquito Bits quickly knock down the mosquito larval population, while the Mosquito Dunks provide 30 days of control. The active ingredient is Bacillusthuringiensis israelensis, a naturally occurring soil bacterium that kills the mosquito larvae but is safe for children, fish, pets, beneficial insects, and wildlife.

Keep your landscape looking its best by managing weeds and grooming neglected gardens. This eliminates some of the resting spaces for hungry adult mosquitoes.

Always protect yourself whenever outdoors. Cover as much of your skin as possible with loose fitting, light colored clothing. Mosquitoes are less attracted to the lighter colors and cannot readily reach your skin through loose clothing.

Further protect yourself by using a personal repellent approved by the EPA. For those looking for DEET-free options, the Center for Disease Control



Melinda Myers

Scatter citronella oil and candles throughout outdoor entertainment areas and within a few feet of guests for short-term relief from mosquitoes.

and Prevention has approved products with the active ingredient picaridin, IR3535, and the synthetic oil of lemon and eucalyptus. Check the label for a list of active ingredients and safety recommendations when shopping for mosquito repellents. Avoid products that contain both sunscreen and insect repellent since you need to apply sunscreen more often than the repellent.

Spending more time outdoors is good for our mind, body, and spirit. Using a combination of mosquito-managing tactics will allow you to enjoy and benefit from your time outdoors. Melinda Myers has written 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 was commissioned by Summit for her expertise to write this article. Myers' Web site is www.melindamyers.com.



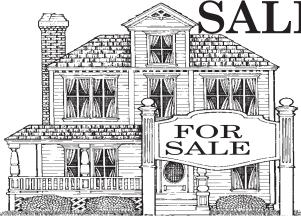
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Courtesy

REBECCA ANNE SIEFKEN RECEIVES MASTER OF SCIENCE FROM SALEM STATE

Rebecca Siefken, 2016 graduate of Uxbridge High School, graduates Summa Cum Laude with a Master of Science in Criminal Justice and a concentration in Criminology from Salem State University. Siefken works for the District Attorney's office in Middlesex County.





TRACK

continued from page A1

ing uplifted every time. In only a few short years, I have seen the positive impact our unified teams have had on our school and I am excited to see how we can expand the reach of these programs in the future," he said.

Ninth-grader Lilly Brooks added "It's cool

OFFICERS

continued from page A1

"Manny" Familia was a five-year veteran of the Worcester Police Department, reports said. Officer Familia leaves behind his wife Jennifer, his daughter Jayla, son Jovan, and his parents.

In Braintree, initial investigation suggests that officers responding to a 911 call were informed by the caller that the subject had fled into a thickly wooded area nearby with multiple handguns, according to reports. Police established perimeter containment around the wooded area, and multiple officers, including a K9 officer and his search dog, Kitt, entered the wooded area. There was

how you can have a completely different relationship with everyone... my favorite event is long jump because everyone is so excited to do it."

"I decided to coach because I truly enjoy being a part of our school community," said Assistant Coach Sheena Sanchez. "I wanted to assist in allowing students to participate in extracurricular opportunities and I love watching those smiles as they run, jump, and throw. At track my favorite thing is to watch our athletes throw the Javelin, their sense of pride is so amazing to see."

"My friends on the bus [is my favorite part]. It's so fun," added ninth-grader Lizzie Andrews. "I love jumping, throwing, and racing. My family comes to see me win. I am proud of my team."

Junior Kayla Kimishlian added that her favorite thing about unified is "walking in and seeing the smiles on everyone's face!"

Mary Boucher, a 2019 Northbridge High School graduate and former teammate, has been help-

PROMOTION

continued from page A1

As a Sergeant, Sullivan was assigned to Policy, Procedure, Accreditation & Compliance and served as a Unit Supervising Officer for the Main Jail Housing Units. He will now report as a Lieutenant on the line in the Special Management Unit. Lieutenant

Sullivan is also a member of the Crisis Negotiation Team.

