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Friday, May 21, 2021

# Study to restore section of Blackstone Canal renewed

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

UXBRIDGE — An engineering feasibility study to restore one of the original sections of the historic Blackstone Canal in Uxbridge and Northbridge has been renewed.

The Blackstone River Valley National Heritage Corridor announced recently that it is celebrating National Preservation Month—a month which celebrates the nation’s heritage through historic places—by moving forward on the study.

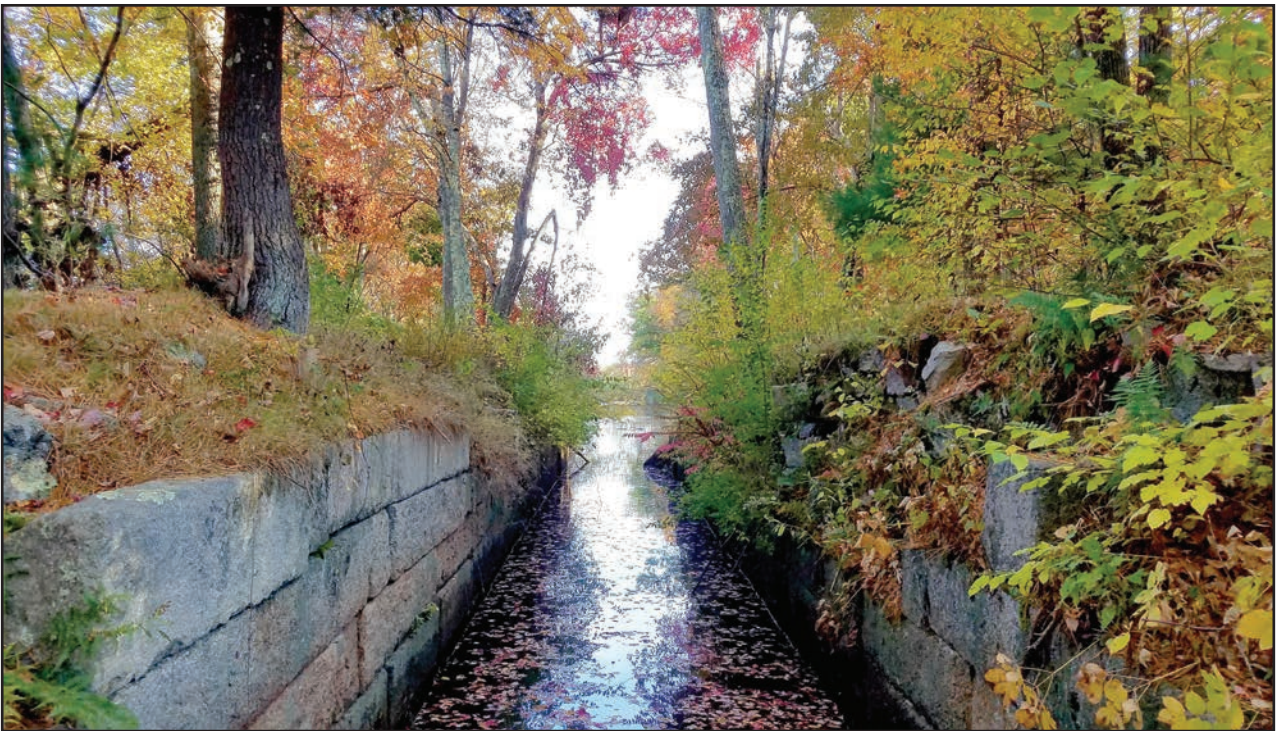
“Thanks to a generous grant of \$10,000 from UniBank, the BHC Board of Directors voted to contract with VHB Engineering to update a feasibility study to restore a 3.5-mile sec-

tion of the Blackstone Canal situated in the Blackstone River & Canal Heritage State Park,” said Richard Moore, BHC’s Board Chair. “The Board also approved contributing \$12,200 from its Development funds to secure the study.”

According to Moore, with increased federal and state interest in infrastructure and development of the Blackstone River Valley National Historical Park, the Heritage Corridor’s Board of Directors wanted to update the construction cost estimates and renew efforts to reconstruct the canal to add to the visitor experience of visiting River Bend Farm and the National Heritage Corridor.

