

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

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Friday, January 31, 2020



Courtesy Photo

On Friday, Jan. 17, approximately 180 Whitinsville Christian High School students and 20 adult leaders participated in an all-school service learning day.

WCS students participate in Day of Service

WHITINSVILLE — On Friday, Jan. 17, approximately 180 Whitinsville Christian High School students and 20 adult leaders participated in an allschool service learning day.

Prior to the day, students discussed why we serve and how best to do that. Students focused on different issues such as the environment, homelessness, food insecurity, elder services, services for those with disabilities, and youth services. Small groups partnered with local community organizations and activities included planning and leading activities for preschoolers, planning and leading activities at area retirement homes and senior centers, and designing food insecurity and homelessness projects at area shelters and food pantries. This day coincided with the MLK Day of Service, held on Monday, Jan. 20.

"In total, students performed more than 600 hours of service with 17 different projects and 13 different organizations," said Jodi Koeman, WCS Director of Spiritual Formation. "Our students worked alongside more than 300 individuals and impacted many more members of our

Whitinsville Fish & Game celebrates 62 years

BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

DOUGLAS — The Whitinsville Fish & Game Club in Douglas recently celebrated its 62nd anniversary with a sold-out prime rib dinner.

The club was officially incorporated on March 3, 1958, and is located on 75 acres of land in Douglas and Uxbridge. According to Club Historian Ken True, the club offers members outdoor archery, pistol, rifle, and trap ranges. There is a fully equipped main clubhouse with an indoor 20-yard archery range on the lower floor. In addition to the members' clubhouse, an open pavilion overlooks the club's private trout pond. The club also features horseshoe pits.

"Sixty-two years is a milestone. We've tried to keep it going for many years," said True.

When the club moved to its current location in Douglas, it combined with the Blackstone Club. The two teamed up and "got everything going."

"It's a pretty close-knit club. We get new members and are looking for some new people with new ideas. It's a good comradery," True said.

Over the years, the club has participated in events including the Foxboro Fishing Show, fundraisers on the archery course to benefit St. Jude's, and has supported the local fire department and veterans.

"We stock the club trout pond and have an ice fishing derby in February. In the spring, we have a spring fishing derby," said True. "We have a field day every fall, there are trap shoots, a pistol range, and every year we sponsor a gun safety course for youth and adults."

Currently, True added that the club has around 150 members and recently appointed new officers this year as well. Members of the club are working to preserve as much property as they can around the club for open space through conservation efforts, he added.

"Everything got developed, and we are trying to preserve as much property as we can for open space every chance we get."

The club is located off of White Court and lies at the center of the Historic Blackstone Valley Corridor. Club President and Chairman of the Club's Board of Directors John Muratore said club membership applications are now being accepted. Contact Muratore at john. muratore@gmail.com for more information.

Northbridge receives grant funds as Green Community

BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

NORTHBRIDGE — The town of Northbridge was recently awarded \$208,950 in Green Community grant funds as part of the Massachusetts Department of Energy Resources' 2019 competitive grant round.

This is the second competitive grant round in which Northbridge has been awarded funds since being designated as a Green Community by the state in 2016, according to Northbridge Town Planner R. Gary Bechtholdt II.

"The grant awarded in 2019 funds projects for municipal buildings, facilities, and schools, including lighting upgrades to the Middle School and the High School as well as energy management system upgrades to the High School and Police Station," Bechtholdt said.

A total of 668 interior lighting fixtures at the high school and 582 fixtures in the middle school have been retrofitted with new light-emitting diode (LED) systems. These installs represent the second phase of a multi-phase comprehensive lighting upgrade performed within hallways, classrooms, library, and cafeteria areas.

The Energy Management System upgrades at the High School and Police Stations will provide energy savings and occupant comfort improvements, where air zoning systems had fallen out of calibration resulting in overuse of energy and system inefficiencies, Bechtholdt added.

"To correct these issues, each damper was recommissioned and upgraded so the entire system is balanced, and air flows adjusted. The upgraded system controls allow for operator sequencing for heating and cooling controls within the buildings," he said.

state's The Green Communities Program provides grants, technical assistance, and local support to help municipalities reduce energy use and costs by implementing clean energy projects that support a resilient energy future. Energy Conservation Measures are measures involving modification of maintenance and operating procedures of a building, designed to reduce energy consumption.

Since 2016, Northbridge has received more than \$625,000 in Green Community grant funds and has realized a six percent reduction in building usage from a baseline of 2015.

"The town is hopeful to secure funding the next round of the 2020 Green Communities Grant Program to continue energy conservation measures within municipal and school buildings," Bechtholdt said. "As more and more municipalities become designated Green Communities, the availability of grant funds have become very competitive. Continued

Please Read GREEN, page A7

Uxbridge High School awarded Innovation Pathway Grant



BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

UXBRIDGE — Uxbridge High School has recently received \$45,750 in grant funds to support its Innovation Pathway programs through the Baker-Polito Adminstration.

"We continue to invest in new technologies and opportunities for students and staff to build the education of the future," said Uxbridge High School Principal Michael Rubin. "Our Pathways prepare students for an economy and educational system that is global in terms of its outcomes but local in terms of its delivery, and we appreciate the work of the Administration, our legislators, our local elected officials, and our faculty and staff in helping us continue to make many aspects of the learning real for our students."

The high school had its programs, known as Innovation Pathways, approved by the Department of Elementary and Secondary Education in spring of 2019 in preparation for fall enrollment, according to Superintendent of Schools Dr. Frank Tiano. The school's most recent pathways are in biomedical science and information science/digital media. In these pathways, as well as the school's engineering pathway, students are able to choose an area of study and gain knowledge and insight as to whether the field is something they are interested in pursuing, as well as earn college credits prior to graduation.

"The continued investment in our programs by the Baker-Polito Administration is validation of the work of our educators, our students, and our community," Dr. Tiano said. "These resources allow us the opportunity to frame learning outcomes for our students in new and relevant ways, to provide professional development in critical areas, and to help us enhance student achievement, all of which supports the

Senior Scene

Millbury Senior Center

LIONS CLUB DINNER

The Annual Dinner for the Seniors is sponsored by the LION'S CLUB and will be held on Valentine's Day, Thursday February 13th 6P.M. at the Millbury Senior Center. A Turkey Dinner will be served. Please call or stop by the Center to reserve your seat. (508) 865-9154

Foxwoods Trip!

Monday, March 2nd

The bus leaves the Millbury Senior Center at 7A.M and returns at 4:45 P.M. Cost is \$28.00. Call or stop by the Senior Center to reserve your seat! (508) 865-9154

MEMORY CAFÉ"

Please join us!

Tuesday, February 25th from 2:00 P.M. - 3:30 P.M.

A Memory Café is a monthly gathering for people with memory loss / challenges

and their care partners. It is a time to socialize, make new friends, and have a good time.

Fourth Tuesday of each month, refreshments will be served.

Our Outreach worker, Julie Fitzgerald, is happy to answer

any questions, call to RSVP 508-865- nity provider. 9154

Millbury Senior Center **Transportation Services**

Residents can travel on Monday through Friday 9 A.M. to 3 P.M.

ADA clients and job assignments (disabled) 7 A.M. to 4:45 P.M.

We require a 48 hour Reservation for rides One - way van ride in town is \$1.50;

one town out \$1.75

ADA ride costs are \$2.75 in town and \$3 for one town out.

All rides to the Senior Center are 25 cents

Escorts are also available! Our service is curb to curb, call for

more Information or a Reservation! 508-865-9247

THE MILLBURY SENIOR CENTER IS NOW ACCEPTING

SNAP APPLICATIONS (Food Stamps)

Our appointments are on Tuesdays & Thursdays 10 A.M. - 2:00 P.M.

Call for an appointment & required documentation

508-865-9154

"This project has been funded at least in part with Federal Funds from USDA. This institution is an equal opportu-

The SNAP Logo is a service of the U.S. Department of Agriculture. USDA does not endorse any goods,

services or enterprises.'

Craft Classes

Wednesday's from 9:30 AM to 11:00 AM

Plan what you would like to make & pay for the materials you use! For more information call us at

508-865-9154

RMV Transactions

EVERY WEDNESDAY 10 - 12 P.M. The Five Transactions we will Focus on are:

LICENCE RENEWALS(FOR DRIVERS YOUNGER THAN 75)

REGISTRATION RENEWALS CHANGE OF ADDRESS

DUPLICATE LICENSE OR

REGISTRATION HOW TO REPORT A LOST OR STOLEN DISABILITY PLACARD

AND HOW TO REQUEST Α REPLACEMENT

Call us at 508-865-9154 for an Appointment!

ACTIVITIES

MONDAY

8:30 A.M..... Walking Club 9:30 A.M..... Light Exercise

TRIBUNE Almanac

Real Estate

BLACKSTONE

\$465,000, 29 Union St, Poirier, Bruce A, and Poirier, Gail A, to Kelly, Joseph P, and Kelly, Megan E. \$345,000, 274 Blackstone St, Filocamo, Shaun F, and Filocamo, Melinda L, to Cooper, Jyramie S.

NORTHBRIDGE

\$500,000, 508-510 Church

St, Papazian, Rosemary A, to TSE Development LLC.

\$375.000, 194 Church St. Langford 2 LLC, to Charbel Real Estate LLC.

\$370,000, 196 Quaker St, Avila, Gil M, and Avila, Amelia M, to Silva, David C.

\$350.000. 51 Dover Dr. Gardini. Henry E, to Elder, Jason, and Elder, Kimberly.

\$340,000, 109-113 School St, Keefe, Scott, and Keefe, Jenifer, to Selby, Gregory, and Selby, Rebecca.

\$335,000, 25 Paul Pl, Frazer, Rodney

BVCC hosts 22nd Annual Home & Community Expo

NORTHBRIDGE — The Blackstone Valley Chamber of Commerce announces its 22nd annual Home & Community Expo on Saturday, March 14 from 10 a.m. to 2 p.m. at Northbridge High School Field House, 427 Linwood Ave., sponsored by UniBank.

The event is the largest and most attended of the year, hosting close to 100 exhibitors and over 3,000 attendees. The venue is a great means of exposure and promotion for businesses of the Valley and surrounding regions. Exhibitors range from home improvement, DIY gifts, lifestyle brands, real estate, financial services, children's activities, business services, agricultural and animal organizations. Brand new this year is the Green Living & Wellness Pavilion which will feature personal products that conserve energy, are earth friendly, and educate members of our



Blackstone Valley Community on living a healthier/greener life. This event will benefit New England businesses by highlighting their efforts (and products) related to recycling, energy conservation, organic living, and health. The Expo has been a successful event in our community for over 20 years and we are excited to open the doors to the 2020 expo!

Come see live entertainment on the main stage inside the fieldhouse including dancers, music, food tasting, K9 demos and more!

In addition to exhibitors, the day features a 'Chowderfest'-a tasting competition among several local restaurants serving their best chowder/bisque dishes, competing for 'Best Judged' and 'People's Choice' awards, sponsored by Milford Federal Credit Union.

If you own a business local to the Blackstone Valley, call or go online today to reserve your booth! Save \$100 when you sign up by January 31stand receive preferred placement on the showroom floor. There are also great sponsorship opportunities to get in front on thousands of potential customers. Become a "Pot of Gold" Sponsor and have hundreds of guests visit your booth on March 14. Vendors can register on Racereach.com or by calling the BVCC at 508-234-9090.

"This is an exciting event because it gives a substantial opportunity to our local businesses, many of which are small and/or sole proprietorships," says Jeannie Hebert, Chamber President and CEO. "It puts their name in front of thousands of area residents, allowing them to meet their community and gain new customers, clients and business.'

Thank you to UniBank, the 2020 Presenting Sponsor. This event is open to all. Admission is \$3.00 or free with a printable admission ticket found online at www.blackstonevallev.org. Contact the Blackstone Valley Chamber of Commerce at 508-234-9090, ext. 100 or email administrator@blackstonevalley.org for additional information. Sponsorship and exhibitor opportunities are still available.

The mission of the Blackstone Valley Chamber of Commerce is to promote the economic vitality of the Blackstone Valley, meet the needs of the Chamber's business members, while providing 12:00 noon..... Lunch

1:00 P. M.... Cribbage

1:00 P.M....Game Day,

Wii Bowling

Noon...Lunch

WEDNESDAY

9:00 A.M.....Cards

required 508-865-9154

FRIDAY

Class'

TUESDAY

12:30 P.M..... Wii Bowling

12:45 P.M.....Mahjong Game

including Cribbage, Scrabble,

9:00-10.00A.M...Blood Pressure

Chinese Checkers, Scat &

9:30-10:30 A.M.....Tai Chi

10:45-11:30 A.M.....Zumba

1:00 P.M....Cribbage & Scat

9:30 A.M.... Craft Class

12:00 noon..... Lunch

1:00 P.M..... Social Bingo THURSDAY

12:00 Noon..... Lunch

12:45 PM.....Whist

2:30-3:30 P.M...Computer &

9:00 A.M....Shopping

9:30 A.M....Light Exercise

12:00 noon..... Lunch

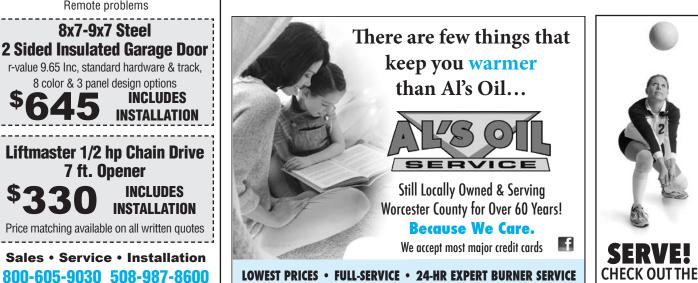
12:30 P.M.... Bridge & Scat

10:30 A.M.....Yoga (NEW CLASS!)

10:00-11:30 AM...Adult "Coloring

Cell phone class, Reservations

leadership on issues which impact the economy and quality of life in the Valley.



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A, to Watts, Kristen. \$250,000, 2-12 C St, AWR& GWR LLC, to 2-12 C Street LLC.

UXBRIDGE

\$2,000,000, 56 Industrial Dr, A& J Realty Hldg LLC, to 56 Industrial Dr RT, and Parsons, Ronald E.

\$484,675, 55 Turner Farm Rd. Arraho RT, and Dagostino, John J, to Chieffalo, Nicole M, and Chieffalo, Anthony C.

\$364,900, 74 Rogerson Xing #74, Schroth, Peter J, and Schroth, Mary C, to Avila, Amelia, and Avila, Gil.

\$344,990, 15 Hyde Park Cir #15, Autumn Ridge Condominium, to Sanantonio, Cynthia, and Sanantonio, Sydney.

\$240,000, 48 Hazel St, William B Albin T, and Emerick, Barbara. to Richardson, Aaron.

\$205,000, 13 Pinecrest Rd #13, Aldrich, Rebecca, to Grondin, Rebecca, and Eatman, Andrew.

DOUGLAS

\$376,500, 27 Grove St, Woods, Sallie M, and Brito, Antonio, to White, Michael D.

\$349,900, 229 Yew St, North-Morawski, Cynthia, to Rosenkranz, Daniel J, and Gilrein-Rosenkranz, Erin.

\$302,500, 137 Wallum Lake Rd, Peloquin, Zachary A, and Peloquin, Alezandra, to Oneil, Krista L, and Oneil, Lacey A.

\$274,900, 125 Wallum Lake Rd, Poplawski, Diane D, to Johnson, Dara A, and Sullivan, Ryan C.

\$270,000, 58 Birch St, Grande, Lynn M, to Grande, John M.

\$262,000, 45 Franklin St, Odonnell, Gregory J, to Insley, Cheryle L, and Insley, David A.

\$130,039, 20 Arch St, Deutsche Bk Natl T Co Tr, to Roldan-Cuzco, Angel H.



Worcester Polytechnic Institute announces Fall 2019 Dean's List

WORCESTER — The following local residents were among 1,678 students from Worcester Polytechnic Institute (WPI) named to the university's Dean's List for academic excellence for the fall 2019 semester.

Brian Flanagan of Douglas, Mass., is a member of the class of 2020 majoring in computer science, and electrical and computer engineering.

Evan LeBeau of Douglas, Mass., is a member of the class of 2020 majoring in management information systems.

Ilona Regan of Northbridge, Mass., is a member of the class of 2021 majoring in bioinformatics and computational biology.

Jacob Hazerjian of Northbridge, Mass., is a member of the class of 2021 majoring in chemical engineering.

Casey Gosselin of Northbridge, Mass., is a member of the class of 2022 majoring in robotics engineering and mechanical engineering.

Robert Wondolowski of Uxbridge, Mass., is a member of the class of 2020 majoring in actuarial mathematics.

Emily Philbrook of Uxbridge, Mass.,

is a member of the class of 2022 majoring in biomedical engineering.

Emily Frick of Uxbridge, Mass., is a member of the class of 2023 majoring in biomedical engineering.

Marissa Allegrezza of Uxbridge, Mass., is a member of the class of 2022 majoring in chemistry.

Amelia Sadlon of Whitinsville, Mass., is a member of the class of 2023 majoring in biology and biotechnology.

The criteria for the WPI Dean's List differs from most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

"WPI's academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students go beyond the classroom to work on open-ended problems in and for communities around the world. The problems are important and the impact is real" said dean of undergraduate studies Arthur C. Heinricher. "Some of this nation's best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean's List have excelled in all of their work, and we are exceptionally proud of these outstanding students.' 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 50 bachelor's, master's, and doctoral degree programs across 14 academic



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.

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

Maple sugaring-themed Paint Night to benefit Blackstone Heritage Corridor

WHITINSVILLE — To celebrate maple sugaring season in the Blackstone Valley, Blackstone River Valley National Heritage Corridor (BHC) has teamed up with artist Libia Goncalves of DColorex: Art Lessons and Crafts for All to host a Paint Night on Thursday, March 5, at her new studio located at the Alternatives' Whitin Mill, 70 Douglas Rd., Whitinsville. The paint night will run from 6:30 to 8:30 p.m. and a portion of the \$35 class fee will benefit Blackstone Heritage Corridor.