Sullivan will be responsible for commanding and supervising correctional officers and staff under his

ing this season. "Mv favorite part

of unified is seeing the friendships that form between the athletes and their buddies," she said. "These friendships last a lifetime and it's amazing watching them start and continue growing. I continue to be a part of unified because I was a part of the first team that our school had and it

charge as well as monitor-

ing the care, custody and

control of inmate activi-

ty ensuring the safety of

Friday, June 11, 2021 • 15

changed my life in more ways than I could ever explain. Unified events make me so happy and seeing those kids smile is an indescribable feeling that makes it so I would never want to leave Unified taught me one of the most important lessons of my life which is that disability does not equal inability.'

located in West Boylston is responsible for both pre-trial detainees and inmates sentenced to two and half years or less. The correctional facility houses up to one thousand inmates and has a staff of more than 600.

both staff and inmates. A lifelong Uxbridge resident and Uxbridge High School graduate, Lieutenant Sullivan now resides in Thompson, Conn. with his fiance Khristine and son Eli.

> The Worcester County Jail & House of Correction





statement. media. "Our sympathies the to Police

an exchange of gunfire which killed the dog, wounded two officers, and mortally wounded the subject—a Brockton male in his 30s.

According to Braintree Police, K9 Kitt started with the department 12 years ago and apprehended "countless criminals" during his service.

"We will forever miss and remember you buddy. Free Time," the department shared in a

Locally, several departments have shared their sentiments on social

deepest go out Worcester Department and Braintree Police Department. Both cities have been rocked by terrible tragedies,' Uxbridge Police released

in a statement. "Our thoughts and prayers are with family of the drowned youth, the family of the officers involved and K9 Kitt's handler.'

Sutton Police added that "all of these officers were performing their job without hesitation and putting themselves in harm's way in an attempt to make a difference in their communities.'

"We are blessed for the opportunity to honor them through continued public service," Mason added. "They have modeled for us what is noble and right about law enforcement: service to others above self. It is that spirt that inspires us this day and strengthens our resolve to carry on their decent and good work in support of the people of the Commonwealth.

As a Lieutenant,

You are our best ambassadors to foster public awareness and appreciation for our trade schools."

high school education. They received their vocational certificates and diplomas, which certify mastery in their career-technical programs, and a rigorous academic course of the study. The evening concluded with cheers and applause for the graduates as they tossed their caps towards the sky.

To view the ceremony visit, www.valleytech.k12. ma.us/classof2021.

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, Northbridge, Millville. 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.

Local students named to President's List at

BVT continued from page A1

the pandemic and lessons learned by this shared experience were common themes each student speaker addressed. Madison Gannon of Uxbridge, Valedictorian, spoke of extraordinary perseverance in navigating an uncertain senior year. Aaron Canali of Millville, Senior Class President, pointed out that life may not always go as expected, be prepared to embrace change. Isabella Caccavelli of Uxbridge, Student Council President, recognized that while the hard times shape who we are, what you go through does not define you, remember the incredible parts. Casey Goyette of Uxbridge, Salutatorian, reflected on the past year, embracing opportunity and adapting to change.

Assistant Principal, Mr. Matthew Urquhart, addressed the class and offered words of wisdom before congratulating that class on reaching one of life's signature milestones.

Take solace in the fact that with all that you have endured, all that you have seen, you are more than ready for what you are facing next," Urquhart said

"In a year that has been anything but ordinary, we celebrate the extraordinary Class of 2021. Our pioneers, innovators, and trailblazers, who will make a real difference in their chosen fields," said Superintendent-Director Dr. Michael F. Fitzpatrick. "You graduate with the grit, perseverance, and skillset to tackle and achieve your future goals as you move purposely to your vision of tomorrow.

Three hundred students concluded their dual

Plymouth State University

PLYMOUTH, New Hampshire — A total of 911 students have been named to the Plymouth State University President's List for the Spring 2021 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Spring 2021 semester and must have attempted at least 12 credit hours during the semester.

Shannon Francolini of Whitinsville Bryana Reardon of Uxbridge Kerry Iadarola of Northbridge Luke MacNeil of Northbridge **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

Peyton Young of Douglas graduates from Lasell University magna cum laude

NEWTON - Peyton Young, a resident of Douglas, graduated magna cum laude from Lasell University with a Bachelor of Science in Sport Management.