“The work is expected

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Courtesy

Pictured here is a view of the historic Goat Hill Lock along the Blackstone Canal looking onto Rice City Pond in Uxbridge. The Blackstone River Valley National Heritage Corridor has contracted with VHB Engineering to update a feasibility study to restore a 3.5-mile section of the Blackstone Canal situated in the Blackstone River & Canal Heritage State Park in Uxbridge and Northbridge.

## Northbridge appoints next Chief of Police

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

NORTHBRIDGE — Northbridge has selected its next Chief of Police. At its recent meeting, the town’s Board of Selectmen unanimously approved the appointment of Lt. Timothy Labrie as the next Chief of Police, effective June 26.

“We have a great community and it is an honor and a privilege to be the Chief of Police in the town I was born and raised,” Labrie said, adding that he looks forward to working with the various other town boards and department heads that support the town.

Labrie has been in law enforcement for 26 years. He is a lifelong resident of Northbridge and described the appointment as a “great accomplishment and a great honor.”

The town’s current Chief of Police, Walter J. Warchol, will be retiring after 44 years of service in Northbridge on Friday, June 25.

“Lt. Labrie has lived in town his entire life and attended Northbridge Public Schools, and working as a police officer in town for nearly 25 years has a great sense of the pulse of the community,” Warchol said. “He has outstanding leadership qualities

and has the respect of the men and women on the police department and is well prepared to move the police department forward. Lt. Labrie was an excellent choice to become the next police chief in the Town of Northbridge, he will serve the community well.”

Northbridge Town Manager Adam Gaudette echoed these sentiments.

“Tim has done it all for us during his career from patrols, to investigations, community policing efforts, and serving as the Acting Chief during Chief Warchol’s leave absences,” said Gaudette.

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## Valley Chapel, Uxbridge Church of the Nazarene holds ordination service



Matthew Nordquist

UXBRIDGE — Matthew Nordquist, known as Pastor Matt to many, will be among the 15 who are being ordained June 4. Pastor Matt serves our student and young adult population and preaches regularly. A graduate of Cedarville University in Ohio, Matt majored in Biblical Studies and minored in Greek! He and his wife, Jenny, a nurse, have two young sons. The New England

District Church of the Nazarene General Assembly will hold their annual Ordination Service on Friday, June 4 at 7 p.m. The ceremony consists of a recessional of the candidates walking in to the hymn, “Holiness Unto the Lord,” a long time tradition, the laying of hands of the ordaining ministers, with prayer for the carrying out of the ministry. This is by invitation only and participants will be the ordination candidates, plus a limited number of invited guests, our District Superintendent, Rev. Ken Stanford, and other district staff and leadership, along with the General Superintendent, Dr. Carla Sunberg and her husband. It will be held at Valley Chapel and will be available to view on

4 social media platforms - Facebook, YouTube, Roku and through the Valley Chapel website. Pastor Bob, Senior Pastor, encourages you to join us on our live stream for this special event.

On Saturday morning at 10 a.m., there will be a district-wide celebration and communion service. We are hoping for every local Nazarene church to participate within their own facilities, following covid protocols. The service will be live-streamed from Valley Chapel using those four social media platforms once again. Dr. Sunberg, General Superintendent, will be sharing a message with us as well. The service will last 60-75 minutes.

The Church of the

Turn To **ORDINATION** page **A13**

## Milford Police warn of ‘Geek Squad’ scam

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

MILFORD — Local police are warning residents of a recent scam involving an email that appears to be from Best Buy for an unauthorized subscription to Geek Squad services.

“Be advised that this is most likely a scam,” the Milford Police Department released in a statement.

According to police, the scammers will “provide a customer service number for the victim to call” and claim to “refund” the money for the subscription.

“The scammer will then claim that they transferred too much money back to your account, sometimes thousands more, and will request that the victim send them

the extra money to another account which they will provide,” police said.

Known across the Internet as the “Geek Squad” scam, this scam may also come disguised as other technical support plans, including Norton Anti-Virus and other trusted brands. Do not send any money, police said. Instead, hang up and notify the authorities.

“Scammers can fake caller ID, name tags, receipts, and email address information which can trick people into thinking that they are legitimate, particularly the elderly population. If you are ever asked for personal information or feel unsure about a call or email, hang up and call the business yourself to make sure that it was legitimate in addition to notifying law enforcement,” Milford Police

added.