According BHC's to Volunteer Coordinator,

Suzanne Buchanan, the idea for hosting a paint night was partly inspired by the National Park Service's "Arts in the Parks" initiative.

"I was looking to celebrate some of our program themes this year in a new and creative way and engage our volunteers and the public in the process," she explains. "After I stumbled upon a maple sugaring painting on Pinterest, the light bulb went off! Soon after, during a meeting with Blackstone Valley Art Association (BVAA) president Lisa Shea about a potential new gallery show at BHC's office, BVAA member Libia Goncalves' name came up as a possible artist to lead the paint night and Lisa made the introduction for us. Libia's studio at the Alternatives' Whitin Mill is located within the boundaries of Blackstone River Valley National Historical Park."

Libia followed up and submitted her own rendition of the maple sugaring-themed painting, titled "First Snow over the Maple Field." The March 5 paint night falls just before the annual Maple Sugar Days event at Blackstone River & Canal Heritage State Park in Uxbridge, on March 7 and Volunteers from BHC's 8.

Volunteers-In-Parks program assist with the event, leading hands-on activities and interpretive tours throughout the weekend.

"It's something they look forward to each season,' Buchanan noted. "It's almost a reunion of sorts, when volunteers come together near the end of winter to celebrate this New England tradition."

Future paint night ideas include birds to celebrate spring migration and the bird walk series presented by the Blackstone Heritage Corridor Birding Ambassadors, pollinators for Pollinator Week in

June, and in autumn, a river-themed painting to celebrate Blackstone Valley Paddle Club's 20th season this year and the colors of the fall in the Blackstone Valley.

Advance ticket purchase is required as seating is limited. Purchase tickets online at BlackstoneHeritageCorridor. org/tickets or in person at Blackstone Heritage Corridor's office at 670 Linwood Ave., Whitinsville. For more info, contact Bonnie Combs at bcombs@blackstoneheritagecorridor.org or call 508-234-4242.

Explore volunteering with Blackstone River Valley National Heritage Corridor

Ashley Caswell named to Becker College Dean's List

WORCESTER — Ashley Caswell, of Uxbridge was named to the Becker College Dean's List for the Fall 2019 semester. Caswell is pursuing a Bachelor of Arts degree in Psychology.

The Dean's List recognizes all full-time students (24 or more credit hours earned for the academic year; 12 minimum each semester - September through May) whose term grade point average is 3.50 or higher with no grade below a B- and no incomplete (I) or withdrawal/failing (WF) grades. Becker College is an undergraduate and graduate, career-focused private college, providing a supportive and inclusive learning community that prepares graduates for their first to last careers. Nearly 1.800 students from the United States and around the world live and learn on the College's Worcester and Leicester campuses. With nationally recognized programs in nursing, game design and animal studies, Becker has been consistently ranked as a "Best College" for undergraduate education by The Princeton Review.

WHITINSVILLE Volunteering provides the opportunity to make new friends, learn a new skill, share common interests with others, and give back to your community. In celebration of the 50th anniversary of the Volunteers-In-Parks program in 2020, Blackstone River Valley National Heritage Corridor is hosting Volunteer Open House events on Wednesday, Feb. 12, and again on Wednesday, March 18, from 6:30 to 8 p.m. at its office at the Linwood Mill, 670 Linwood Ave., Whitinsville.

Learn about the many volunteer opportunities throughout the 25 communities of the National Heritage Corridor and with the Blackstone River Valley National Historical Park. Some of the current volunteer programs include the Blackstone Heritage Corridor Bikeway Ambassadors, Blackstone Valley

Paddle Club, Blackstone Heritage Corridor Birding Ambassadors, Blackstone Heritage Corridor Trail Ambassadors, and the Blackstone Heritage Corridor Photography Ambassadors. A volunteer cemetery conservation program is currently in the works. Learn how you can share your skill or knowledge with the Volunteers-In-Parks program.

A Volunteer Skills Workshop on Maple Sugaring will be held Saturday, Feb. 8 from 1 to 3 p.m. at Blackstone River and Canal Heritage State Park in Uxbridge. This is a training to learn the skills needed to volunteer at the upcoming Maple Sugar Days on March 7 and 8 at Blackstone River and Canal Heritage State Park.

A new Volunteer Show & Tell program will be offered at the Blackstone Heritage Corridor Visitor Center at Worcester (3 Paul Clancy Way, Worcester) on

Sunday, Feb. 9 from 1 to 2 p.m. Blackstone Heritage Corridor volunteer Barbara Merolli will share her experience volunteering in Africa working with animals and recording data on their eating habits, behavior, and habitat. Program is free and open to all.

2020 marks the 50th anniversary of the National Park Volunteers-In-Parks Service program and the launch of the "50 Hours for 50 Years Initiative." Volunteer 50 hours this year with the Blackstone **River Valley National Heritage** Corridor/Blackstone River Valley National Historical Park and receive a special certificate.

register То for the Volunteer Open House Volunteer Skills and the Workshop, contact Suzanne Buchanan at Volunteer@ BlackstoneHeritageCorridor. org or call 508-234-4242.

Douglas resident named to Dean's List at Utica

UTICA, N.Y. — Utica College congratulates Jenna Keeman of Douglas, a

Health Studies-Physical Therapy major, on being named to the Dean's List for the Fall semester of 2019.



McKenna to bold local office bours

BOSTON – Rep. Joseph McKenna (R-Webster) will host office hours during the month of February

Monday, Feb. 10 Panera Price Chopper Plaza Webster 10 to 11 a.m.

Tuesday, Feb. 10 Dunkin Donuts, Oxford, noon to 1 p.m.

Tuesday Feb. 18 Douglas Fire Department, 10 to 11 a.m. Friday, Feb. 21 Sutton Senior Center - 10 to 11 a.m.

Constituents are encouraged to stop by at any point during the hour or may reserve a specific time if they wish by emailing lori.joubert@mahouse.gov

Those who cannot make the office hour may call 617-772-2060 x8576 to have issues addressed by the Representative.

LAWNCARE EQUIPMENT & TRUCK AUCTION Secured Party Sale - K and C Lawncare, Inc. WEDNESDAY, FEBRUARY 5 at 10:00 AM **REGISTRATION & PREVIEW at 9:00 AM**

108 Guelphwood Rd, Southbridge, MA

2012 F350 Diesel Dump 2010 F350 Diesel Dump, 2008 F350 Diesel Crew Cab, KUBOTA L 2800 /w Backhoe, EXMARK LAZER Z zero turn



mowers (3), MEYER STAINLESS Sander, Fisher MM plows, US CARGO 16' enclosed trailer, Warrior open trailer, Big Tex trailer. Assorted tools & equipment by Lesco, Boss, Stihl, Craftsman, Billy Goat, Echo, Husqvarna, Honda and MORE items at www.amgauction.com

TERMS: All items must be paid in full on the sale day in cash, cashier's check or MasterCard, Visa. All items will be sold "as is, where is." A 15% Buyer's Premium shall apply on cash purchases, 18% on credit cards. Any terms announced on auction day will take precedence over any other terms. Auctioneer makes no representation or war-ranty regarding the accuracy of the description of items.





Rectand Health Care Corporation tlave a Career that Changes Lives

Live and work on the beautiful Navajo Reservation, near national parks and forests, canyon country, ski area a day trip away.

The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

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- \$25K Sign-on bonus with 2-year service commitment

To learn more about Tuba City Regional Health Care Corporation, call our Human Resources at 928-283-2432 or e-mail TCRHCCHR@TCHEALTH.ORG

WWW.TCHEALTH.ORG

Michael Gary Tourony of Douglas named to Clemson University Dean's List

CLEMSON, S.C. — Michael Gary Tourony of Douglas has been named to the Dean's List at Clemson University.

Tourony, whose major is Economics, made the Dean's List for the fall 2019 semester.

To be named to the Dean's List, a student achieved a gradepoint average between 3.50 and 3.99 on a 4.0 scale.

BLACKSTONE VALLEY TRIBUNE

Soter announces \$45,750 grant for Uxbridge High School

BOSTON — Rep. Michael J. Soter announced that the Baker-Polito Administration recently awarded Uxbridge High School \$45,750 to support their Environmental and Life Sciences Program as well as their informational sciences program. Uxbridge High School was one of 14 schools that received funding.

Soter explained that, "The grant is a combination of state and federal funds that are designed to support schools that received Innovation Pathway Designation from the Department of Elementary and Secondary Education in the spring of 2019."

Soter commented, "Advocating for funding this program is crucial to the development of the 8th Worcester district. Programs like the one at Uxbridge High School open up new opportunities for students, promoting technical training and career development. The Innovation Pathways program is designed to give students coursework and experience in a specific high-demand industry, such as IT, engineering, healthcare, life and environmental sciences, and advanced manufacturing."

The Innovations Pathway Program, established in 2017, serves to foster partnerships with employers with the goal of exposing students to career options. In addition, these opportunities help students develop the skills they need to excel in particular fields while attending high school.

Gov. Charlie Baker explained, "It is incumbent upon us to do everything we can to ensure our students are ready to succeed in the 21st Century economy, and these new career pathways are one example of the work that is going on in our schools to do that.'

Uxbridge High School with be using the grant to further develop their Environmental and Life sciences, and their Informational Sciences programs. Specifically, they will focus on resources for student career and learning development, creating authentic interdisciplinary learning experiences, and professional development opportunities so teachers can better serve the students of Uxbridge High School.

What if you find yourself "Suddenly in Command?"

MILFORD — Imagine you are out on the water when the boat's captain somehow is incapacitated or falls overboard and can't swim back to the boat. Are you prepared to take basic actions to get help, stop or start the engine and take the helm? A little knowledge could save lives and make you feel more comfortable boating when you're not generally at the helm.

Misfortunes can and do happen while on that fishing, diving, adventure, or party char-Being out on your own ter. boat with that significant other at the helm, or going out on a friends' pontoon boat can also turn to horror if the skipper is suddenly out of commission.

Our local US Coast Guard Auxiliary Tri-State Flotilla, Massachusetts is offering a free course that is a boating safety

primer for those not generally at the helm but would like to know what to do, to be better prepared.

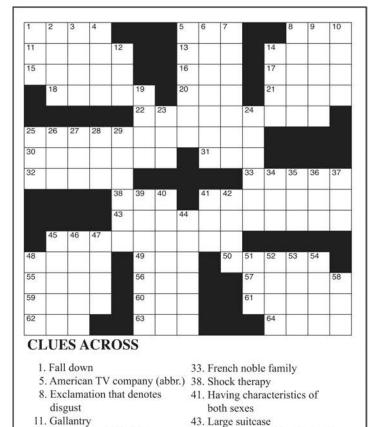
The "Suddenly in Command" will be offered Wednesday, Feb. 26 from 6:30 to 9 p.m. at Milford High School, 31 West Fountain St., Milford.

Milford Part of the Community School Use Program, information and the registration process can be found in their catalog mailed to the surrounding community, by calling 508-478-1119, or online at http://mcs.milford.ma.us (click Online Registration, then on any one of the Adult Programs to open a dropdown listing Boating Activities including this course) Register for this special free course soon as space is limited. Participants under the age of 16 must be accom-

panied by a registered parent/ guardian.

Additional USCGAux. information: phil.uscgaux@verizon. net or (508) 478-3778.

Courseandlinks: http://wow. uscgaux.info/pe_class_flyer. php?unit=NAT&course=24619



Nichols College students Named to Fall 2019 Dean's List

DUDLEY — Many hard-working students at Nichols College in Dudley have achieved Dean's List or President's List honors during the fall 2019 semester. The following local students received academic honors from Nichols College:

Jake Wood of Whitinsville Vanessa Slawski of Douglas Victoria McPherson of Douglas Andrew McCarthy of Uxbridge Mandy Laporte of Douglas Kilev Lafortune of Douglas

Lexxus Andrews of Uxbridge The Dean's List and President's List give recognition to those students who achieve high grades during a single semester. In order to be included on the Dean's List, a student must have a minimum average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester. Students whose semester average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President's List honors.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and

leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols also offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.

Adin Chapman named to SNHU Dean's List

Uxbridge announces early voting hours for Primary

14. Prefix meaning "beside"

13. Chinese word signifying

- 15. Act of imitating

"doctrine"

- 16. Tall, rounded vase
- 17. Sixth month of Jewish civil calendar
- 18. Rural Iranian village
- 20. Time zone
- 21. Military weapon (abbr.)
- 22. Gets rid of
- 25. Aggressive
- 30. Addressed one's appearance
- 31. Affirmative
- 32. Denoting Indo-European languages

CLUES DOWN

- 1. Surgical procedure of the heart (abbr.) 2. Northern Scandinavia
- indigenous person 3. Evergreen trees and shrubs
- 4. Meat from a domestic hog
- 5. State of insensibility
- 6. Herb
- 7. Annuity
- 8. San Diego-based ballplayer
- 9. Members of a Semitic people
- 10. Any physical damage
- 12. Woolen rug
- 14. Alsos Mission leader
- 19. Aromatic plant used as
- culinary herb
- 23. Where you sleep
- 24. Ruled Russia
- 26. Sea eagle
- 27. Type of light bulb

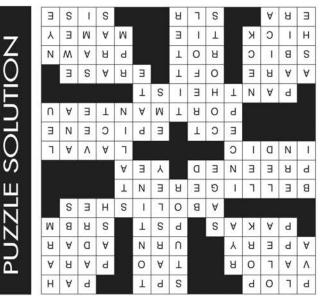
49. Frequently 50. Wipe out 55. Invests in little enterprises 56 Waste 57. Resembles a large shrimp 59. Derogatory name for rural resident 60. Menswear accessory

the universe

48. Swiss river

45. One who identifies God with

- 61. Tropical American tree
- 62. Pitching statistic
- 63. Camera type
- 64. Cardinal number that is the sum
- of five and one
- 28. Wreath 29. Graduate with a degree 34. What thespians do 35. "Orange is the New Black" character 36. Comedienne Gastever 37. Romanian monetary unit 39. People treated as a group 40. Small European plant 41. First responder group 42. A person's head 44. Giggle 45. Bura-__: Chadic language 46. Snout moth genus 47. Body part 48. Inspirational Wimbledon champ 51. Revolutions per minute 52. American software developer 25. Indicates density of data (abbr.) 53. Ancient Greek city
 - 54. Female sheep
 - 58. "The Science Guy"



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MANCHESTER — Adin Chapman of Douglas has been named to Southern New Hampshire University's fall 2019 Dean's List. Eligibility for the Dean's List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the semester.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 87-year history of educating traditional-aged students and working adults. Now serving more than 130,000 learners worldwide, SNHU offers over 300 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Douglas Public Schools to hold Kindergarten registration

DOUGLAS — The Douglas Public Schools will be holding Kindergarten registration on Thursday and Friday, Feb. 27 and 28.

Children eligible for Kindergarten in September must be five years of age on or before Sept. 1. Registration will be held in the foyer at the main entrance of Douglas Primary School, 17 Gleason Ct., from 9 a.m.-noon on Feb. 27 and noon-2:30 p.m. on Feb. 28. Registration packets will be mailed to eligible residents prior to Feb. 27.

Parents must present their child's original birth certificate or a certified copy together with immunization records at the time of registration. If you have any questions, please call (508) 476-2154.

Sutton Historical Society kicks off 50th year

SUTTON — The Sutton Historical Society will kick off its 50th Anniversary year with a general meeting on Tuesday, Feb. 4 at 7 p.m. in the First Congregational Church, 307 Boston Rd., Sutton. Topics will include the 2020 Membership Drive, upcoming events and projects, and general business. The meeting is open to all members and the general public.

The Society hopes to increase membership during its 50th anniversary year and encourages all current members and interested history buffs to download, complete, and mail a membership form which can be found at suttonhistoricalsocietyinc.org. Become a steward of history today and join us. Questions can be directed to sutton1704@gmail.com.

UXBRIDGE — Early Voting for the March 3 Presidential Primary Election will be held at Town Hall, 21 South Main St., Uxbridge, during normal business hours from Feb. 24 through Feb. 27.

Monday, Feb. 24 – 7:30 a.m.-5 p.m. Tuesday, Feb. 25 – 7:30 a.m.-5 p.m. Wednesday, Feb. 26 – 8 a.m.-7 p.m. Thursday, Feb. 27 – 7:30 a.m.-5 p.m.

GRANT

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district's strategic plan."

Lt. Gov. Polito made the announcement while visiting Brockton High School with Education Secretary James Peyser.

Innovation Pathways are designed to build strong partnerships between high schools and local employers to offer students the knowledge and experience in growing, in demand industries throughout the Commonwealth," said Polito. "By providing more young people hands-on career experiences, we can increase their skills and engage with them in a new, innovative and exciting way.'

'These early career programs provide students a head-start in learning and thinking about future career options so that they are able to make informed decisions about what they want to pursue in college and beyond," said Gov. Charlie Baker. "We are proud to continue to invest in these important programs that can shape a student's future success.'

Schools that apply for state designation for career programs are required to follow five design principles: equitable access for all students; guided academic pathway, which, in the case of Innovation Pathways, must relate to one of five specified broad industry sectors; enhanced student supports; relevant connections to career; and deep partnerships between high schools and employers or workforce development boards.