The undergraduate Class of 2021 was honored at a ceremony on Lasell's Taylor Field on Saturday, May 15. Keynote speaker Dr. James E. Muller, an academic cardiologist, entrepreneur, and social activist, delivered the Commencement address at all three ceremonies. Muller, a longtime friend and neighbor of Lasell University, co-founded International Physicians for Prevention of Nuclear War, which received the Nobel Peace Prize in 1985. Muller was awarded an Honorary Doctor of Humane Letters degree from the University.

Reflecting on the weekend's activities, Lasell President Michael B. Alexander welcome the opportunity to celebrate the graduates' accomplishments, both academically and in traversing the difficulties of the pandemic.

"Despite many challenges, Lasell students, faculty, and staff rose to the occasion and continued to teach, work, and learn in-person and remotely," he said. "Ending the academic year by marking the accomplishments of our graduates was, for many of us, the highlight of the year."

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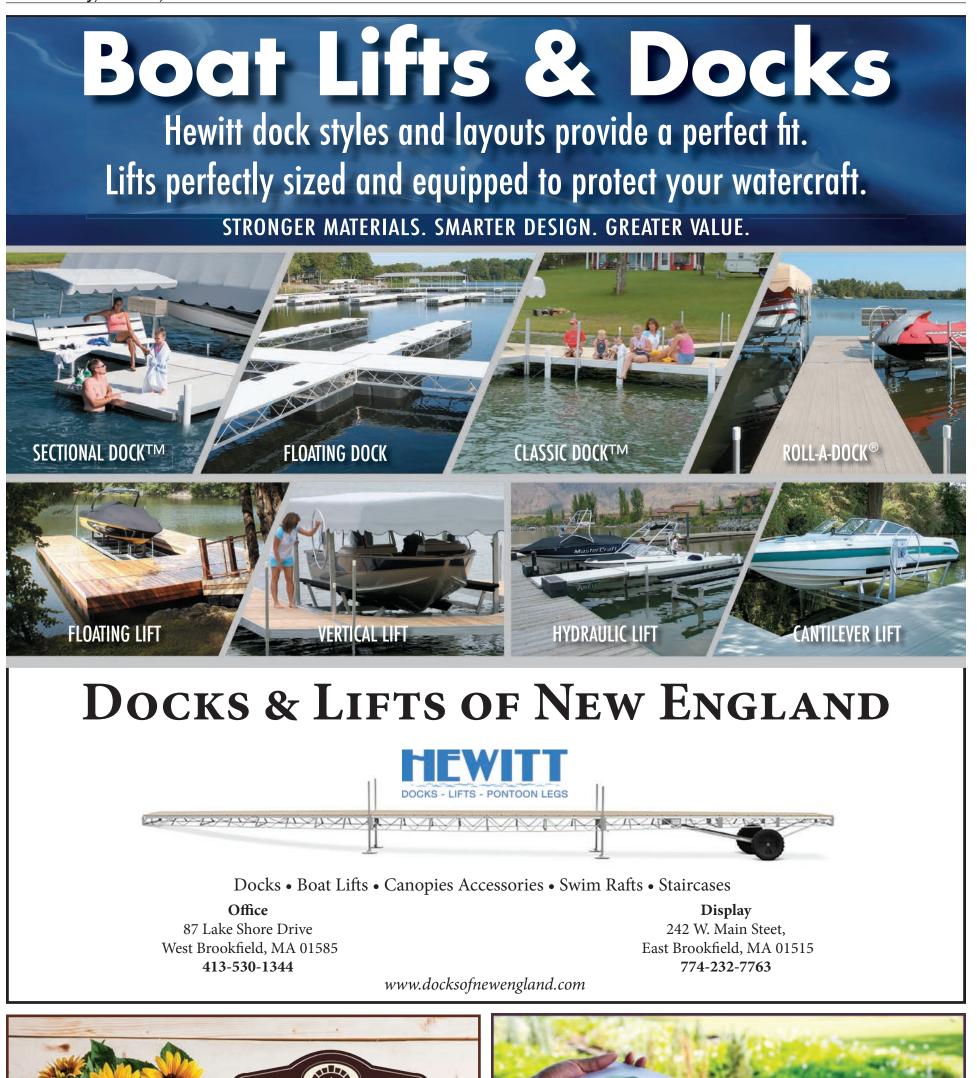


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