To avoid falling for a Geek Squad or similar scam, police are encouraging residents with a few tips. Don’t open attachments unless you are sure they’re from legitimate sources, police said, and if an email says that a credit card or bank account has been charged, log in to your account independently to verify whether the charge is actually there.

Residents are also encouraged to check the email for spelling and grammatical errors.

“Those are telling signs the email is fraudulent,” police said.

Beware of emails and texts that ask you to “verify” personal information online, as most legitimate companies will never

Turn To **SCAM** page **A13**



Courtesy

## NORTHBRIDGE RESIDENT GRADUATES FROM UNE

Katherine E. Guerin, daughter of Roger and Andrea Guerin of Northbridge, graduated from the University of New England in Biddeford, Maine on May 15 with a Bachelor of Science degree in Dental Hygiene. The University of New England is Maine’s largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine’s only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities and the arts.



# Uxbridge, Sutton support Blackstone River Bikeway expansion



Courtesy

A view of the Blackstone River Greenway in Uxbridge, where it currently ends on Adams Street.



The Singing Dam on Blackstone Street in Sutton.

WHITINSVILLE — Blackstone River Valley National Heritage Corridor’s mission to continue expanding the Blackstone River Greenway/Bikeway has gained momentum. At Town Meetings on May 15, Uxbridge and

Sutton residents voted in favor of authorizing local officials in both towns to negotiate easements that help pave the way for extending the Blackstone River Greenway/Bikeway in their communities.

In Uxbridge, residents voted in favor of granting authority to the Select Board to negotiate mutually agreeable access easements on public parcels. Additionally, the passage of the article will allow a Greenway/Bikeway over or along the existing water/sewer infrastructure where the proposed extension of the existing Blackstone River Greenway will run. The vision for the 3.5-mile expansion would bring it from Adams Street in south Uxbridge to Depot Street in the center of town.

In Sutton, residents voted to authorize the Select Board to convey a parcel of Town-owned land in exchange for trail and bicycle path easements that will allow passage of the Blackstone River Bikeway on Blackstone Street, near the Singing Dam.

“The Blackstone Heritage Corridor Board is very appreciative of the work and leadership of Town officials and the support of Town Meeting voters in both Uxbridge and Sutton for their commitment to extending the Blackstone River Bikeway. These strong expressions of public support from Valley residents move this long-planned project closer to reality,” Blackstone Heritage Corridor Board Chair Richard T. Moore stated after the Town Meetings.

“We look forward to continued partnership with local officials and voters in our efforts to improve recreational opportunities in the Valley as we work to complete what will one day be a 48-mile bikeway from Worcester to Providence,” he added.

Once easements with the town are secured, the Blackstone Heritage Corridor will work with private landowners along the proposed route of the Greenway/Bikeway for the remaining easements to complete the segments in each community. Similar efforts are

expected in Northbridge and Grafton in the future.

The Blackstone Heritage Corridor will continue to work with state and federal partners to secure funding for the design and, later, construction of these segments of the path through the Valley.

“Most communities where bikeways have been constructed consider them to be genuine assets for their residents as well as visitors to the region,” Moore noted. “They provide opportunities for outdoor recreation through historic downtowns and beautiful views of our natural surroundings.”

To learn more about the Blackstone River Greenway/Bikeway and the Blackstone River Valley National Heritage Corridor, visit [BlackstoneHeritageCorridor.org](http://BlackstoneHeritageCorridor.org). To participate in a Public Input Survey for the Blackstone Heritage Corridor (through May 31), visit [bit.ly/BHCSURVEY](http://bit.ly/BHCSURVEY).

## TRIBUNE ALMANAC

REAL ESTATE

### BLACKSTONE

\$540,000, 9 Willow Brook Ln, Vonderheid, Carl, and Roche, Jessica, to Hovey, Scott A, and Hovey, Kimberly H.

### DOUGLAS

\$505,000, 30 Conservation Dr, Benoit, Gregory D, and Benoit, Jennifer M, to Haley, Scott, and Rainville, Jennifer.

\$375,000, 16 Brookside Dr, Odonnell, Gregory J, to Crosier, Michael, and Crosier, Jessica.

\$355,000, 20 Fairfax Way, Moussette, Gerard P, and Moussette, Carol A, to Burke, Patrick J, and Burke, Jacqueline.

\$10,000, Hemlock St (WS), Oliveira, John, to Brizard, Mark.