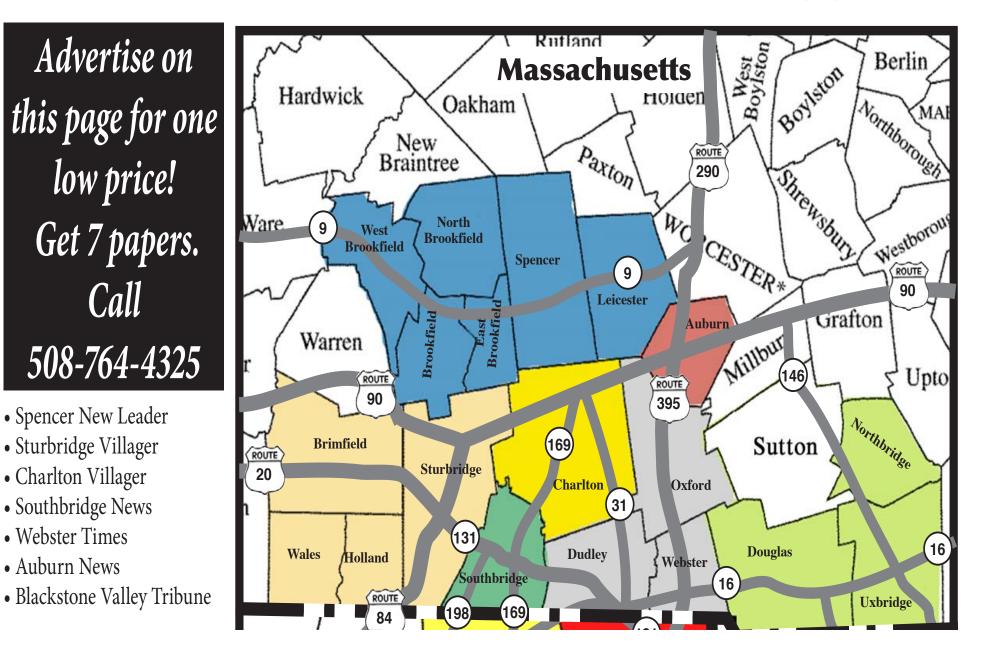
In the past three years, Uxbridge has been awarded more than \$600,000 in grant funds from various places to help enhance teaching, learning, and equipment infrastructure across the district.







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





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FRANK G. CHILINSKI PRESIDENT & PUBLISHER

BRENDAN BERUBE EDITOR

Editorial

We must remember

This past Monday, Jan. 27, was Holocaust Remembrance Day, the date designated by the United Nations General Assembly as the anniversary of the liberation of Auschwitz-Birkenau. Everyone is urged to take a moment on that day to honor the six million Jewish victims who lost their lives, those who were ripped from their families and placed in concentration camps, and the survivors who did their part in educating others to help prevent anything that would ignite genocide in the future.

The Holocaust is one of the most horrific events in human history. Millions of innocent people, simply looking to live their lives, love their children and families, and seek happiness and success were killed not because of any crime they committed, not because they were bad people, but because they were Jewish. Unbelievably, we have seen in recent years an uptick in Anti-Semitic hate crimes. To have so much hate in one's heart is simply unfathomable. That is why this day of remembrance is so important. It reminds us all to stand up for what is right when we encounter hate speech, particularly of the anti-Semitic variety. It is simply unacceptable in this day and age, and we all must remember to protect each other, and to protect what's treasured, peaceful, kind and good about humanity.

Most history classes in schools across the country at least touch upon the Holocaust; however, it is surprising — indeed, alarming — how many young people do not seem to have a firm grasp on how or why millions of "undesirables" were deprived of their homes and possessions, herded into labor camps, and as the "Final Solution," systematically slaughtered.

Jewish people were quarantined to a section of town that was enclosed with barbed wire and guarded. There was medicine, minimal food and was overly crowded with the living conditions unheard of. They were lied to as they boarded trains headed to concentration camps. They were told they were going to a better place, when in fact they were led into gas chambers in large groups and executed. Those deemed fit enough were spared and put to work; however, many died of starvation Those that did survive did so by hiding, often in plain sight. Many pretended to be a part of a family they were not biologically related to. They hid in basements and other rooms until they were able to escape to a free country. It is hard to comprehend such horror. In a report on NBC, Sonia Klein, who was a teenager in 1943 when she first stepped foot at the Nazis' most notorious death camp said the most important way to honor its liberation two years later was to ensure that as many young people as possible know what happened there. Klein, now 94, was quoted as saying "Young people are the ones that have to carry the memory of our loved ones forever. I survived the death march to tell the tale, but it was important to remember those who didn't."

Thank you all for your prayers and notes of encouragement. As most of you know, I had major surgery to remove thirty inches of my colon last week and I'm recovering and feeling great.

My seven days in the hospital were restful and interesting. I kept hearing from doctors, nurses and caregivers that they were surprised by my positive outlook and optimism. I must confess that their surprise, surprised me. I was able to have a few conversations with my nurses about their average patient facing tough surgeries with various outcomes. They kept telling me how different I was than most of their patients and how upbeat and positive I was responding.

Why expect the worse?

There is an old saying that says, "Your attitude, not your aptitude, effects your altitude." In other words, the optimism you bring to the fight is more powerful than your education or IQ. If you believe you can beat cancer, your chances are improved dramatically. If you believe in a positive outcome, you will fight. If you believe there is no hope, why would you bother? The impact of optimism on the mind and body is powerful.

..

Of course, there are times that a positive attitude may not overcome a medical reality. A positive attitude alone will not heal you, but healing is enhanced with a positive outlook.

Sound simple? Yes, but it's not easy.

When we are faced with a life-threatening crisis, our minds go into to hyperdrive, churning out all the things that can go wrong. When we are dealing with cancer or a variety of other frightening events, it's easier to believe the worst. It takes no effort. Just close your eyes and let the negative demons move out of the depth of your mind and tell you why you are dying. It's easy. Just let it happen. support system. Giving up has an equally negative impact on those who love you. To see you give up, curl into a ball and await whatever may come, saddens everyone. Be brave. Be strong. Fight for your life.

Albina and Tim Dugan are two of the most remarkable people I know. Over fifteen years ago, Albina was given five years to live. She was diagnosed with a rare form of liver cancer and was told there was no hope. Her doctor told her to go home and get her life in order.

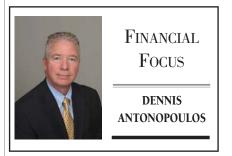
Instead, Tim began searching the world via the internet for options and Albina strapped on her armor, mounted her horse and rode into battle. Her 5 years to live has now passed three times and she's working on twenty years. She still has the cancer. No one totally understands why, but Albina has successfully fought and continues to hold her cancer at bay. How? Partly because of her positive attitude. At the time of her diagnosis, she had four young children at home. She proclaimed she wasn't going anywhere until they were grown, married and she met her grandchildren. Tim never gave up in his relentless search for medical options and people all over the world were lifting them up in prayer. Never underestimate the power of prayer.

Albina and Tim have been an ongoing source of inspiration for people all over the world and they continue to fight.

I keep telling everyone, "I'll die of something someday, but not this. I truly believe that cancer is already sorry it chose me. It just picked the wrong guy. I won't stop fighting until cancer is sent in defeat, squealing away from my body." I'll remind everyone of this column every 5 years or so. I'll be here.

Every person reading this column has, is or will face something in their life that requires a positive attitude and a fight. Never give up. Never give in. Be like Albina. Strap on your armor, mount your horse and ride enthusiastically into the fight ...to win.

Protect your business with key person insurance



If you have a family, you understand the importance of life insurance when it comes to protecting your loved ones. Businesses need similar protection, especially when they rely on one or two significant employees for their special skills or ability to generate income. These are most likely individuals who are crucial to the ongoing success of the business. If one of them passes away or is disabled, the business may not survive.

Consider this example: Sam and Jack are key employees at a successful software company. While Sam is the programmer who developed much of the custom software, Jack is skilled at selling the product. Both of them play a critical role in the business, and it's questionable whether the business would survive if something happened to either one of them. Key person insurance can help protect the company from a potential loss.

• How does it work? Your business purchases a life insurance policy on the key person and pays the premiums. The business is both the owner and the beneficiary of the policy. The key person is the insured individual, but he or she does not receive any benefits. If the key person passes or becomes disabled, your company receives the benefit.

The payout can then be used to help your company survive the impact of losing that individual. The outcome will vary based on the circumstances, but it could range from covering expenses until you find a suitable replacement all the way to paying off debts and closing down the business.

BLACKSTONE VALLEY TRIBUNE

Opinion and commentary from the Blackstone Valley and beyond

Strap on your armor

POSITIVELY

SPEAKING

BY GARY W.

MOORE



Or you can dig in and fight.

Make the decision to fight it out. Research the successful stories on the internet that detail the successes others have enjoyed. Speak only positive outcomes into your universe and be an inspiration to those around you. Tell yourself, "I'm a fighter! I'll beat this!"

Your positive attitude will not only help you but provide a more positive 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.

Fight Flu & Colds Naturally

As if flu season isn't bad enough, current coronavirus reports have heightened concerns. With that in mind, this column will review some natural and proactive methods you can employ to increase your odds of staying healthy

this season. Whether you're worried about catching a cold or are fretting about the flu, there are alternatives to treating what ails you. From herbs and spices to massage and aromatherapy, the following information and strategies can be valuable weapons in the annual battle of the cold and flu bug.

Stats: The flu season affects one in five adults, who will contract the virus this year. By contrast, the average person will suffer two or four common colds this annually according to national statistics.

Cold or Flu? You know you're sick, but not sure how sick. Is it a common cold or the dreaded flu? . Symptoms can be similar at the beginning of the infection. Since colds and flu are often treated differently, and an average of 23,000 people in the US die from flu related complications each year, it's important to identify the illness.

According to the Centers for Disease Control and Prevention (CDC), a cold is a milder respiratory ailment that has symptoms that last a few days; the flu can last weeks and result in such

serious health problems as pneumonia. While a stuffy nose and aches and pains are symptoms typically present in both colds and flu, a temperature reading can often differentiate the two. A common cold rarely causes a temperature to reach over 101 degrees. Also, body aches are much more common with the flu virus.

Cold Symptoms: Symptoms usually begin with sore throat, runny nose followed by congestion and cough. Mucus may become thicker and darker. A slight fever is possible. Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious.

Flu Symptoms: Flu symptoms usually come on quicker than cold symptoms are typically more severe. They can

Please Read **TRAINOR**, page **A9**

• When do you need it? Lets go back to Sam and Jack. If something happened to either one of them, the software company would be in jeopardy. Losing a key person threatens the company's ability to generate income, mainly because that person has skills that would be difficult to replace.

But this is not the only situation. Because the loss of a key person could make it difficult for your company to pay off any debt, most banks and other lenders, including SBA lenders, require that key person insurance is in place before extending a loan or investing in the business.

• How much do you need? This depends a great deal on the size of your business and what the money would be used for. In the previous example, if Jack passed, the owner of the company might need to search for another sales person. In the meantime, he would need to replace the sales income that Jack had been providing in order to keep the company up and running. If the company has debt, that needs to be factored in as well.

The cost of the coverage depends on the insured's age, health and gender. Coverage is typically more expensive for males than females.

• What are the types of key person insurance? Much like life insurance, key person insurance is available either as a term policy or a permanent policy. Term insurance is generally the better choice because its more economical and also because you can't be sure how long employees will stay with the company. With term insurance, you can cover the employee for a specified number of years.

If the loss of key people could put your business in financial ruin, you may need key person insurance. Talk with your financial professional to learn more about protecting what matters most to you.

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

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Support your local bait & tackle shop



Ice fishing took another hard hit this past week, causing cancellation of the Uxbridge Rod & Gun Club derby again. Other clubs in the valley are also hoping for safe ice to hold their fishing derbies. It did not stop numerous anglers from fishing some ponds in the area, but most anglers kept a safe distance from each other. Inviting groups of anglers to a fishing derby with dangerous ice conditions was not something the Uxbridge Rod & Gun was going to do. For anglers that did fish some small ponds last weekend, action was great. Catching bass, pickerel and perch with a horn-pout mixed in provided a great day in the outdoors.

This past week, this writer was talking with a few sportsmen in the valley about the

loss of small Bait & Tackle shops that were scattered throughout the state 30 or 40 years ago. Large companies like Walmart, Target, Cabela's, and Bass Pro Shops were more competition than the small shops could compete with. At one time, there were 21,000 small Bait & Tackle shops from the Cape to New Jersey to Maine & to Rochester, N.Y. Today, there are only 780 shops left. This information was provided by a salesman that sells his fishing equipment to the small shops throughout the above mentioned areas.

Purchasing your fishing equipment from the small Bait & Tackle shops may cost a few more bucks, but they are there when you need them. Many big companies sell out of a popular item and do not restock them until the following year. The small shops that also sell archery and hunting equipment are doing much better , but it is the only way they can survive. The small shops have the expertise to set you up with the proper fishing & bow hunting equipment, and are often
owners that run the shop, ensuring that you are satisfied with your purchase. The next time you need hunting or fishing supplies, give the little guy some of your business.

A couple of local hunters headed for the saltwater to do a bit of

sea-duck hunting last week. They experienced some great Eider hunting while sitting in a boat that was well camouflage. They used a Chesapeake Retriever to find and retrieve the downed birds. Hunting any waterfowl needs a strong dog to bring them back, as the tidal flow can be very strong, and can tire the dog very quickly as this writer found out on my last eider hunt. Fortunately, we had a guide that quickly retrieved the dog and duck after numerous retrieves.

This week's picture shows Dan Southwick with an impressive Northern Pike he harvested a few years ago under harsh weather conditions. Dan releases all his fish.

Take A Kid Fishing & Keep Them Rods Bending!

WCS

continued from page A1

community."

Ginny Alicea, Director of the Blackstone Valley Children's Place, shared the feedback from one of their teachers.

"Please forward our many thanks to the WCS students and staff that came today!" she said. "Our kiddos not only had a blast with all the different activities, they showed amazing improvement in their behaviors with having someone new in the room!"

Another group served at Open Sky, where Katherine Lyons, Club 21 Coordinator, said, "It was a pleasure being involved with the service project with the Whitinsville Christian School. Josh (a junior at WCS) and his classmates were amazing. The individuals served were delighted to have some new, young faces in their space today."

"WCS is so excited to be working with these local partners: Open Sky, Whitinsville Community Center (Blackstone Valley Children's Place), Peace of Bread, Blackstone Valley Emergency Shelter, Beginning Bridges, SMOC Head Start, Precious Ones Child Care Center, Stepping Stone Preschool at Whitinsville Christian School, St. Camillus Nursing Home, St. Camillus Adult Day Center, Whitinsville Retirement Home, Northbridge Senior Center, Northbridge Food Pantry, and MA Interfaith Power and Light, said Koeman. "We hope that this day encouraged students to be more actively engaged in their communities and lead lives of service. We will be working to continue the partnerships and relationships started this day.'

GREEN

continued from page A1

resident support of energy reduction projects and associated town funding requests may be used to assist and leverage future grant-funding awards." Future application of the Green Community grant rounds and local allocation of municipal funds will continue to be sought as Northbridge pursues its goal of achieving 20 percent energy reduction by 2022.



THE GREAT OUTDOORS RALPH the p ing c owno

TRUE



Treyvon Age 8

Treyvon is a playful seven-yearold boy of Hispanic descent. He can be shy when meeting new people but once he is comfortable, he is affectionate and easily engaged. Treyvon enjoys playing age-appropriate games, watching movies, playing outside, and coloring. Treyvon does extremely well in a structured environment with clear and consistent boundaries, both at home and in school.

Hi! My name is Treyvon and I am very affectionate!

in the second

Treyvon is legally freed for adoption and can be placed in any type of family with or without other children. Treyvon has bi-monthly visits with his birth mother until an adoption is finalized, then the visits will decrease to two visits per year. Treyvon will also need to maintain three visits per year with his sibling.

PLACE MOTORS IS PROUD TO SPONSOR

🛉 🛉 Friday's Child

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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Patricia Owens 508.909.4235 Patricia@stonebridgepress.news

Grow houseplants with style and convenience in mind



GARDEN MOMENTS MELINDA MYERS

It starts with one plant on a sunny windowsill then morphs into an impenetrable jungle. You may feel you need a machete to reach each individual plant to water and tend. Clear the way to improved growing conditions and convenient care while showcasing every plant with style.

Group plants with similar light and watering needs to make maintenance easier for you and increase humidity levels – something tropical plants need to thrive. Set plants on attractive trays filled with pebbles to capture excess water. The pebbles elevate the containers above the water to avoid root rot. As the water in the tray evaporates, it increases the humidity around the plants.

Grow cacti and succulents in a cool, sunny location for winter. Give each plant enough room to capture the sunlight it needs and to show off its unique form and color.

Expand your indoor grow-

ing space and enjoy greenery throughout your home by adding artificial lights. New furniture grade LED light fixtures like the Bamboo Mini LED Grow Light Garden (gardeners.com) fit into small spaces and look great on countertops, work desks and shelves. You'll save energy with LED lights and add a bit of style to your home décor with these attractive light gardens.

Increase your success with the popular fiddle leaf fig and other floor plants. These beauties are often used to decorate a bare wall, corner or other space in need of a focal point. Oftentimes these areas do not receive sufficient light for the plants to grow and thrive. Soon leaves begin to yellow and drop. Keep them healthy and beautiful with supplemental light. Hang a pendant light above or set a plant light stand beside these large plants. Many are trendy decorative fixtures similar to those used to light your home.

Save time and increase success by growing houseplants in self-watering containers. These pots have built-in water reservoirs that extend the time between watering. They also help reduce the mess of water spilling over the saucer and onto wood or carpeted floors.

Take the hassle out of watering with an indoor coil water-

numbers and distribut-

ed free in town squares,

taverns, and churches

or sold by chapmen for a

nominal charge, broad-

sides are intended to

have an immediate pop-

ular impact and then

to be thrown away."

Broadsides remained

popular through the

ing hose and sprayer. These coiled hoses hook up to the faucet, allowing you to water houseplants and seedlings up to 50 feet away. You'll eliminate the need to fill and lug watering cans from plant to plant, leaving a trail of water along the way.

Maximize time spent tending your plants by using the proper tools. Many indoor gardeners use old silverware or try adapting outdoor tools for indoor garden use. Having the right tool for the job provides better results in less time. Indoor garden tool sets have perfectly sized tools for pruning, transplanting and tending houseplants. Many come with an attractive built-in case for easy storage and a tray for corralling the mess of potting and transplanting. You'll waste less potting mix and spend less time sweeping up debris.