### NORTHBRIDGE

\$450,000, 97 Sherry St, Ellermann, Erika, to Wrenn, Bryan S, and Wrenn, Amanda C.

\$370,000, 43-45 Spring Hill Ave, Rte 85 Realty Corp, to Cadogan, Gerard G.

\$351,000, 110 Jefferson Ave, Molinaro, Donna M, and FNMA, to Flipside LLC.

\$285,000, 48 Heritage Dr #48, Wielsma, Earl J, and Wielsma, Karen J, to Grist, Lynn, and Ellis, Richard A.

\$189,981, 106 Heritage Dr #106, Ellis, Richard A, to Mills, Charles S.

### UXBRIDGE

\$575,000, 49 Saratoga Dr, Paolino, Jamie, and Paolino, Jillian, to Howard, David P, and Howard, Jessica A.

\$550,000, 124 Chocolog Rd, TTK Real Estate LLC, to Simmler, Marc, and Simmler, Sandra.

\$500,000, 56 Johnson Rd, Simmler, Marc H, and Simmler, Sandra A, to Hebert, Michael, and Hebert, Laura.

## DA gives funding to Northbridge High School for post-graduation celebration

NORTHBRIDGE – Worcester County District Attorney Joseph D. Early Jr. awarded Northbridge with a grant to support fun and safe post-graduation activities for students.

This year, Mr. Early’s office awarded 16 different schools across Worcester County nearly \$20,000 in grants to support programming that helps keep students from drinking and driving after celebratory events like prom and graduation.

“Students have been dealing with a lot in the last year with the Covid-19 pandemic causing them to miss out on time in school, playing sports and enjoying social activities with friends and family,” Mr. Early said. “I am particularly proud this year to be able to help provide these kids with the fun celebrations they deserve to end the school year safely.”

Mr. Early and his Community Outreach Team also offer presentations for teens to promote safety, including on the topics of the dangers of mixing drugs and alcohol, social host liability awareness for parents, and distracted driving.

“The hardest part of our job is talking to people in pain. Life can change in the blink of an eye. These programs that our community partners have created



help to keep kids safe from unnecessary tragedies caused by combining these celebrations with drinking and driving,” Mr. Early said.

The funding for these grants Mr. Early is providing to high schools across the county is made possible

through the Massachusetts Office for Victim Assistance Drunk Driving Trust Fund, which is a state grant that provides support services and advocacy to victims, witnesses, and their family members of drunk and drugged driving crashes.

## MEMORIAL DAY is May 31st.

If you’d like to place a Memorial Day promotion or a remembrance of a beloved veteran or family member, the deadline is Fri. May 21 at 2 pm.

Please call June at 508-909-4062 or email [jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news) by deadline.

## Quaboag

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# UXBRIDGE SENIOR CENTER

36 South Main St.  
(508) 278-8622

Lisa Bernard – Director  
Gail Boutiette – Outreach Coordinator  
Donna Oncay – Transportation Coordinator  
Omer Boucher – Van Driver  
Sally Selvidge – Activities Coordinator  
Edwina Porter – Chef

## DIRECTOR’S NEWS FOR JUNE 2021

The Commonwealth continues to take steps to work toward a “new normal” as public health metrics trend in a positive direction and vaccination rates increase. While there is much reason for hope, we are still living in a global pandemic. It remains critically important to continue to practice prevention strategies. We must all continue to do our part to stop the spread and remain vigilant. But working towards a new normal does not have a single on/off switch. This presents an opportunity to think and plan for what a new normal means to each of us. The Uxbridge Senior Center has been incredibly innovative during this time. We developed new services and new programs to service our community members and look forward to the near future to see you all again.

The Executive Office of Elder Affairs has created a planning tool which will be useful as we think about approaches to scale up. Over the next several months, the Uxbridge Senior Center will slowly scale up services and programs. Effective immediately, our Activity Department will begin with increasing our outdoor programs, weather permitting, limited to a number of participants. Program participants will be required to RSVP in advance of the program and socially distance by remaining six-feet apart when in attendance. Cleaning and sanitizing practices will be maintained. (see the Activity Calendar in this newsletter for more info) Also, effective June 1st, the Center will be open for one on one meetings, to help those that may need assistance with applications

and counsel. The Center will be open on Monday, Wednesday and Fridays by appointment only. Please call the Center for more details and information. Planning for a gradual return to safe in-person programming and services for all members of the community, including those who are vaccinated and not yet vaccinated, is our priority. Your patience and understanding is greatly appreciated.

Thank you to all who participated and contributed to our recent Krispy Kreme Fundraising event for the Activity Department. Congrats to Jeanne Metcalf for being the top seller of 15 dozen donuts. We were able to raise over \$500 which will be put towards crafts and other supplies for our programs. Thanks again for your support!

Our congregate meal program continues to be closed at this time due to space restrictions. Our Fish Curbside Luncheons and Home Delivered luncheons will continue for the month of June. Please check out the menu and don’t forget to RSVP to reserve your lunch! The Center received a generous donation from Susan & Brian Dicks and the ERA Key Realty Charitable Trust. This donation sponsored our May 21st and all of June’s Fish Curbside Lunches. Thanks again for all you do!

Our Transportation program continues to be up and running. Please call Donna to book your medical rides in advance. We continue to have shopping trips every month. Please check out the calendar of events for more info and be sure to RSVP ahead of time.

Stay safe and enjoy the summer time weather!  
Lisa

Virtual programs will be aired on Local Cable Channel 192 Tuesday – Thursdays, 9:30am & 5:30pm also 10:00am & 6:00pm (times may vary). You can also check out our Facebook page and YouTube channel.

MCOA Walk Massachusetts Challenge Continues – Lace up your sneakers – Walk the Mass Challenge is Back! Program

runs from May 1st – Sept. 30th. This year has more prizes and will be incorporated with \*Sally’s Walking Club Every Wednesday @ 10 AM\* Meeting at the Blackstone Valley Greenway on Adams St., South Uxbridge. To sign up, go to [www.mcoaonline.com/walkma](http://www.mcoaonline.com/walkma) or call 508-278-8622.

Thursday, June 3rd – 2:00 pm – Outdoor Craft w/Sally making a Plant Basket or Salad Bowl! Space is limited, RSVP to reserve your spot by. Social distancing, safety precautions in place and masks required. Donations are always welcome! Rain date is Thursday, June 10th.

Friday, June 4th – 12:00 pm - Baked Fish Curbside Pickup. This is being sponsored by ERA Key Realty Charitable Trust Fund! RSVP is required, please call 508-278-8622 to reserve your meal.

Friday, June 4th - 1:00 pm – Live Facebook Pictionary with Sally & Gail! Tune in to the Uxbridge Senior Center Facebook page. Prize given to first place participant!

Friday, June 11th - 1:00 pm – Outdoor BINGO! This will be held in our parking lot (weather permitting) and prizes will be awarded! Must call 508-278-8622 to sign up as space is limited. Social distancing & masks are required.

Thursday, June 17th – 2:00 pm – Outdoor Craft w/Sally making Sock Gnomes. Space is limited so please RSVP to reserve your spot. Social distancing, safety precautions in place and masks required. Donations are always welcome!

Friday, June 18th – The Senior Center will be closed in observance of “Juneteenth” Freedom Day. We will re-open on Monday, June 21st.

Thursday, June 24th – 2:00 pm – Outdoor Tie-dyeing Craft w/Sally. Space is limited so please RSVP to reserve your spot. Social distancing, safety precautions in place and masks

required. Donations are always welcome! Rain date July 1st.

Friday, June 25th – 12:00 pm - Baked Fish Curbside Pickup – Sponsored by ERA Key Realty Charitable Trust Fund! RSVP is required. Please Call 508-278-8622 to reserve your meal.

Friday, June 25th – 1:00 pm – Facebook Live Family Feud! Tune in to the Uxbridge Senior Center Facebook page for some fun! Prize given to first place participant!

Zumba classes are on a hiatus for the month of June. Stay tuned for news of future classes resuming soon!

Uxbridge Senior Center On The Move - Videos will be posted every Monday at 10:00 am! Get ready to join Sally & Gail on VIRTUAL Trips in and around Uxbridge!

Hannaford grocery shopping every Tuesday. Pick up begins at 8:30 AM. Please sign up in advance by calling us at 508-278-8622 to reserve your seat on the van. Masks are required and seating is limited.

Every Tuesday – Virtual Chair exercises with Sally posted on the Uxbridge Senior Center Facebook page & YouTube after 2:30 pm.