Increase your growing space and show off your plant collection with one or more plant stands. Many provide multiple tiers, allowing you to display plants of different sizes while positioning them in the light they prefer.

Set large plants on wheeled caddies or a collection of pots on a wheeled tray to move them out of the way when cleaning or hosting a gathering. Then wheel them back in place once your company has left.



Courtesy Photo

Furniture grade LED grow light gardens fit into small spaces, add some style to any home décor and provide plenty of light to make it easy to grow plants indoors.

Adding some convenience for easy care will allow you to spend less time keeping your plants looking their best and more time enjoying the individual beauty each plant provides as you grow them in style.

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

Vintage travel posters

Most people enjoy vacations and travel, so it makes sense that travel related posters would appeal to collectors. Many posters have bright graphics that depict exotic locations often along with ships, trains, airplanes, and other modes of travel.

Travel has been & ESTATES long documenteven before ed. invention of WAYNE TUISKULA the the printing press. Medieval manuscripts depict people traveling by horse. Prior to that, paintings depicted ships, horse carriages, and people on horseback. Broadsides originated in the 15th century. They were single sheets of paper printed on one side and used to make announcements. According to the Library of Congress, broadsides were "often quickly and crudely produced in large



ANTIQUES, COLLECTIBLES

19th century and were often used to promote ship or train travel. Some broadsides can be worth hundreds or even thousands of dollars, but I'll focus more on newer travel posters in this column. The 20th century saw the bright. colorful travel posters that we are more familiar with today. The Library of Congress lists the golden age of travel posters as the 1920's to the 1960's. "Great travel posters attract the eye in a variety of ways: by highlighting points of interest, depicting the conveyance used to reach a location, or by featuring activities available at the destination." Later posters typically used photographic images and do not have the collector value of the graphically produced versions.

 $Older\,travel\,posters\,with\,nice$ graphics can sell for hundreds of dollars and better examples can bring thousands. Philip Zec's 1932 LMS / BY NIGHT TRAIN TO SCOTLAND shows a passenger train being pulled by a steam engine. Smoke pours from the smokestack under the night sky with a full moon. It sold for \$16,000 at auction in 2014. A 1938 poster depicts "the New Twentieth Century Limited." The streamlined train poster touted that it could travel from New York to Chicago in 16 hours. One of these posters sold for \$18,000 in a 2015 auction. A poster of St. Moritz picturing a skier flying through the air above the Engadin Valley also brought \$18,000 in a 2014 auction. "L'Atlantique" poster from

1931 shows a huge ocean-liner dwarfing a tugboat in front of it. The 1931 poster by Adolphe Mouron (A.M.) Cassandre sold for \$120,000 in 2011. Another Cassandre poster set an auction record in 2012. He created a very low production run of these posters that pictured the stylized steel wheels of a railroad steam engine. The 1928 "L.M.S./Best Way" poster steamed to \$162,500 at auction in 2012.

We have several travel posters and other posters in our January 30th auction. My "Evaluating your antiques' class will be held on March 3rd at the Bay Path Adult Education Evening School in Charlton. Other events are being scheduled. Please see www.centralmassauctions. com for details on these and other events. Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.



centralmassauctions.com (508-612-6111) info@centralmassauctions.com.

TRAINOR

continued from page A6

include a sore throat, (sometimes hacking) cough, congestion, accompanied by headache, fatigue, chills and fever 102 to 104 degrees. Most symptoms improve in about five days, but fatigue can linger on for a week or more. The flu virus can be contagious from the day before the onset of the virus up to a week after.

How Colds & Flu are spread: Cold and flu viruses are spread when an infected person releases germs in the air via coughing, sneezing and close contact. Cold and flu viruses can live for hours on surfaces such as telephones, desks, door knobs, etc.

The flu is highly contagious as an infected person can spread flu germs a day before symptoms appear and can remain contagious for up to a week later. Studies show children with the flu virus can be contagious for over a week after onset. A person with a cold or flu is most contagious the first three days of infection, when the virus is most concentrated in nasal secretions. To prevent spreading the flu virus to co-workers and the public in general, the CDC recommends that people with flu stay home for 24 hours after their fever breaks.

According to the CDC, the single, most effective way to avoid contact with cold and flu viruses is to wash your hands. Wash them often and scrub with warm water and soap for at least 20 seconds. If washing isn't practical, use a hand sanitizer with at least 60% alcohol and rub into your hands until dry.

Home Remedies: The following reme-

dies are effective "first step" treatments to cold and flu. Symptoms that last more than a few days or become severe should be checked by a physician'

*A hot bath can be a powerful cold chaser and in Chinese medicine very hot baths are used to "sweat" out a cold at its earliest stages. To kick up the detox power of a bath, add a few drops of eucalyptus, rosemary or thyme essential oils to the water.

Note: Check with your doctor before taking a hot bath if you are pregnant, diabetic, have heart disease or other complications.

*Giving colds a two step punch with a double dose of ginger and lemon can relieve cold and flu symptoms. Adding ginger and lemon to a hot cup of tea not only soothes the throat, but ginger's antimicrobial properties and lemon's vitamin C help fight the bug. To break up mucus, add a pinch of cayenne pepper to the hot tea. Or try this recipe from Food Network to relieve cold and flu ailments: Combine in a mug: the juice of half a lemon, a quarter size piece of fresh ginger, two teaspoons of honey, and 3/4 cup of boiling water. Allow to steep for at least three minutes. Add dark rum if desired.

*It's true that chicken broth can offer cold and flu sufferers relief, but did you know it's the "bone broth" from the homemade brew that provides much of the healing power? Broth made from boiling bones offers magnesium, sulfur, phosphorus and other trace minerals that are easily absorbable not always readily available.

*Whether you like it hot or cold, a compress applied to sinuses can relieve congestion quickly. A freeze pack (or bag of frozen vegetables) works as a cold pack on the sinus area to decrease symptoms. Or, heat up a wet facecloth in the microwave (not to hot) and apply across the bridge of the nose for similar relief.

*While there's no cure for the common cold some foods appear to reduce susceptibility to catching colds, or at least reduce the severity of the symptoms. Foods containing beta-carotene, vitamin C, and zinc have shown to have immune repairing and boosting properties. Research suggests that zinc (which is in many over the counter products to prevent colds) can work to reduce the duration and severity of a cold. But it is only effective if it's started early, at the very first signs of illness.

*"Take two squares of chocolate and call me the morning." may seem an unlikely prescription for cough relief, but research reveals dark chocolate can curb your cough. The secret is Therobromine, an ingredient in chocolate. According to medical studies, therobromine is nearly one third more effective in halting persistent coughs than codeine. Dark chocolate typically contains about 450 mg of therobromine per ounce. Some experts suggest two ounces of dark chocolate every four hours as an effective anti cough dose for adults. Just be aware chocolate contains caffeine.

*Did you know you can reach into the refrigerator to clear congestion? Apple juice and purple grape juice both have properties to help clear congestion and a runny nose. As a bonus dark grape juice is rich in tannins, which have been known to kill viruses. *Hot foods may be the weapon to battling mucus. Studies show foods such as chili peppers, horseradish and garlic help reduce congestion by driving out mucus. How? The same agent that induces tears also helps thin out excess mucus.

*Coughs and congestion is uncomfortable, but relief can be as close as your water bottle. Keep hydrated by drinking at least 64 ounces of water a day. Water is the best expectorant, and will help thin the mucus and loosen the cough.

Win Dinner for Two at the Publick House

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

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

Sports

Rams survive scare from Auburn, qualify for postseason play with win



Nick Ethier photos

Northbridge's Liz Quimby maintains possession of the ball while being well-defended by Auburn's Emily Turcotte.

BY NICK ETHIER SPORTS STAFF WRITER

NORTHBRIDGE — Once play between the Northbridge High and Auburn High girls' varsity basketball teams reached halftime at Veterans Memorial Field House on Friday, Jan. 24, one team — the Rockets — had all the momentum against the other team — the Rams — that had jumped out to a big early lead. Northbridge was ahead 12-2 after one period of play, but Auburn won second quarter scoring 11-4 to cut into the deficit, 16-13.

"I have seen them this year and they play a very scrappy type of game. They play very good defense, they play about 12 girls, and they just keep coming," Rams' head coach Matt Gauthier said of the upset-minded Rockets. "I thought their energy level was excellent tonight. I said at had generated into the third period. "I think that we played really hard in the first half. It was one of those games where I wish there wasn't halftime. I wish we could have kept playing through," she said, acknowledging that the second quarter was the Rockets' best. "They played with confidence. When you have a halftime or an extended timeout you kind of lose some of that momentum. My nervousness was coming out flat and that's a little bit of what happened."

Leading 22-16 midway through the third quarter, Northbridge's Jill Labrie connected on a 3-pointer from the right corner to extend the advantage to nine points. Labrie and Abby Fraser then executed a perfect twoon-one that saw Fraser bounce a pass to Labrie at the right time, and she was able to make the layup to make it 27-16.

Later, Fraser beat the buzzer with a 3-pointer to deflate the Rockets' spirits and extend the lead to 30-19 with just eight minutes to play.

Gauthier was thrilled with Fraser's play, as she not only finished with a game-high 16 points but also her ability to play the point guard position in the absence of an injured Hannah Lomonaco, all while limiting her turnovers and creating plenty of plays with assists.

"Abby Fraser really played well," said Gauthier. "She was doing everything and she really came to play in the second half."

Fraser leading the team in scoring — Labrie netted 11 points and Maddie Boermeester added 7 more — also means that the Rams have plenty of scoring options, making life difficult for the opposition to defend.

"A few games ago it was Liz Quimby with 17, the game after that it was Maddie Boermeester with 22, the game after that it was Avery Senosk with 19," Gauthier noted.

And Lomonaco is slowly but surely making her way back to action, as she has missed the last seven games with an ankle injury.

"She's out of the boot and we'll see when she's comfortable enough to have a light practice," said Gauthier.

And the Rams may have dodged a bullet when Avery Senosk rolled her ankle with just 11 seconds to play, chasing down a rebound, but she appeared to be OK following the contest.



Avery Senosk of Northbridge reaches in to generate a steal versus Auburn.



Northbridge's Jill Labrie contemplates her next move while Auburn's Emily Turcotte defends.

halftime I thought they were outhustling us to everything.

"I was concerned about our offense," Gauthier continued. "Part of that was their defense. We definitely talked at halftime about what we were going to do to make sure that we straighten things out on the offensive end."

Northbridge did just that, scoring 24 second-half points to Auburn's 10 to pull away for a 40-23 victory.

"First thing we did when we came out was we got penetration in the middle. We were not doing a good enough job in the first half of getting into the paint," said Gauthier, as getting the ball to the middle allowed it to free everyone else up.

Auburn head coach Nicole LePrevost was proud of the way her team battled in the second quarter but wished that the 10-minute intermission didn't ensue to allow her team to carry that momentum they Northbridge, now 5-2 without Lomonaco, improved to 10-3 overall and has officially qualified for the Central Mass. Division 3 Tournament.

"Now our next goal is to get a home game. We want to keep piling up the wins and get a home game on this court right here," said Gauthier. Auburn, meanwhile, slipped to 4-7

Auburn, meanwhile, slipped to 4-7 as they are currently dealing with the most difficult portion of their schedule, as they must be 10-10 or better at season's end to qualify for the Central Mass. Division 2 Tournament. Hanorah Murphy led the Rockets with 6 points, while Olivia Mathews and Meghan Stevens both netted 4 points.



Maddie Boermeester of Northbridge races out to the 3-point line to catch the inbounds pass from Jill Labrie.

Northbridge's Sydney Masciarelli again named Gatorade Connecticut Girls' Cross-Country Runner of the Year

THOMPSON, Conn. — For the second year in a row, Marianapolis Prep junior Sydney Masciarelli of Northbridge has been named the Gatorade Connecticut Girls' Cross-Country Runner of the Year.

The award recognizes "the nation's most elite high school athletes for not only athletic excellence, but also for high standards of academic achievement and exemplary character." Masciarelli is now a finalist for the Gatorade National Girls' Cross-Country Runner of the Year, to be announced in February. Masciarelli was also named the Gatorade Connecticut Girls' Track and Field Athlete of the Year last year.

"Winning the Gatorade Athlete of Year Award has been a dream of mine since I was a little girl," Masciarelli said. "To be able to win this prestigious award three times is truly an honor and a blessing that I will never take for granted."

As the 2018 Foot Locker Cross-Country Champion, Masciarelli finished in seventh place this year with a time of 17:19:4. This season also saw her win the New England Prep School Division 4 championship in 18:49 and finish first in the Canterbury Invitational, Marianapolis Prep Invitational, and second at the Foot Locker Northeast Regional championships.

Masciarelli is currently in the middle of basketball season on the girls' varsity team and she also participates in track and field in the spring. In addition, she has maintained a 3.57 GPA.

"This season Sydney continued her career as a phenomenally talented runner and acquired some important wisdom along the way: that a runner's strength lies less in their successes and more in their ability to encounter and learn from challenge," said Marianapolis Head Cross Country coach Emily Gaudet. "It's difficult to believe in yourself when others judge your worth based on how many races you win and expect you to win every race when, in fact, that is an impossible feat. It was a season of tremendous growth that will provide her with a solid foundation in her future seasons."

As part of Gatorade's "Play it Forward" platform, Masciarelli has the chance to award a \$1,000 grant to a local or national youth sports organization of her choosing. In addition, she has the opportunity to submit an essay to win one of 12 \$10,000 spotlight grants for an organization of her choosing.



Photo courtesy Marianapolis Prep Athletics Sydney Masciarelli of Marianapolis Prep and Northbridge

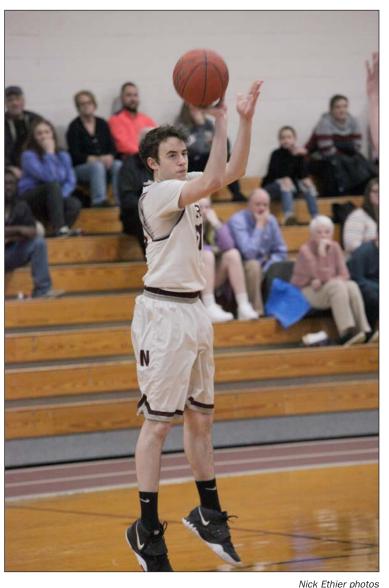
SPORTS

In classic SWCL clash, Northbridge inches past Pirates



Northbridge's Rocco MacNeil dishes a pass off to his left.





Zach Pryor of Northbridge takes and makes a 3-pointer from the right corner.



Northbridge's Cam Boucher searches for open space while dribbling the ball.



Northbridge's Jase Leavitt drives the lane and then dishes a pass to the outside.

BY NICK ETHIER SPORTS STAFF WRITER

NORTHBRIDGE — Not often are opposing sides each playing for so much this late in a season, but that was exactly the case on Monday, Jan. 27 at Veterans Memorial Field House when the Northbridge High boys' varsity basketball team hosted Southern Worcester County League rival Oxford High. Neither team has mathematically qualified for, nor has been mathematically eliminated from the upcoming Central Mass. Division 3 Tournament, so a lot was on

the line.

When the final buzzer sounded, the Rams emerged victorious 46-43.

"Classic SWCL game, gritty," said Northbridge head coach Aaron Katz. "We've been in them all year and not all have gone our way. It's good to start inching back to where we should be. They're definitely [battle] tested."

The Rams improved to 8-7, while the Pirates slipped to 6-6.

"This was a big one for us," said Oxford head coach Dave Aldrich. "We're not going to quit, we're not done."

Northbridge jumped out to

a 7-0 lead, but the Pirates rallied and the Rams' advantage was down to 9-6 as play hit the second quarter. There, Oxford maintained its momentum and went on a 7-0 run to surge ahead 13-9.

Play ran even for the remainder of the quarter — the Pirates scored 13 more points to Northbridge's 12 — as Oxford held a 26-21 halftime lead.

But Northbridge grabbed the lead late in the third quarter when Patrick Rosenlund drained a pair of 3-pointers from the left corner. Rocco MacNeil and Zach Pryor also connected from distance in the

Brennan Mahoney of Northbridge employs a head-fake to make Oxford defender Alex Duval leave his feet.

frame, and the Rams led 40-35 heading into the final period.

There, Alex Duval hit a pair of shots in the final two minutes as Oxford regained the lead 43-42 with 32 seconds remaining.

Pryor was clutch, though, as on the next possession he hit a 3-pointer from the right corner with 17 seconds to go. Pryor's third 3 of the game gave Northbridge a 45-43 lead.

Duval then attempted to drive the ball down the court, but he lost possession and the Rams' Cam Boucher corralled it. Rosenlund (12 points) then hit a free throw with just seconds to play to account for the final score.

"We hit some big shots," Katz said of his complementary players stepping up and scoring when called upon. "[Brennan] Mahoney is more of a defensive facilitator, but he stepped up and scored 12. Some guys knocked some shots down that we needed."

Aldrich was pleased with the way his team defended leading scorers Cam Boucher (5 points), who was man-to-man defended by Evan Brindisi, and Pryor, but could only tip his cap at how Northbridge's other players stepped up.

"Our game plan was to take Boucher out and Pryor out, and I thought we did a good job. Tonight, of course, [the other players] hit them — it seems like the luck of the Pirate," he joked. "But they're wellcoached, they do a great job, they play with one another. It seems like whoever Katz puts in there isn't a letdown in intelligence or intensity."

Katz is now hoping that his team can reach the 10-win plateau to qualify for postseason play.

"Every game is inching closer to 10. We play to get to Districts and that's what we're focused on," he said. "The Clark will take care of itself."

Oxford has the same goal.

"We want 10 to go to the [postseason], but our second goal is to get to the Clark," Aldrich noted, as both teams may need help to qualify for the Clark but can reach Districts by controlling their own destiny.