\*Walking Club will be every Wednesday @ 10:00 am. Contact the senior center for waiver form before starting. Weather Permitting, masks & social distancing required. Meeting spot is at the Blackstone Valley Greenway located on Adams Street, South Uxbridge.

1st and 3rd Wednesdays – June 2nd & June 16th @ 10:00 am – Bank & Pharmacy Rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn as well.

2nd and 4th Wednesday – June 9th & June 23rd @ 9:30 am – Shopping trip to Walmart. There will only be 4 people allowed on the van per visit. Call ahead to sign up! Masks must be worn.

2nd & 4th Thursdays – June 10th & June 24th @ 9:30 am – Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn and limited to 4 people on the van.

Welcome back knitters! Knitters can meet every Thursday @ 1:30 pm in the senior center parking lot. Masks & social distancing required (weather permitting). Please bring your own chair and water bottle. You must RSVP 508-278-8622.

Every Thursday – Virtual Crafts with Sally (Unless outdoor craft planned) posted on the Uxbridge Senior Center Facebook page and YouTube after 2:30 pm.

Medical Transportation is accepting appointments. Call 508-278-8622 to schedule your rides.

The Uxbridge Senior Center Donation Funds are used to pay for services, programs, and activities for Uxbridge older adults and are not considered part of the Town’s operating budget for the Center. Anyone wishing to donate may do so by making checks payable to the “Uxbridge Senior Center”. Donations may also be made in honor of, in memory of, or in appreciation of. Contributions are greatly appreciated. Our seniors Thank You!

Feel free to contact us at 508-278-8622 or visit us on our web page at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa) or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by. [Uxbridge-ma.gov/Council-Aging](http://Uxbridge-ma.gov/Council-Aging) <https://www.Facebook.com/UxbridgeMASeniorCenter> [https://www.youtube.com/channel/UCNh\\_RIq99rucmFH-UO7VFBw](https://www.youtube.com/channel/UCNh_RIq99rucmFH-UO7VFBw) <https://www.uxbridgetv.org/schedule/192>

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Please visit our Web site or call 508-278-8624, ext. 100 for our most up-to-date hours of operations, services, and additional programs!

June 2021 Programs  
Adult Programs  
Virtual Gentle Yoga - Saturdays at 10:00am  
Tune in to YouTube Live to start off your day with a yoga session with Marise Nazzaro! Search YouTube for the Uxbridge Free Public Library

channel. This class is sponsored by the Uxbridge Board of Library Trustees.

Virtual Mindfulness Meditation - Thursdays, June 3rd and June 17th at 6pm  
Tune in on Facebook Live for an interactive virtual meditation session with Jenny Xie! This class is sponsored by the Friends of the Library.

Virtual Bookies Book Club - Monday, June 28th at 6:30pm  
Zach will lead a discussion on The Dutch House by Ann Patchett. The book is self-de-

scribed as a “richly moving story that explores the indelible bond between two siblings, the house of their childhood, and a past that will not let them go.” A finalist for the Pulitzer Prize, it will appeal to literary fiction readers and those who enjoy inward-looking family stories. This title is available through CWMARS and through the Hoopla Digital app. Patrons interested in participating should email [zparish@cwmars.org](mailto:zparish@cwmars.org) for a link to the Zoom session.

\*Our new staff member

Auden has brought Page Turners back from its hiatus. Visit <https://bit.ly/33WrNsN> for a list of some of our newest books! Maybe one of these books will be your new favorite!\*

Youth Programs  
Take-Home Crafty Wednesday’s- Wednesday mornings and afternoons  
Our weekly crafts are back! Let us know how many you would like in your curbside bag!

Virtual Music and Movement with Deb Hudgins - Tuesday mornings

Deb is on YouTube with more songs, rhymes, and activities about seasons, friends, and more! Visit our Calendar for the program link each Tuesday. Best for ages 0-4. Brought to you by the Library Board of Trustees.

## DA gives funding to Blackstone-Millville Regional High School for safe post-graduation celebration



BLACKSTONE – Worcester County District Attorney Joseph D. Early, Jr. awarded Blackstone-Millville Regional High School with a grant to support fun and safe post-graduation activities for students.