Duval led the Pirates with a game-high 23 points, while Elijah Williams posted a double-double of 10 points and 14 rebounds.

OBITUARIES

Stephen David Fogarty, 77



N O R T H BROOKFIELD-David Stephen Fogarty, 77, passed away on Saturday, January 18, 2020 with his family by his side at St. Vincent's Hospital in Worcester

after a long illness. Stephen was born on September 12, 1942 to John E Fogarty Sr and Helen (McDonnell) in Worcester. Stephen then lived in Florida until he was 9, at which time he returned to Massachusetts, living in Worcester and Framingham. Upon graduating High School, Stephen attended WPI to study Chemical Engineering. From 1965 to 1967, Stephen was enlisted in the US Army and was a part of the Vietnam Conflict. Upon his return, Stephen acquired the "Penguin Ice Cream Shoppe" where he met his wife, Ruth (Alexander).

Stephen closed his ice cream shops and went to work for his brother James (Jim) in the plastics industry. He then worked for Autex Systems as a computer programmer. After Transitioning to Fidelity investments (Where he retired after 20 years) Stephen was the lead programmer on the Stratus system, which managed electronic trades in the stock market.

Ruth and Stephen were married just shy of 42 years, having started their family in Westboro, where they lived for 8 years, and later North Brookfield for 35. Ruth and Stephen have two sons, Shaun, in Portland, Oregon, and Andrew in Franklin, MA. Stephen is the grandfather to 3 children, Haileigh, 15, Nathan, 12, Kyle, 10, from Andrew and his former wife Kandice. Stephen is also an extended grandfather to Kandice and James Johnston's daughter Ayla Joy, 2, also of Franklin, which he affectionately referred to as his "Bonus Baby"

In his spare time, Stephen was involved in the VFW and American Legion of North Brookfield as well as the local Boy Scout Troop 257, where he served as treasurer and Committee Chair. Additionally, Stephen was an avid pilot, having found his passion at 9 in Homestead, FL. Stephen flew, and owned small planes, including a Cessna 170 and a 1947 Aronca Champ. As a member of local flying clubs, Stephen formed numerous lasting friendships, including Jim, Glenn, Chris, Don, and many more. He and Mike Lussier frequently flew on Sundays to nearby air-

ports in New England and New York where he would meet his friends for breakfast as well as making their annual pilgrimages to the Oshkosh WI EAA Air Show.

When not flying, Stephen enjoyed his

Sunday rides with Ruth looking for the ultimate ice cream stand. Kimball's in Lancaster and Jaffrey were their favorites. They loved traveling together, including their February trips to Florida and the annual Fogarty Family Reunion. Stephen loved his Irish heritage. In 2012, he became an Irish citizen on his 70th birthday. He organized the two Fogarty Reunions to Ireland in 1997 and 2015. As a whim, he and Ruth spent St. Patrick's Day 2017 in Dublin, Ireland. Stephen's last trip was to Portland Oregon for the 42nd annual Family Reunion.

Stephen hated the cold. He enjoyed drinking his morning coffee on the porch, in Florida, while watching the sun rise. Stephen was also protective and proud of his Friends and Family, continuing to take his friend Aaron to his appointments, even as his own health faded. Loyal to a fault, he was not one you wanted to cross.

Stephen is survived by his sister Ann Marie (Fogarty) Stansbury of Northbridge, MA. Several cousins, nieces and nephews, and great nieces and nephews. Stephen is predeceased by his Angel Baby, Clara Elizabeth Johnston, his son, Stephen Fogarty Jr., his parents John and Helen, his sister Sarah Jane (Knowlton), and brothers John Jr (Jack) and James (Jim).

Ruth, Shaun and Andrew would like to say a very heartfelt thank you to all of his doctors and the staff in the PCCU and the ICU. A very special thank you to Pat and Frank Potter for all the support long before and during his illness.

There will be no calling hours or funeral per his wishes. There will be a Celebration of his Life at a later date when the weather is warm. Remember, he hated the cold. Pillsbury Funeral Home 44 Gilbert St North Brookfield is directing arrangements. In lieu of flowers, please make a donation in his memorv to one of the following: The Friends of the Haston Free Public Library, 161 North Main St, North Brookfield, MA 01535 or North Brookfield Troop 257 c/o Bob Pariseau, 8 Mt. Pleasant Place, North Brookfield, MA 01535



61 years until her death in 2013. Mr. Belanger was born in Linwood in 1930, the son of the late Philip and Eva (Anger) Belanger.

Amza was employed at Fenwal in Ashland for many years, previously working at Linwood Lumber as a carpenter. He built his own home in Uxbridge with the help of his family, and he and his wife lived there for 20 years. He was a very talented carpenter and built many things for his children and grandchildren in his meticulous woodworking shop.

Amza was an active member of Good Shepherd Church in Linwood where he was a parishioner for most of his life. Many of his woodworking creations can be seen there.

He was a veteran of the Korean War, and proudly served in the U.S. Army, attaining the rank of Sergeant.

He is survived by his daughter Chris and her husband Bruce Bartlett of Mendon, sons Paul and wife Mary of South Carolina, and Peter and his wife Sally of Uxbridge.

Ovila "Amza" Belanger, 89

UXBRIDGE – Ovila "Amza" Belanger, 89, of Uxbridge passed away Fri. Jan. 24,

2020 in Atria Draper

Place, Hopedale. He was the husband of

the late Jeannette A.

(Metivier), his child-

hood sweetheart, for



Nine grandchildren, Christy, Bruce and Brianna, Sarah, Josh, and Katie, Jennifer, Jamie, and Peter, and 14 great-grandchildren. He also leaves a brother-in-law and sisterin-law Roger and Eileen Metivier of Linwood, and many nieces and nephews. He was predeceased by a sister Lillian Pelland and a brother Frederick (Freddie) Belanger.

There are no public visiting hours.

A funeral Mass will be held Monday February 10, 2020 at 11 AM in Good Shepherd Church, 121 Linwood Street, Linwood. Burial will follow, with military honors, at the Massachusetts National Cemetery, Bourne at 1:45 PM.

In lieu of flowers memorial donations may be made to the Alzheimer's Assoc., MA Chapter, 309 Waverly Oaks Rd., Waltham, MA 02452.

www.bumafuneralhome.com

DUDLEY- Evelyn M. (Barszcz) Daigle, 67, passed away on Thurs. Jan. 23, 2020 at UMass University Campus in Worcester after a brief illness. She is survived by her husband of 39 years, Bradley G. Daigle Sr..

She is also survived by her son, Bradley G. Daigle Jr. of Douglas; 2 grandchildren, Katie Daigle, and Kayden Daigle whom she raised and loved like a son; 4 siblings, Linda Nichols and her husband Michael of Port St. Lucie, FL, John Barszcz and his wife Cindy of Webster, Edward Barszcz of Uxbridge, and Nancy Sene of Uxbridge, she is also survived by several nieces and nephews and many friends. She was predeceased by 2 siblings, Judy Perretti, and Stanley Barszcz.

Evelyn M. Daigle, 67

Born in Milford on Jan. 21, 1953 she was the daughter of Stanley and Ellen (Howard) Barszcz and was raised and grew up in Uxbridge. She attended Uxbridge Public Schools and worked as a Weaver for several different textile Companies in the area. She enjoyed spending time with her family and especially her grandson. Evelyn was a very social, light-hearted, and sweet soul, who will be sorely missed by her family.

Her funeral was held on Tues. Jan. 28th from Tancrell- Jackman Funeral Home, 35 Snowling Rd., Uxbridge with a Mass in St. Mary's Church, 71 Mendon St., Uxbridge at 11 am. Calling hours at the funeral home were held on Mon. Jan. 27th from 4-7 pm. Donation's in Evelyn's memory may be made to the charity of one's choice. To leave a condolence message for her family please visit:www.Jackmanfuneralhomes.com



Jeannette B. Allard, 81

of her life in Oxford. She graduated from Oxford High School and Becker Junior College.

Mrs. Allard was a medical secretary at St. Vincent Hospital in Worcester for over 20 years, retiring in 2003. She was a member of St. Roch's Church in Oxford. She will be remembered as a dedicated wife, mother, and grandmother. Her family meant everything to her.

A funeral was held on Thursday, January 30, 2020, from Paradis-Givner Funeral Home, 357 Main St., Oxford, followed by a Mass at 10 a.m. at St.

Michelle A. Boutilier



SUTTON- Michelle Boutilier died

She worked at Philips Lifeline in of Plymouth, and Kenneth J. Allard Framingham before recently becom-

Β.

Allard,

OXFORD Jeannette (Germain) 81, died Saturday, January 25, 2020, at Webster Manor Nursing Home in Webster. She is survived by her husband of 58 years, Arthur P.

Allard Sr. of Oxford; three sons, Arthur

P. Allard Jr. and his wife Dawn of

Oxford, Paul B. Allard and his wife Erin

and his fiancée Ann Marie Allaire of

Thursday, January 16 surrounded by her loving family. She leaves her mother Fran (Stuart) Boutilier Rivers and her hus-Donny, band of Sutton, her father

Richard Boutilier and his wife Debbie, of Narragansett, RI, two sisters; Christina Montgomery and her husband Dennis, of Waltham and Melissa Nolan and her husband Kyle, of Sutton; 3 nieces, Margaret Montgomery, Peyton Nolan and Emma Nolan, a nephew Declan Nolan, godmother Sue Mailea and godfather Ken Stuart, both of Sutton, and numerous aunts, uncles and cousins. She also leaves her special girls, Madeline and Sophia, whom she loved very much.

Born in Northbridge on March 15, 1981, Michelle attended Northbridge schools until moving to Sutton in 7th grade. She earned degrees from Mass Bay Community College and Framingham State University.

ing the assistant to the director of the Uxbridge Housing Authority.

Michelle loved the beach, especially Bonnet Shores. She enjoyed drawing, painting, laughing, joking around, listening to music, and being dorky with her sisters. Above all else, she loved children, especially being an aunt and spending time with her nieces and nephew.

A special thank you to the ICU team at Milford Hospital for your care and compassion for Michelle and her family

Calling Hours at the Carr Funeral Home, 24 Hill St., Whitinsville, were Tuesday, January 21. . Michelle's Funeral Mass was held Wednesday, January 22 at Saint Mark's Church, Boston Rd., Sutton, followed by burial in New Howard Cemetery, Sutton. In lieu of flowers, the family asks donations be made in Michelle's name to https://foundation.milfordregional. org/. To leave a condolence, please visit www.carrfuneralhome.com



CALENDA

Saturday, February 1



KIDLEIDOSCOPE: 11 a.m.-noon. Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us in the conference room of River Bend Farm Visitor Center for a nature themed story time, followed by a short nature walk and a craft activity. Meets rain or shine, during inclement weather nature walk with be replaced with activity in the Visitor Center's unheated hayloft. Appropriate for ages three to six, siblings are welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

READING NEW ENGLAND'S FORESTS: 1-3 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St.,

Blackstone; her brother, Bernard P. Germain Jr. of Oxford; eight grandchildren, Josiah, Sarah, Paul Jr., Connor, Meghan, Justin, Kierstyn, and Sarah; and nine nephews and nieces. She was predeceased by two sisters, Elaine "Micki" Springer and Frances White. She was born in Worcester, daughter of the late Bernard P. and Beatrice A. (Menard) Germain Sr., and lived most

Roch's Church, 332 Main St., Oxford. Burial followed at St. Roch's Cemetery in Oxford Calling hours were Wednesday, January 29, 2020, from 4-8 p.m. at the funeral home. In lieu of flowers, memorial contributions may be made to Boys Town, P.O. Box 8000, Boys Town, NE 68010.

paradisfuneralhome.com

Denise M. Cormier, 66

HOLDEN - Denise M. (Cook) Cormier, 66, of Holden and formerly of Milford passed away Thurs. Jan. 23, 2020 in the Holden Skilled Nursing and Rehab. Center, Holden.

Mrs. Cormier

was born Sept. 25, 1953 in Chelsea. the daughter of the late Thomas and Barbara (McDonald) Cook and was a graduate of Milford High School.

A longtime resident of Milford, she was an avid bowler and league member at the former Ficco's Bowladrome in Franklin.

Denise is survived by two sons; Andrew J. Cormier of Medway and Adam F. Cormier of Milford, two daughters; Kristine Colleary of Waltham and Brandi Estes of Blackstone, one brother Timothy Cook of Framingham, one

Uxbridge. Join us as we learn about the historic stone walls and man-made features that make up our local forests as we hike along the Blackstone Canal to Goat Hill Lock. We talk about why these stone features are found across Massachusetts and the importance of preserving them to tell stories of a bygone New England. Approximately two and a half miles on an uneven path. All ages welcome, children must be accompanied by an adult. If conditions permit, bring snowshoes and hiking poles. Please contact the park at (508) 278-7604 for more information.

Sunday, February 2

WHERE IS GROUNDHOG?: 10:30-11:30 a.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Did the groundhog see his shadow? See what wildlife is up to in the winter around the park. Find clues of winter residents; think

sister; Jeanine Warren and her husband Charles of Northbridge, 2 sistersin-law Marianne Cook of Uxbridge and Patti Cook of Wareham, her dear friend Phyllis Winn of Milford; 14 grandchildren; 1 great-grandchild and her husband Francis Cormier of Whitinsville. She was predeceased by two brothers

Douglas Cook and Donald Cook. Visiting hours will be held Friday Jan. 31, 2020 from 5 - 7 PM in the BUMA-SARGEANT FUNERAL HOME, 42 Congress St., Milford.

Funeral services will be held Saturday Feb. 1, 2020 from the funeral home at 11 AM followed by a Mass of the Christian Burial at 12 Noon in the Sacred Heart Church, 187 Hopedale St., Hopedale.

Memorial donations may be made to the COPD Foundation, 3300 Ponce De Leon Blvd, Miami, FL 33134. www. bumafuneralhome.com

like an animal as we walk around habitats that may provide cozy resting places. Approximately 1 mile. Please dress for the weather. All ages welcome to this family program. Please contact the park at (508) 278-7604 for more information.

PLAYING WITH SHADOWS: Noon-1 p.m., Blackstone River and Canal Heritage State Park, Uxbridge. In celebration of Groundhog Day come and play with the science of shadows on the back lawn of River Bend Farm Visitor Center. We will be creating art using the shadows of branches and capturing them with photo sensitive paper. In the event of inclement weather activities will take place inside the visitor center. All ages welcome to this family program. Please dress for the weather. Please contact the park at (508) 278-7604 for more information.

CALENDR

continued from page A14

Thursday, February 6

WINTER NATURE WALK: Noon-1 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Take a walk around the field paths and along the river and look for signs of winter wildlife. If conditions permit, bring snowshoes and hiking poles. About 1 mile. All ages welcome. Please contact the park at (508) 278-7604 for more information.

Saturday, February 8

PORK ROAST DINNER: St. Peter's Parish in Northbridge will be hosting a Pork Roast dinner on Saturday, Feb. 8, starting at 5:30 p.m. in the Parish Hall. Tickets are \$10 adults/\$9 seniors and kids ages 4-12/ \$35 per family. Bring your family for a wonderful meal & meet some new friends. All proceeds from the dinner will help fund the Mission Trips for our Middle School & High School kids in July. Tickets for the dinner must be purchased in advanced. Please call 508-234-2156 or email parishoffice@stpeterrockdale.org to purchase tickets or if you have any questions.

Sunday, February 9

CANAL WALK: 1-2 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us on a guided walk along the Blackstone Canal. Find out about the canal's historical and cultural significance and its role in the farm to factory transformation of the Blackstone Valley. All walks end at start location. If conditions permit, bring snowshoes and hiking poles. All ages welcome, children must be accompanied by an adult.

NEW ENGLAND COUNTRY MUSIC CLUB DANCE: 1-5 p.m., Progressive Club, 18 Whitin St., Uxbridge. Featuring live country music by Rhode Island Rednecks. For more information, visit www.facebook.com/NECountryMusicClub.

Tuesday, February 11

DOUGLAS LIBRARY INTREPID READERS BOOK DISCUSSION: The next meeting of the Douglas Library book group will be held Feb. 11, 6:30 p.m. The Intrepid Readers, will be discussing Amaryllis Fox's Life Undercover. Fox was in an undergraduate at Oxford studying theology and international law when her mentor Daniel Pearl was captured and beheaded. Galvanized by this brutality, she applied to a master's program in conflict and terrorism at Georgetown's School of Foreign Service, where she created an algorithm that predicted the likelihood of a terrorist cell arising in any village around the world. Recruited by the CIA, she was fast-tracked into advanced operations training learning how to use a Glock and withstand torture. Deployed as a spy, Fox was sent to infiltrate terrorist networks in remote areas of the Middle East and Asia. This is her record of a life of service, passion, and courage. Call the Library 508-476-2695 for a copy of the book. New members always welcome. Homemade refreshments, inspired by the title being discussed, will be served.

Friday, February 15 to Monday, February 18

STORYWALK — "AT GRANDPA'S SUGARBUSH" BY MARGARET CARNEY: 10 a.m.-4 p.m., Blackstone River & Canal Heritage State Park, 287 Oak St., Uxbridge. Get outside and enjoy reading a story as you stroll along the park. The featured picture book captures the signs of spring and the old-fashioned way of making maple syrup. A short, easy, self-guided walk. This program is free and open to the public. Meet at the River Bend Farm Visitor Center at 287 Oak Street in Uxbridge. For more information, please call (508) 278-7604.

Sunday, February 16

CANAL WALK: 1-2 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us on a guided walk along the Blackstone Canal. Find out about the canal's historical and cultural significance and its role in the farm to factory transformation of the Blackstone Valley. All walks end at start location. If conditions permit, bring snowshoes and hiking poles. All ages welcome, children must be accompanied by an adult.

NEW ENGLAND COUNTRY MUSIC CLUB DANCE: 1-5 p.m., Progressive Club, 18 Whitin St., Uxbridge. Featuring live country music by Crossfire. For more information, visit www.facebook.com/ NECountryMusicClub.

ANNUAL GREAT BACKYARD BIRD COUNT FOR CORNELL UNIVERSITY: Join your Blackstone River Valley National Historic Park volunteers and West Hill Team ... come explore how winter resident and migrants are surviving. Unfrozen sections of rivers and ponds attract birds in the winter as they seek water. Join us at West Hill Dam on Sunday, Feb. 16 at 2 p.m. (rain or heavy snow, come on Saturday Saturday, Feb. 22 at 2 p.m). Meet at the office located at 518 East Hartford Avenue, Uxbridge, MA. Help collect data for the Annual Backyard Bird Count. Explore various habitats and the birds that migrate or make their home in the pine groves, marshes, and riparian (river) habitats of West Hill Dam. Participants should dress for the weather, be prepared to hike about a mile to the various sites, snow shoes or deep snow boots are recommended. All are welcome to bring binoculars, pack a snack and water. We will review our observations over warm beverages while supplies last. In event of heavy snow or rain, alternate date Feb. 22 at 2 p.m. Junior Rangers Level 2-earn wildlife credit. Scout Troops, home schooled students welcomed (merit badge requirements). Youth under the age of 18 please bring an adult. For more information please call Park Ranger Viola at (978) 318-8417. Observations help researchers determine species decline and migration patterns. Thank you for taking Pride in America's Wildlife!

Monday, February 17

FUN ON THE FARM: 10 a.m.-noon, Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Come and play the way they would have in the early days of River Bend Farm. Learn how to play nine men's morris, hoop and stick, and other games from the 18th and 19th centuries. Program will take place in the unheated hayloft of the River Bend Farm Visitor Center. All ages welcome. Children must be accompanied by an adult. In case of inclement weather program will take place in the hayloft of the Visitor Center. Please contact the park at (508) 278-7604 for more information. must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

WINTER WILDLIFE: 1-2 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Stop by the River Bend Farm Visitor Center to learn about the different animals that live in the park and what they do in the winter. This program will have a hands-on activity and a short walk to look for signs of winter wildlife. All ages welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

Saturday, February 22

KIDLEIDOSCOPE: 11 a.m.-noon, Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us in the conference room of River Bend Farm Visitor Center for a nature themed story time, followed by a short nature walk and a craft activity. Meets rain or shine, during inclement weather nature walk with be replaced with activity in the Visitor Center's unheated hayloft. Appropriate for ages three to six, siblings are welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

WINTER HIKING WORKSHOP: 12:30-1 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Want to get more comfortable hiking in the winter? Join us for a workshop about proper winter hiking safety, technique, attire, gear, and more. Program will take place in the River Bend Farm Visitor Center conference room. All ages welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

WINTER RECREATIONAL HIKE OF THE GOAT HILL TRAIL: 1-2 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us on this three mile round trip easy hike with the Blackstone River Watershed Association. We will hike around Goat Hill past the Goat Hill Lock and along the Blackstone River. Hot chocolate will be served after the hike. This is a family friendly hike and dogs are permitted on a leash. Portions of the trail are hilly and may be more strenuous if icy or snow covered. This forest trail has roots and rocks along the path. Be prepared for cold weather, dress in layers and avoid cotton clothing. Appropriate footwear is required, consider bringing hiking poles. Carry drinking water and snack. Appropriate for all ages. We will hike unless weather creates unsafe conditions. Please call 508-278-6486 for weather updates.

Sunday, February 23

CANAL WALK: 1-2 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us on a guided walk along the Blackstone Canal. Find out about the canal's historical and cultural significance and its role in the farm to factory transformation of the Blackstone Valley. All walks end at start location. If conditions permit, bring snowshoes and hiking poles. All ages welcome, children with your emergency needs, call 508-342-7122. Leave your name and telephone number and your call will be returned.

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

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

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

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

AL-ANON: A "Serenity on The Hill" Al-Anon step meeting held at 10 a.m. Wednesday at Congregational Church of Grafton, 30 Grafton Common, in the fireplace room.. Support group for family and friends of problem drinkers. Newcomers welcome. For information: 508-366-0556.

YOGA GROUP: join the Sunshine Yoga Collaborative in our mission to bring community based yoga to Uxbridge and the surrounding communities! Classes are appropriate for just beginning to advanced student. Class is Sunday 7:30-8:30 a.m. at Alternatives, Unlimited, 50 Douglas Road, Whitinsville. Extra yoga mats, but most bring their own. \$5 donation per class, which given to local organization. Visit Facebook: Sunshine Yoga Collaborative.

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

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

Thursday, February 13

THE BROWN BAG ALONG BLACKSTONE: Noon-1 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Pack a lunch and join us in the River Bend Farm Visitor Center. We will watch an episode of "Along the Blackstone," an award-winning series of videos by the National Park Service featuring the stories of the mill villages along the Blackstone River. All ages welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

BOOTS ALONG THE BLACKSTONE: 1-2:15 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join an interpreter in a leisurely walk along the tow path while discussing the stories and history uncovered in the episode of Along the Blackstone watched during Brown Bag along the Blackstone! Approximately 2 miles. All ages welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

LIONS CLUB DINNER: The annual dinner for the seniors sponsored by the Lions Club will be held on Thursday, Feb. 13 at 6 p.m. at the Millbury Senior Center. A turkey dinner will be served. Please call or stop by the center to reserve your seat, (508) 865-9154.

Saturday, February 15

KIDLEIDOSCOPE: 11 a.m.-noon, Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us in the conference room of River Bend Farm Visitor Center for a nature themed story time, followed by a short nature walk and a craft activity. Meets rain or shine, during inclement weather nature walk with be replaced with activity in the Visitor Center's unheated hayloft. Appropriate for ages three to six, siblings are welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

Thursday, February 20

SNOWSHOE STROLL: 1-2 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Bring your snowshoes and enjoy this easy pace winter walk along the tow path and through the meadow at River Bend Farm. This is a two mile walk on a flat trail. If there is no snow on the ground, we will take a two mile nature walk. All ages welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

MAPLE SUGARMAKERS WEATHER WATCH: 1-2 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Is it maple sugaring season yet? Let's talk about the weather and the science of maple sugaring to find out what conditions get the sap running, then head out on the trail for some hands on action as we measure and mark trees for tapping. Up to a 1 mile walk. All ages welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

Friday, February 21

MAPLE STORY TIME: 10:30-11:30 a.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us in the heated meeting room for a maple themed story time, followed by a short outdoor nature walk and a craft activity. Meets rain or shine; during inclement weather outdoor discoveries will be substituted by a scavenger hunt in the unheated hayloft of the River Bend Farm Visitor Center. Bundle up and get young children out to enjoy nature! All ages welcome, children

must be accompanied by an adult.

Saturday & Sunday, March 14 & 15

QUILT SHOW: The Thimble Pleasure Quilt Guild is hosting a Quilt Show March 14 - 15 at the Blackstone Valley Tech High School, 95 Pleasant St., Upton, from 10 a.m. to 4 p.m. The cost is \$10, 18 and under are Free. There will be Silent Auctions, Boutique Table, Raffle baskets, Raffle Quilt, a Special Fundraiser for Guiding Eyes for the Blind, and Vendors.

ONGOING EVENTS & INFORMATION

PEOPLE'S COFFEE HOUR: Every Tuesday starting from 1 to 2:30 p.m. at the Second Congregational Church of Douglas (289 Main St.), we are hosting a no Bible experience necessary study including coffee and refreshments. The study is called 'Praying with Jesus'. Study guides are provided free of charge. This study will run to the end of May. All attendees are welcome to anything from our food and kid's clothing closet. All are welcome. Call Jeanie (508-476-9978) for more information.

FARMERS' MARKET AT DANIELS FARMSTEAD: Farmers' Market begins July 7 and continue every Sunday, 11am to 3pm, though September 29, grill open 11:30 to 2:30 serving grilled franks, burgers (both Angus beef and veggie) Italian sausage with peppers & onions, cold beverages and all the fixins, Picnic tables, Homemade goodies, Tours, Music 12:30 to 2:30 p.m.

KUNDALINI YOGA: To celebrate the New Year we are offering Wednesday morning yoga classes from Jan. 8 to Feb. 26, 2020 (10-11:15 a.m.). This eight-week session is at St. Peter's Parish Center in Northbridge. Participants may sign up for the entire session or join us when it suits your schedule (walk-in). Proceeds benefit St. Peter's Parish. Learn new skills to manifest your intention for a healthier you. For more information visit: http:// kundaliniyogacma.wix.com/site or call 508-234-4185.

NEED EMERGENCY ASSISTANCE? The Salvation Army is here to help serve emergency needs in the Blackstone Valley area. Services include assistance with food, clothing, utility payments and heating needs. To find out how we can help Legos Club: first and third Mondays of each month, ages six and up 3-5 p.m. at Whitinsville Social Library. Information about programming, visit the library's website www.northbridgemass.org/ whitinsville-social-library.

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

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

KUNDALINI YOGA: The fall session for the Wednesday morning class is from Sept 11 to Oct. 30 (10-11:15 a.m.). This 8-week session is offered at St. Peter's Parish Center in Northbridge. Participants may pay for the entire session or attend as a walkin student. Proceeds benefit the Youth Ministry and St. Peter's Parish. For more information visit: http://kundaliniyogacma.wix.com/site or call 508-234-4185. All are welcome to join us on a journey toward a more balanced life.

PEOPLE'S COFFEE HOUR: Every Tuesday starting Oct. 15 from 1 to 2:30 p.m. at the Second Congregational Church of Douglas (289 Main St.), we are hosting a no Bible experience necessary study including coffee and refreshments. The study is called 'Pilgrim's Progress, a guided tour by Derek W.H. Thomas'. Study guides are provided free of charge. This study will run to the end of May. All attendees are welcome to anything from our food and kid's clothing closet. All are welcome. Call Jeanie (508-476-9978) for more information.

OPEN MON-THURS: 9-9. FRI & SAT: 9-6, SUNDAY: 12-6

800-526-AUTO



Kevin Meeha

If You Can





Local Events, Arts, and **Entertainment Listings**

SUNDAY, FEBRUARY 2



MEMORIAL FISHING DERBY West Brookfield Boy Scout TROOP 118 Lake Wickaboag Public Boat Ramp, West Brookfield 7:30am-3:00pm. Trophies, Door Prizes. Tickets \$1 by

Scouts or at derby In remembrance of Mark Cook, Peter Coulthard, J. Irving England, Michael Higgins, and Dick Shepardson (No ice date February 16)

SATURDAY, FEBRUARY 8

"THE LAKE IN WINTER" EVENT. 2:30: Ken Ethier: Presentation on Ice harvesting



East Brookfield Town Hall 3:30: Bonfire, Music, Skating and S'mores with DJ and con-cessions. Lake Lashaway Town Beach

FREE -snacks for sale

SUNDAY FEBRUARY 9

AM - 2PM FISHING DERBY -Details to come! See Facebook @EB100th or tinyurl.com/EB100th!



SATURDAY, MARCH 14

OPEN HOUSE at Hodgkins Building (Museum/RR/Art Guild/ Boy Scouts) 108 School Street FREE 1:00-3:00

TUESDAY, MARCH 24

RE-ENACTMENT of signing of town bill and unveiling of Anniversary Quilt Senior Center, Pleasant Street. 6:30pm FREE

SATURDAY, APRIL 4,

ROARIN' TWENTIES DANCE at Sturbridge Host Hotel \$35, 5:00pm Tickets @EventBrite.com or at the library

SATURDAY, APRIL 11.

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield 1:00-3:00. FREE

SATURDAY, APRIL 18,

HISTORICAL TALK - Ed Londergan The First and Second Settlements East Brookfield Town Hall 9:30 FREE

SATURDAY, APRIL 25

TOWN WIDE CLEAN-UP DAY Meet at East Brookfield Town Hall 9:00

SATURDAY, MAY 2,

EAST BROOKFIELD NATURE WALKS at Pelletier Woods Howe Street, East Brookfield 2:00. FREE

SATURDAY, MAY 9,

OPEN HOUSE at Hodgkins Building (Museum/ RR). 108 School Street, East Brookfield. 1-2:00 FREE

SATURDAY, MAY 16,

7K RUN AND FUN WALK Timberyard Brewery, East Brookfield 10:0am. \$30.00 adults, \$15.00 kids

SATURDAY, MAY 30

HISTORICAL TALK -Ed Londergan - Murder in the Brookfields (Spooner / Newton Murders) East Brookfield Town Hall, 9:30. FREE

SATURDAY, JUNE 6

HISTORY & DESSERT at Podunk Chapel, East Brookfield 2:00 & 3:30 seatings. \$5.00 pp

FRIDAY, JUNE 12

COAST GUARD BAND East Brookfield Elementary School, 7:00 FREE

SATURDAY, JUNE 13

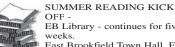
OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield 1:00-3:00. FREE

SATURDAY, JUNE 20,

OPEN HOUSE

at Camp Frank A. Day (archery, boating, bas-ketball, mini golf, lunch) Rain Date: June 21. 125 South Pond Road, East Brookfield. 11:00-3:00. FREE

MONDAY, JULY 6



EB Library - continues for five weeks East Brookfield Town Hall, FREE

SATURDAY JULY 25

HISTORICAL TALK - Heather Gablaski -East Brookfield: 100 Years a Town East Brookfield Town Hall, 9:30. FREE

SATURDAY, JULY 11

INDEPENDENCE DAY CELEBRATION Parade & Fireworks Connie Mack Field East Brookfield

SATURDAY, AUGUST 8

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE

SATURDAY, SEPTEMBER 12

PARADE AND FAMILY FUN EVENT! Route 9, East Brookfield, 9:30 -7:00. FREE. Rain date Sept 13

SATURDAY, OCTOBER 10

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE

SATURDAY, OCTOBER 24, 3:30

BUS AND CEMETERY TOUR, ending in dinner at Podunk Chapel. Meet at East Brookfield Town Hall. \$15-\$20.00 pp

SATURDAY, NOVEMBER 7

HISTORICAL TALK - Guy Morin- Central Massachusetts during the Revolution East Brookfield Town Hall, 9:30 FREE

SATURDAY, NOVEMBER 14

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE

SATURDAY, DECEMBER 12

HISTORICAL TALK -Ken and Tina Ethier - "Trolley Talk" East Brookfield Town Hall, 9:30. FREE

SATURDAY, DECEMBER 12

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE

ONGOING



MARIACHI BAND First Thursday of the month 5-8 p.m. MEXICALI MEXICAN

GRILL Webster location 41 Worcester Rd., Webster, MA

508-461-5070

TRIVIA SATURDAY NIGHTS 7:00 p.m. register 7:30 p.m. start up HILLCREST COUNTRY CLUB 325 Pleasant St., Leicester, MA 508-892-9822

LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., W. Brookfield, MA 508-867-2345 salemcrossinn.com

THE CENTRAL MA CHAPTER OF TROUT UNLIMITED

meets the first Monday of every month from September through May. We discuss a variety of conservation programs to improve the local cold water fisheries, local fishing opportu-nities. Our annual High School Fly Fishing Championship (open to all MA high school students) And our annual fund raising banquet. Auburn Sportsman's Club 50 Elm St., Auburn, MA







NEW LISTING

1st Flr Bdrm w/Commode Closet! Recent Furnace! Recent Roof! **\$169,900.00**



MILLBURY - WATERFRONT! Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres w/500' on the Water! One of Ramshorn's Premier Properties "Royledge"! Sprawling 3,117' French Country Villa w/Panoramic Wa the water one of naminatories reminer roperties Roycege : opraving 5,111 French County via W alaonatic water ter Views from this Perfect Peninsulal 1 deal for Entertaining! Stonewalled Gated Entry, Long Private Drive to its Stately Appearance! Sprawling Stone & Slate 6+ Rm Masterpiece! Light Abounds! Cathedral & Tray Ceilings w/Skylights! Unique Country Kitchen! Formal Dining Rm! Froled Great Rm! Lake Facing Spacious Master Suite w/Everything You'd Expect! 3 ortable Bdrms! 3 Full Bathrooms! C/Air! Garages - 1 & 2 Car Detached Garages! Reward Yourself! \$999,000.00

SOLD

3 Bdrms & 2.5 Baths Total! Oil Heat! 2 Ca

\$399,900.00



AUBUKN – 16 Lorna Dr! 7 Rm Split Entry Ready for the Next Owner! Located on a Cul-de-sac! Many Recent Updates! Windows 2006! Roof 2010! Siding 2016! Water Heater, Garage Door & Opener 2017! Driveway & Deck 2018! Applianced Oak Cabinet Kit w/Tile Floor! Dning Rm! Spacious Liv Rm! Master Bdrm w Hrdwds! 3 Comfortable Bdrms Total! Full Bahl! Finished Lower Level Fireplace Fam Rm wCustom Bar, Recessed Lighting & 2nd Bath! Screened-in Porch to a Private Yard w/New Pressure Treated Deck is Ready for Entertaining! Nicely Landscaped! 1 Car Garage! Shed! Ideal Commuter Location! \$325,000.00



WEBSTER LAKE – 9 Pebble Beach Rd! Middle Pond – Winter Cove! Private Peninsula Protected from the Storm – Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Flr Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Flrs! Beautiful Applianced Custom Granite Kit w/ Center Isll Formal Din, Fireplace Liv Rm w/Water/Estuary Views 1 Ist Fir Laundry's Becond Floor Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm! Buderus Oil Heat! C/Air! Oversized 2 Car Garage! \$779,900.00



OXFORD - 27 Rocky Hill Rd! Move Right Into this 6 Rm Ranch! Bright Fresh Kitchen! Dining Rm! 20' Living Rm! 3 Comfortable Bedrms! Nice Bathrm! Deck w/Awning! All the Work has been Done! Roof, Siding, Windows, Insulation, Gas Furnace, Gas Hot Water Heater, AC, Front Porch Windows, Door, Living Rm Floor, Skylights, Kitchen, Bath & Dining Rm Floors! 2 Bedrm's Wall to Wall Carpeting & the Interior Freshly Painted 10/2019! Ouick Closing Possible! \$269.900.00

 WEBSTER
 9
 Lake Parkway! Extremely
 THOMPSON
 - 239
 Quaddick Rd! Custom

 Conveniently Located just off Exit 1 of
 Cedar Log Home! 5.47
 Acres! Stone Wall

 3951
 Loads of Potential!
 6 Rm Cape!
 Entry! 700
 Driveway! Nestled in the Woods]

 Applianced Kit!
 Din & Liv Rms wWall to
 6 Rms of Cedar! Granite Kit! Cathedral
 Vall over Hrdwds!
 3 Bdrms w/Hrdwds!