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## PET of the WEEK



**Meet Missy!** a 2 year old female mixed breed (50lbs). Are you looking for a dog with the cutest ears? Meet Missy! This adorable girl is equally sweet and cute! Missy loves to spend time with people and is quite the snuggly girl! She is happy to sit next to you or jump in your lap. Missy loves to play and gets along well with other dogs. We are not sure how she would be with cats. Missy has an adorable wiggle and snort - you will be sure to fall in love! We think Missy would do well in a home with kids over 10. She has medium energy and is a great walking buddy. If you think Missy is the one you’ve been waiting for, please email [adopt@baypathhumane.org](mailto:adopt@baypathhumane.org) today!

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# Local students graduate from Assumption University

WORCESTER — Nearly 400 graduates received a bachelor’s degree during Assumption University’s 104th Commencement exercises on Sunday, May 9, at the DCU Center in downtown Worcester. Pulitzer Prize-winning and nationally syndicated Washington Post columnist George F. Will, Ph.D., delivered what he called the “last Assumption lecture for which you will be a captive audience” to the Class of 2021, in which he urged the graduates to live in the present while also imagining the past. The Class of 2021 is the first to graduate from Assumption University, which transitioned from Assumption College last year. Local students included:

Samuel Malone, of Douglas  
Morgan Shields, of Uxbridge  
Rachel Spratt, of Whitinsville  
“Mr. Will’s influence as an author, newspaper columnist and journalist, particularly for the *Washington Post* as well as a political commentator on ABC and MSNBC, cannot be overstated,” said Salutatorian Maeve McDonald ‘21 in her introduction of the speaker. “In speaking with Mr. Will about the value of such an education, he noted that, ‘the point of a liberal arts education is to teach you to open your mind to question, not to reject, but to question received opinions.’ He argued that this is a particularly important skill for graduates today as we enter a world that is fraught with political turmoil and moral relativism.”

In his commencement address, Will shared an example of just how one’s liberal education can help one better understand the world. He prompted graduates to consider the political unrest in America and the “mudslinging” against “past Americans who played large roles in the creation and preservation of our nation,” whose statues are being toppled and names scrubbed from public buildings and places for what mudslingers deem moral and political failures.

“No one says our nation was, or those who passed it on to us, were without sin,” he shared. “Rather, I am here to warn against the sin of pride. This is the sin of those who today so much enjoy rendering harsh judgments against those who acted in earlier days. In harshly judging those who produced our nation, today’s unforgiving critics are guilty of their own sin. It is the sin of presentism.”

Will explained that presentism is “the fallacy of judging by our standards the behavior of those who acted in circumstances very different than ours,” and that the only cure is a deep historical knowledge. “Only such knowledge can give us the ability

to imagine what it was like to have been America’s leaders trying to act morally, as we all must try, in situations not of their choosing or of their making,” he said. “What I’m asking for, what I’m pleading for, is imagination. Usually when we speak of imagination, it is prospective imagination, imagination of the future. But what we urgently need now is retrospective imagination. The ability to imagine the past,” he said, adding that we need to reimagine the textures of a time long ago, with social settings, customs, political practices, and institutions and ethical standards much different than we have today.

He asked those in attendance “on this 21st century Sunday morning” to return in their imaginations to 167 years ago when the Kansas Nebraska Act became law. It allowed popular majorities in Kansas and Nebraska to decide whether to permit enslavement. Will asked the audience to imagine the scene as politically engaged Americans in 1954, and asked “What would you have advocated? What would you have done?”

Will shared that while Lincoln was against enslavement, he was also opposed to allowing the Union to dissolve, which would have called self-government into doubt. He “adopted the ethic of responsibility and committed himself to the patience of politics, to the long path of maneuver and persuasion.” Will said that to understand such dilemmas that politicians confronted in the past requires more than just the grounding of facts in history; it requires imagination and the empathy that imagination can nourish. “Our nation today needs the empathy that can only come from imagination and the ability to imagine oneself in other people’s shoes. The ability to reason, and maneuver, and compromise as they had to do.”

Will called presentism a “pandemic of vindictiveness,” and a pandemic, though not of a virus, but something for which there is no vaccine. “Historically-grounded empathy inoculates us against the sin of pride that is at the cold heart of presentism,” said Will.

Will said that he hoped that the graduates’ time at Assumption had provided them with two talents that would make them immune to such moral vanity—a talent for gratitude and a talent for praising. “Having gratitude for those men and women in the American past, who, like all of us, were flawed but who nevertheless handed on to us a nation that had fewer flaws than when they inherited it,” he said. “Praising is an act of humility, an act of homage to those who have been in the arena and who have distinguished themselves there.”