 Wall over Hrdwds!
 3 Bdrms w/Hrdwds!
 Ceilings w/Skylights! Hrdwds! Stone Frplc!
 1st I'r Master w/Pull Bath & Walk-in Closet!

 I st Fir Bdrm w/Commode
 Coset! Recent
 1st Fir Master wiPull Bath & Walk-in Closet!

SOL

Garage!

Updated Bath! 3rd Flr w/Eat-in Kit! Liv Rm Bdrm! Full Bath! Long Term Tenants! Se Utilities! Vinyl Sided! Laundry Hook Ups Freshly Painted Hallways! \$249,900.00



WEBSTER – 27 N. Main St! 3 Family! 5/5/3 Rms! 3/3/1 Bedrooms! 1st Flr w/ Eat-in! Liv Rm! 3 Bdrms! Updated Bathrm! 2nd Flr w/Kit w/Din Area! Liv Rm! 3 Bdrms!



DUDLEY - 9 Nellies Way! TOBIN FARM ESTATES! 10 Rm Colonial Set on 1.2 Acres! Applianced Dine-in Granite Kit! 3 DUDLEY - 7 - 9 West Street! Brick 4 Family plus a 2 Family! Side by Season Sun Rm off Kit! Din Rm, 2 Story Fam Rm w/Pellet Stove. Bdrm. Full Bath w/Laundry & Gleaming Hrdwds Round Out 1st Flr! 2nd Flr Features an Open Balcony to the Liv Rm! Plenty of Space for an Office, Playroom or Reading Area, Use Your Imagination! Master w/Tray Ceiling & 3 Closets! Master Bath w/Dual Sinks, Shower, Whirlpool Tub & Makeup Counter! 2

Additional Bdrms & Full Bath! Huge Finished Walk-out Lower Level Perfect for Entertaining! Wet Bar w/Wine Cooler & \$469,900.0



ON DEPOSIT

Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities



DUDLEY - 61 Townfarm Rd! Charming 7 Rm Cape Set 1.9 Acres! This 3 Bdrm Home Completely Renovated 2015! Updates Include - Roof, Windows, Sid-ing, Kitchen, 2 Baths, Furnace, Electric Panel, Well, Septic, Driveway & More! Ideal Open FIr Plan! Cabinet Packed Granite Kit w/Island & SS Appliances! 1st Flr w/Beautiful Hrdwds! Frplc Liv Rm! 1st Flr Master Bdrm! Office or 4th Bdrm! Custom Tiled Bath w/Laundry! Upstairs 2 Spacious Bdrms w/Hrdwd: & 2nd Full Bath! Large Paver Patio! Shed! Gorgeous Views! **\$299,900.00**



SUTTON - LAKE SINGLETARY WATERFRONT! 5 West Sutton Rd! 8 Rm Cape! 3 Bedrooms! Screen House at Waters Edge! Gradual Access to the Water! Well Maintained! Kit, Formal Dining Rm! Spacious Fireplace Living Rm! Den! Sun Rm! Updated Windows! Brand New Furnace w/Hybrid Hot Water System & New Septic Just Installed! Quick Closing! \$449,000.00



DUDLEY – 94 Tracy Road! 7 Rm 4 Bdrm Colonial On 1.24 Acres! Privacy! Many Upgrades! Hrdwds Throughout! Frplce Liv Rm w/Recessed Lights! Formal Din Rm! Eatin Kit Updated in 2015! Cherry Cabinets, Granite Counters, Center Isl & SS Appliances! n w/Skylights, Hrdwd Flrs & Slider to Deck! 1st Flr 1/2 Bath w/Laundry! Master Bdrm w/Dble Closet & Full Bath w/Linen Closet! 2nd Flr Full Bath! Lower Level

CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eatin Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! Walk out Lower Level Frplce Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefitted by Town Sewer! Start Packing! \$499,900.00



WEBSTER LAKE - 50 West Point Rd! Killdeer Island! 4,700' Entertainers Dream! Magnificent Sunsets! Built 2016, Has It All! 2 Story Foyer! Granite Kit w/Center Isl, Dble Oven, High End Appliances & Walk-in Pantry! Din Rm w/

 Zuto, has it nit a body type:

 Wet Bar, Sliders to 14x30° Deck! Bright & Airy Liv Rm w/Lake Views, Custom Built Caoneus, oas ripe: 12 pairs

 Lundry! An ELEVATOR to Service All 3 Floors! Upstairs leads to 3 Spacious Bdrms each w/Private Baths! Master w/

 Tray Ceiling, Walk-in Closet + Private Balcony! Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion

 Difficult Lower Level w/Evel w/E

SOLD

WEBSTER LAKE – 68 W Point Rd! Western Exposure - Spectacular Sunsets! 75' Waterfront w/Expansive Views! 6 Rm Yr Rd Ranch! Ideal 2nd Home! Renovate or Enjoy As Is! Open RIP Hpanl Applianced Cabinet Packed Kit! Lake Facing Din & Liv Rms Wwater Views! Sliders to Screen Enclosed Porch! Master w/Celling Fan



WEBSTER LAKE - 250 Killdeer Island Rd! North Pond's Sandy Shore! 9 Rm Ranch in Meticulous Condition! Absolutely Beautiful 100' Waterfront Lot! Stainless Applianced Kitchen w/Cherry Cabinets, Granite Counters, Hrdwd Floor & Dining Area w/Slider to Deck! Formal Dining Rm w/Hrdwds! Front to Back Living Rm Overlooking the Lake w/Cathedral Ceiling, Custom Built Cabinets, Gas Frplc & Hrdwds! 1st Flr Lake Facing Master Bdrm w/Slider to the Deck & Access to the Screened Hot Tub. w/Walk-in Closet, Full Bath w/Whirlpool Tub, Separate Shower & Commode Closet! 1/2 Bath & Separate Laundry Rm Nearby! Walk-out Lower Level w/Full Kitchen, 22' Lake Facing Family Rm w/Sliders to the Patio/Lake! 2 Lake Facing Bdrms w/Sliders to Walk of Division of Division and Anterior, 22 Law Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Facing Family and Wondolf S of the Fatis Parks 2 Daw Fatis



CHARLTON - 105' WATERFRONT! Baker Pond! 63 Lincoln Pt Rd! East Facing = Fantastic Sunrises! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edge! 2 Story Foyer! Natural Woodwork! Open Fir Plan! Appliance Granite Kit wilst, Recessed Lights, Tile IPI & Water View Doin Area wSlider to Deck! Sunken Frpic Liv Rm w/Hrdwd IP & Water Views! Din Rm w/Hrdwd! 1/2 Bath w/Pedestal Sink! 2nd Fir w/4 Bdrms, 3 w/Water Views! Master w/Cathedrals, French Dr to Balcony, Bath w/Separate Tub/Shower, Walk-in Closet & Laundry! Hall Bath! 3.5 Baths Total! Finished Walkout Lower Level w/31' Fam Rm! Full Kit! Full Bath & Laundry! Includes NEW A/C SPLITS SYSTEM! Enjoy Outside from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! **\$524,900.00**

WEBSTER LAKE – 50 Union Point Rd! Panoramic Views of Middle Pond – South Facing – Tons of Sun! Princi-pal Residence or as a Second Home this 6+ Rm Gambrel Colonial will be Ready for You! You'll Appreciate its Easy

Access and Taken Back by the Ever Changing Lake Vistas! Featuring Applianced Kitchen wilstand, Dining Area, Lake Facing Fireplaced Living Rm with Custom Cabinetry, All with Hardwood Floors! Ideal Lake Facing 3 Sea-sons Rm w/Tile Floor & Anderson Sliders All Around! 3 Second Floor Bedrooms! Spacious Lake Facing Master w/ Cathedral Ceiling & 2 Sliders to its Private Deck! 2 Full Baths! Central Air! Composite Decks & Flag Stone Pa tio for Your Enjoyment! 7,405' Lot with 50' on the Water! Sorry, Closing not before 9/10/2019! \$624,900.00



WEBSTER LAKE - 506 Beacon Park! 1,280' Custom WATERFRONT Townhouse, Ideal End Corner Unit w/Panoramic Lake Views! Overlooks Lakeside Pool & Sandy Beach! From the Private Entry this Unit is Like No Other! Being Sold Fully Furnished & Appointed! 1st Flr w/Beautiful Maple Hrdwds! SS Applianced Silestone Kit! Recessed Lighting! 2 Bdrms! Master Bath! 2.5 Tile Baths! Recent A/C & Heat! Garage! **\$369,900.00**





WEBSTER LAKE - 118 POINT BREEZE RD

Excellent Opportunity to Finally Own Your Own Webster Lake Wa-terfront Property! Prime Location, 5,697+/- SF Lot, 50' Rd & Water Frontage at a Great Price! Contemporary Ranch offers 996+/- SF of living area w/2 BRs & 2 full baths. Plus, convenient, indoor access to Walkout Lower Level w/tremendous potential for additional living area. Main level features Open Floor Plan w/sliders to full front deck! Spectacular Westerly views across Middle Pond! Additional land & **NEW PRICE \$299,900** shore frontage available.



WEBSTER LAKE - 32 JACKSON RD

AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 det'd garage & 8x8 storage shed. Park like grounds! New Price \$375.000





(C) Condo	(X) Co		(M) Mul	ti-Family	(T) Townhouse
(B) Business (P) Land	(U) Duplex (L) Mobile Home		(S) Sing (A) Apa	le Family rtment	(D) Adult Community (W) Waterfront
ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHON	
	SAT	URDA	Y, FEB	RUAR	Y 1
DUDLEY			,		
Alton Dr	Р	10-Noon	\$75,000	ReMax Advantage 1 / Maria Reed 508-873-9254	
WEBSTER					
56 Chase Ave. Apt. #2	А	Noon-2	\$1100/Mo	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578	
	SU	NDAY	, FEBR	UARY	2
DUDLEY					
1 Mason Rd	S	Call	\$319,900	ReMax Advantage 1 / Joanne Szymczak 508-230-5044	
	SU	NDAY	, FEBR	UARY	9
WEBSTER			,		
35 Lakeside Ave	S	1:15-3	\$269,900	Centerwoo Judy Colec	od Realty/ cchi 508-943-8844

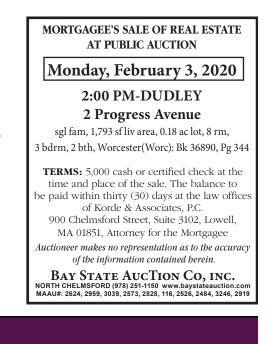
Please contact Patricia Owens 508-909-4135

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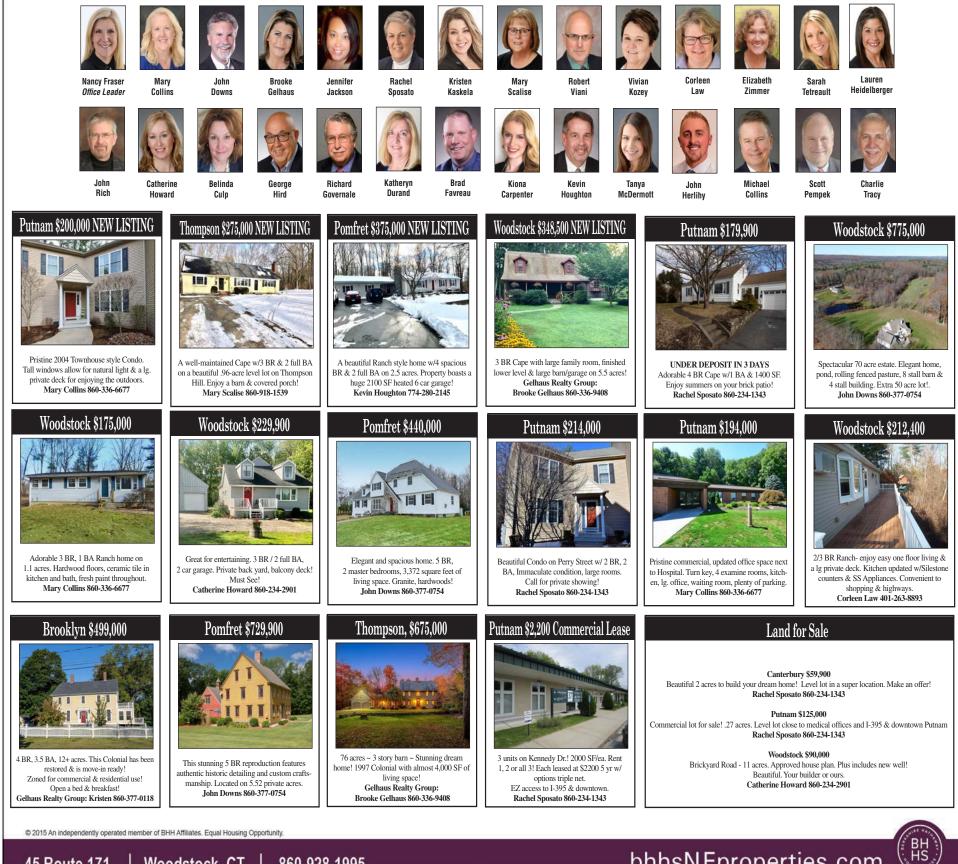








New England Properties



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860-928-1995 Woodstock, CT

bhhsNEproperties.com



THIS PART OF A BIRD'S ANATOMY THAT HELPS WITH FLIGHT IS MADE FROM KERATIN, WHICH IS THE SAME SUBSTANCE THAT HAIR, HOOVES AND BEAKS ARE MADE OF.

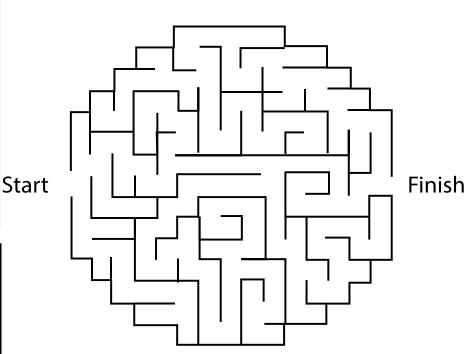
ANSWER: FEATHERS

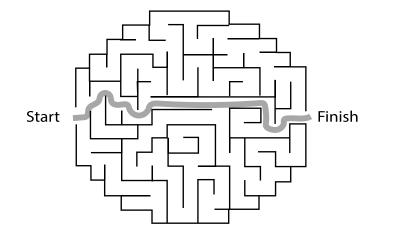


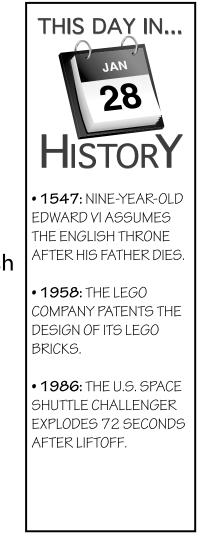
SPANISH: Volar

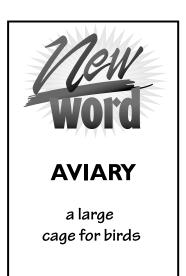


Can you find your way through the maze?











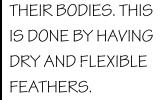
ALL BIRDS KEEP WARM BY TRAPPING POCKETS OF AIR AROUND



ITALIAN: Volare

FRENCH: Voler

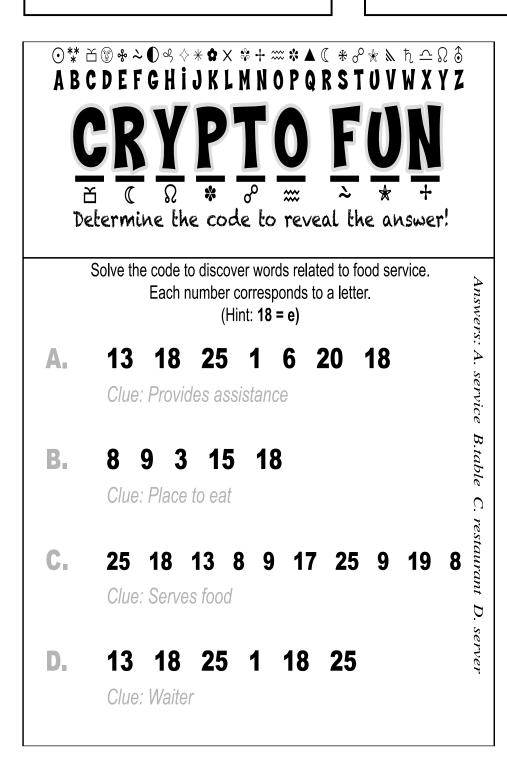
GERMAN: Fliegen





Can you guess what the bigger picture is?

ANSWER: BALD EAGLE



SUDOKU								
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Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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LEGALS

A.C. 92

COMMONWEALTH OF MASSACHUSETTS WORCESTER, SS PROBATE COURT

To John Patrick Murray of Uxbridge in the County of Worcsterand to all other persons interested.

A petition has been presented to said Court by Deborah Ann Kindl of Uxbridge in the County of Worcester representing that she holds as tenant in common undivided part or share of lying in Uxbridge in said County Worcester and briefly described as follows: EXHIBIT."A"

A certain lot or parcel of land withthe builings thereon, being shown as Lot# 1 on a plan entitled "Plan of Land in Uxbridge, Mass for Proposed Sale of Land by Millicent P. Rior, scale 1" = 40', dated November 22, 1995 by Andrew Survey & Engineering, Inc., 104 Mendon Street Uxbridge MA" being recorded in the Worcester District Registry of Deeds in Plan Book 700 as Plan 90.

BEGINNING at a drill hole set in the comer of walls on the southerly side of Hazel Street at land now formerly of James Racicot;

THENCE N. 76° 59' 44"E., 162.68feettoadrill.hole;

THENCE N 54° 52' 41" E., 79..90 feet to a drill hole;

THENCE N 59° 00' 12"E., 57.42 feet to a point, 'the last three coursed bounding Northerly on Hazel Street;

THENCE S. 300 59' 48" E.; 283.00 feet to a point;

THENCE S. 67° 10' 37" W., 338.65 feet to a point;

THENCE N. 27° 55' 08" W., 145.00 feet to a drill hole set in the wall;

THENCE N. 16° 11' 01" W., 139.19 feet to the point of the beginning. The last 2 coursed being by land now or formerly of James J. Racicot.

Containing 2.01 acres of land, more or less.

Said parcel being subject to a 2.0 foot wide grading easement along the easterly sideline and a 30.00 foot Radius rounding easement as shown on said plan.

Being the same premises conveyed by deed of Jacob S. Farrington et uxdated November 23, 2015 and recorded Worcester District Registry of Deeds Book 54623, Page 298.

and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the Eighteenth day of February, the return day of this citation. Witness, Leilah A. Keamy, Esquire, First Judge of said Court, this Seventh day of January 2020. Auction at 12:00 PM on February 11, 2020, on the mortgaged premises located at 968 Marston Road, Northbridge, Worcester County, Massachusetts, all and singular the premises described in said mortgage, TO WIT:

Land with buildings thereon situated in Northbridge, Worcester County, Massachsuetts, being a portion of the premises shown as Lot No. 68 on a plan entitled "The Hills at Whitinsville" a Defined Subdivision and Planned Unit Development Plan prepared for Hill Street Nominee Trust dated March 28, 2000, and recorded in Plan Book 760, Plan 35, to which plan reference is hereby made for a more particular description of said lot. Plus land situated in Northbridge, Worcester County, Massachusetts, being shown as Parcel "C" on a plan entitled "Plan of Revised Lots, Lots 68R, 70R &98R "The Hills at Whitinsville' Morgan Road & Marston Road, Northbridge Massachusetts prepared for J&F Marinella, Corp." by Heritage Design Group dated May 23, 2002 and recorded in Plan Book 788, Plan 110 to which plan referenced is hereby made for a more particular description of said parcel. Excluding land situated in Northbridge, Worcester County, Massachusetts, being shown as Parcel "D" on a plan entitled "Plan of Revised Lots, Lots 68R, 70R & 98R The Hills at Whitinsville' Morgan Road & Marston Road, Northbridge Massachusetts prepared for J&F Marinella, Corp." by Heritage Design Group dated May 23, 2002, and recorded in Plan Book 788, Plan 110 to which plan referenced is hereby made for a more particular description of said Parcel. Being the same premises conveyed to the herein named mortgagor (s) by deed recorded with the Worcester Registry of Deeds herewith.

For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 56144, Page 124.

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

Ten Thousand deposit of Α (\$10,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale. MATRIX FINANCIAL SERVICES CORPORATION Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 17050 January 17, 2020 January 24, 2020 January 31, 2020

Heirs, Devisees and Legal Representatives of the Estate of James Crickenberger; Tiara Crickenberger and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): Wells Fargo Bank, N.A.

claiming to have an interest in a Mortgage covering real property in Northbridge, numbered 2171 Providence Road, given by James Crickenberger to Mortgage Electronic Registration Systems, Inc., as nominee for Mortgage Research Center, LLC dba Veterans United Home Loans, dated July 6, 2016, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 55602, Page 231, 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 March 2, 2020 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 January 17, 2020.

Attest: Deborah J. Patterson Recorder 18384

January 31, 2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Division Docket No. WO20P0100EA Estate of: Kimerly Marie Hannon Date Of Death: October 25, 2019 NOTICE OF INFORMAL PROBATE

To all persons who have or may have some interested in the above-captioned estate, by Petition of Petitioner **Thomas Hannon** of **Douglas MA Thomas Hannon** of **Douglas MA** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

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

Registration Systems, Inc., a separate corporation that is acting solely as nominee for Countrywide Bank, FSB, "Lender"; its successors and assigns, dated August 24, 2007, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 41722, Page 48, and now held by 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 <u>active</u> 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 <u>on that</u> <u>basis</u>, then you or your attorney must file a written appearance and answer in this court **at Three Pemberton Square, Boston, MA 02108** on or before February 24, 2020 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 January 13, 2020 Attest:

Deborah J. Patterson Recorder January 31, 2020

(SEAL)

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket Number: 19 SM 006330

ORDER OF NOTICE

TO: THOMAS G. MYERS, JR., AND SUSAN MYERS

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c.

50, § 3901 (et seq.).

U.S. BANK NATIONAL ASSOCIATION, AS INDENTURE TRUSTEE ON BEHALF OF AND WITH RESPECT TO AJAX MORTGAGE LOAN TRUST 2019-C, MORTGAGE-BACKED SECURITIES, SERIES 2019-C

claiming to have an interest in a Mortgage covering real property in Whitinsville (Northbridge), numbered 92 Tracey Drive, given by Thomas G. Myers, Jr., and Susan Myers to Mortgage Electronic Registration Systems, Inc., solely as nominee for New Century Mortgage Corporation, dated August 4, 2006, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 39552, Page 357, and now held by the plaintiff by assignment, has filed with this court a complaint for determination Defendant's/Defendants 01 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 abovementioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before February 24, 2020 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 January 9, 2020 Attest: Deborah J. Patterson Recorder File No.: 1809-GREG-1003 January 31, 2020

Stephanie K. Fattman Register of Probate January 24, 2020

January 31, 2020 February 7, 2020

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Ronaldo Pinto Dealmeida a/k/a Ronaldo Pinto De Almeida to Mortgage Electronic Registration Systems, Inc., as nominee for United Wholesale Mortgage, dated October 14, 2016 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 56144, Page 128, of which mortgage the undersigned is the present holder, by assignment from:

Mortgage Electronic Registration (SE Systems, Inc., as mortgagee, as nominee for United Wholesale Mortgage to Matrix Financial Services Corporation, recorded on September 6, 2019, in Book No. 61007, at Page 29 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public To:

(SEAL)

THE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT 20 SM 000250 ORDER OF NOTICE January 31, 2020

(SEAL) THE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT 19 SM 004145 ORDER OF NOTICE

TO:

M. Louise Dirazonian a/k/a Margaret Dirazonian a/k/a Margaret Louise Dirazonian

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 § 3901 (et seq) **MTGLQ Investors, L.P.**

claiming to have an interestina Mortgage covering real property in Northbridge, numbered 112 Clubhouse Lane, Unit No. 7 in Building 2 of the Fairways at Shining Rock Condominium, given by Karop Dirazonian and M. Louise Dirazonian and Amy Dirazonian to "MERS", Mortgage Electronic

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LIVE BAIT FOR ICE FISHING open 24/7. Spencer. 508-885-5416

GOOD Spruces-Pines (3'-4' Tall) 5 for \$99. Colorado Blue Spruce (18"-22" Tall) 10 for \$99. New England Fieldstone Round/Flat, Excellent Retaining Wallstone, \$25/Ton LAND USE (508) 278-5762 Evening

TWO DBL HUNG VINYL CLAD WINDOWS glazed white; 30 3/8 by 56 3/4 inches; dbl pane;

892-3564

who will allow Father & Son to hunt Turkey on their land this Spring. We will be respectful, law abiding and conservation removable sash & screen; minded \$85.00 each call Jim @ 508-617-909-4592

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Jewelry, 239 West Main Street, East Brookfield (Route 9 - Panda Garden . Plaza) (508) 637-1236 or (508)341-6355 (cell)

child care (daycare) in your home include your license number

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SOLID OAK RECTANGULAR DINING TABLE about 35 yrs old in sturdy condition but could use a light sandon top ing refresh Asking \$75. CALL (508)637-1698

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\$8,500) Call 508-892-9843

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location. minutes to all major routes. walking distance to everything. \$1,250 monthy.

references required. 508-248-9139

Local News



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EDUCATION

The benefits of music instruction for young learners



Many children are introduced to music instruction at school. After being introduced to band, chorus and various instruments, students may be eager to explore music.

Young students are often introduced to the recorder or ukulele in the early grades and then given the opportunity to join primary bands as they move through elementary school and into middle school. Some children also may want to supplement school music lessons with private music tutors, who can provide more in-depth instruction.

Parents considering making a commitment to music instruction may find that kids benefit from being involved with music in many ways, some of which may be surprising.

• The New England Board of Higher Education says several studies show that consistent music education improves vocabulary and reading comprehension skills. Emerging evidence points to an area of the brain that controls both musical ability and language comprehension as being more closely related than previously thought.

 Music education may help young children learn words and how to pronounce them, as learning to play music enables them to process the many new sounds they hear from others.
 Researchers have

• Researchers have discovered a strong rela-

tionship between participating in school arts and academic success as demonstrated by students' grade point averages, according to the National Association for Music Education.

• The relationship between music and academic performance has been studied for decades. As far back as 1988, studies have been conduct-

ed about the benefits of music education. An analysis of data from the National Educational Longitudinal Study of 1988 demonstrated a significant correlation between participation in school music groups and achievement in math and English. And a 1996 study published in Nature found first graders who participated in special music classes as part of an arts study program saw their reading skills and math proficiency increase dramatically.

• Introducing music lessons to young children can have profound effects on their social development. Music fosters greater trust and cooperation, as well as a sense of community and belonging.

• Another benefit of music education is it allows children to harness their creativity and express it in a healthy way.

• The music instruction company Music U says children with developmental disorders and mental health issues might be able to unlock their potential with music. Music therapy has been shown to affect significant change in children with autism-spectrum disorders, learning disabilities, attachment disorders, cerebral palsy, and more.

Music instruction both in and out of the classroom can be a benefit to young learners.

The role of free play in early education

Successful tips for finding a tutor

Many children are nat-

Glance at a typical family schedule and you would no doubt see that afternoons are jampacked and many children — even the youngest among them — have full itineraries of structured after-school activities.

In an effort to raise well-rounded and intelligent children. many parents enroll their youngsters in all sorts of extracurricular activities, including sports leagues, travel teams, enrichment clubs, and musical instruction. While these activities benefit kids in myriad ways, it's also beneficial to let kids be kids and to provide ample time for them to engage in free play.

According to the popular toy and learning company Alex Brands, structured activities can teach children how to follow rules and routines and help them build developmental skills. But free play can improve critical skills as well. One of the biggest benefits to free play is it can foster kids' creativity and help kids discover their interests on their own. Free play also helps children learn independence and how to keep themselves occupied.

The United Nations recognizes free play as a basic right of every child and underscores its importance. Despite this, unstructured play seems to be on the decline, with more structured activities taking over young children's days.

Even in school settings free play has given way to more time spent at desks and devices in preparation for standardized testing. Recess, which has been cut or reduced in many school districts, has become a hot-button



issue for many free play advocates. The development of Recess for All Florida Students, as well as proposed legislation in other states, has redirected attention to free play and the importance of it. Recess is a form of free play and provides students with a break from the rigors of learning.

In a 2011 article in the American Journal of Play, Peter Gray, Ph.D., a researcher at Boston College, indicated that "lack of play affects emotional development, leading to the rise of anxiety, depression, and problems of attention and self-control." Gray also indicated that without play, "young people fail to acquire the social and emotional skills necessary for healthy psychological development."

Free play also can ben-

efit youngsters in the following ways:

• Enables kids to learn dexterity and improve on other strengths;

• fulfills exercise requirements for growing kids;

• helps kids conquer fears and develop confidence;

• establishes natural leadership roles and hierarchy in social groups;

• contributes to emotional well-being by giving children a respite from schedules; and

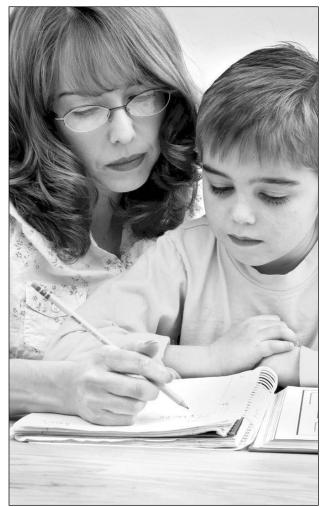
• helps teach self-responsibility, which may translate to better behavior at home and in school.

Free play is an important component of learning and exploration for children. A mix of structured and unstructured activities is key to raising well-rounded individuals. ural-born students who take to their academics like ducks to water. Others may not catch on as quickly as their parents desire. Every student has unique learning requirements, and sometimes all it takes is some one-on-one intervention with an experienced tutor to turn the academic tide.

The National Tutoring Association reports that the number of individuals offering private tutoring has increased dramatically in recent years, which can make finding a tutor challenging. It also means parents may face stiff competition in regard to procuring the services of qualified tutors. But parents can employ various strategies to improve their chances of finding skilled tutors to work with their children.

• Specify what you need done. The more clearly you define what you and your child hope to gain from individualized instruction, the more capably you can zero in on a tutor who will meet those needs effectively. Some students need reinforcement for testing, while others may struggle with a particular skill set. The more specific you are when illustrating your needs, the more likely you are to find someone who can help address those areas that need improving.

• Seek recommendations. Ask around for recommendations from other parents or educators. Speak with school personnel to find out if someone on staff may tutor in his or her off



hours.

• Try a favorite teacher. Many students may have a favorite teacher, past or present, with whom they developed a rapport. If your child fits that mold, contact this teacher to see if he or she tutors students on the side.

• Call the library. Many times high school or college students offer free or reduced-rate tutoring at local libraries. These sessions can be just as beneficial to young students as sessions with professional tutors.

• Consider a tutoring center. Nationally recognized tutoring organizations can be invaluable to students struggling with their studies. Explore the cost options of one-on-one sessions versus small group instruction.

• Look for specialized tutors. Certain tutors specialize in certain subjects or skills. Lean toward those tutors for advanced lessons in tricky subjects like maths and sciences.

Upon hiring a tutor, give it a few lessons to see if the tutor clicks with your child. Set benchmarks for success that the tutor can work toward. If the relationship is not working, start the process over.

EDUCATION

How being bilingual benefits kids

Being bilingual is a necessity for millions of people across the globe. While many United States citizens may never need to speak any language other than English, that's not the case for people who reside in other parts of the world. Even some citizens of America's neighbor to the north, Canada, may need to learn both French and English depending on where they live.

Fluency in more than one language can produce some surprising benefits. For example, a 2017 study published in the journal Proceedings of the National Academy of Sciences of the United States of America found that lifelong bilingualism may help to delay the onset of dementia by as much as five years. In addition, numerous studies, including one conducted by an economist at MIT, found that people fluent in more than one language can earn tens of thousands of dollars more than their monolingual peers over the course of their careers.

Perhaps in recognition of the benefits of bilingualism in an increasingly global world, foreign language programs are now part of the curriculum at many daycare facilities and preschools. That might come as a surprise to parents who did not begin studying foreign languages until junior high or even high school. But the U.S. Department of Health & Human Services notes that the following are some of the ways that being bilingual can benefit kids.



COGNITIVE DEVELOPMENT

The DHHS notes that a nearly 20-year-old study from the National Clearinghouse for Bilingual Education found that bilingual students had an easier time understanding math concepts and solving word problems than their peers who were not bilingual. The DHHS also notes that researchers have uncovered numerous additional cognitive benefits to being bilingual as opposed to monolingual. These benefits include a greater ability to use logic, focus, remember, and make decisions.

> SOCIAL-EMOTIONAL DEVELOPMENT

Researchers with the National Academy of Science found that children who grow up in bilingual households exhibit better self-control than those who grow up in monolingual households. That's an important benefit, as the DHHS notes that self-control is a key indicator of academic success. The DHHS adds that bilingual children benefit socially from being bilingual because they are capable of making new friends and building strong relationships using their second language as well as their first.

The ability to speak more than one language fluently can produce some surprising benefits that children can use to their advantage in school and throughout adulthood.

Reading can help get kids ready to go back to school



It is common for children to backslide during summer vacations as they get further away from their daily school year routines. The rigors of schoolwork may come as a shock as children return to school and must reacquaint themselves with studying and doing their homework. But there are some steps students can take to keep their minds sharp as they ease back into school.

One of the most effective ways for students

to stay sharp over summer is to continue reading. Pearson Education says evidence suggests that children who read for enjoyment every day not only perform better on reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. Reading for pleasure also bears more influence on a child's academic performance than his or her social or eco-

nomic background.

Summer reading assignments may not be mandated, but children can take it upon themselves to continually push themselves through recreational reading and language arts pursuits. Here are ways that parents can facilitate that process.

• Set up a reading time. Children should have a set time each day that they devote to reading. Many find a regular reading time later in the

evening before bed or as a precursor to other activities, such as watching television or playing video games, can help make reading a priority. • Keep fresh reading materials. Stock the house with new books, magazines, newspapers, and even graphic novels. The more reading materials children have access to, the more likely they are to become habitual readers.

• Parents can lead by example. Parents should

read as well. Choose books and periodicals over time spent on digital devices.

• Read in the world around you. Stop and read signs, menus, cereal boxes, billboards, and anything with the written word. Jot down difficult words and look them up together and discuss the definitions.

• Consult with the teacher. Educators have tools they use to assess reading levels and abilities. Knowing a child's

reading level and choosing the appropriate reading materials for that level can set kids up for success.

Reading is an important part of getting into the back-to-school groove. Make sure students set aside ample time for reading throughout the day, even during extended breaks from school.

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