He concluded his “final lecture” with an old English couplet: “The couplet is: ‘All men are created equal. They differ only in the sequel.’ You are the sequel to this excellent University’s fine touch,” he said. “You will go forth from here and live in the present. But you will, I hope and expect, leave the nation better, because you will avoid presentism. You will do so by appreciating the always crooked road we Americans are always traveling toward a more perfect Union.”

Assumption President Francesco C. Cesareo, Ph.D., also emphasized the enduring importance of a liberal arts education. “While so much changed this past year, what did not change was the essence and value of your Assumption education,” he said. “The pandemic has made more evident the value of the Catholic liberal education you have received in the last four years. You have come to appreciate that enduring ideas matter and provide a framework for understanding our contemporary world. You have explored the deepest questions of the human heart, which transcend time and place.”

President Cesareo said that these questions include understanding the common good, cultivating good judgment and understanding complexity, finding one’s purpose in life, and understanding the responsibilities we have to

one another, especially among the most vulnerable. “A Catholic liberal education engages these questions and has prepared you to live out your vocations, professions and to be lifelong learners,” he said. “It has provided you with the wisdom and courage to confront the challenges we face during a time like this and that you will face throughout your life.”

Valedictorian Hannah White ‘21 also spoke of Assumption’s emphasis on vocation and its importance as she and her classmates enter “a pandemic-stricken workforce with no guarantee that we’ll find our ideal entry-level job, much less a clear career path,” she said. “Over the past four years we have become familiar with the tagline, ‘Light the way.’ How can we be a light for others when we ourselves cannot see through the darkness of the unknown?”

White shared her experience in the SOPHIA program as one example in how Assumption helps its students understand what it means to choose a vocation. “Our vocations-our life callings- affect all aspects of how we live, work, and engage with the world around us,” she said. “Although we find it difficult to discern our future through the haze of uncertainty, remember this: our life purpose is not some far off goal that will allow us to be happy forever. Vocation is an ever ongoing process of self-discovery. It is living magnanimously, striving for the greatest good, especially in the day to day. It is using what gifts we have to serve others who have nothing. It is living in authentic community with others, where we help each other bear our burdens. Even if our futures are shrouded in darkness, in our vocations we have the light we need to see the next right step.”

In closing, President Cesareo reminded the graduates that they are the first class to graduate from Assumption University, representing a milestone in the history of Assumption. “Throughout its history, Assumption has shown itself to be a resilient institution, overcoming challenges that on the surface seemed insurmountable,” he shared. “This year, you have also shown yourself to be resilient as you adapted to the changes that were necessary as we addressed the impact of the pandemic. The sacrifices you made have allowed you to grow as a person in ways that were unexpected. In this way, the pandemic shaped your education as it shaped you as well. Thank you for the many ways you contributed to making Assumption a better place over the last four years. As you move on to the next chapter of your journey, I congratulate you on all that you have accomplished as students at Assumption. We look forward to the many contributions you will make to our society because of your education at your alma mater.”

During the ceremony, Will and Vincent Strully, Jr., founder and CEO of the New England Center for Children, received honorary degrees. Will was honored for his “steadfast pursuit of knowledge and distinguished commentary [that] has enriched the American media landscape,” while Strully was recognized for his “four decades of selfless service” in which he has dedicated himself to “empowering those in the autism community.”

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England’s premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master’s and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit [www.assumption.edu](http://www.assumption.edu).

## DA gives funding to Uxbridge High School for safe post- graduation celebration

UXBRIDGE — Worcester County District Attorney Joseph D. Early Jr. awarded Uxbridge High School and Uxbridge Parents for a Safe Graduation 2021 with a grant to support fun and safe post-graduation activities for students.

This year, Mr. Early’s office awarded 16 different schools across Worcester County nearly \$20,000 in grants to support programming that helps keep students from drinking and driving after celebratory events like prom and graduation.

“Students have been dealing with a lot in the last year with the Covid-19 pandemic causing them to miss out on time in school, playing sports and enjoying social activities with friends and family,” Mr. Early said. “I am particularly proud this year to be able to help provide these kids with the fun celebrations they deserve to end the school year safely.”

Mr. Early and his Community Outreach Team also offer presentations for teens to promote safety, including on the topics of the dangers of mixing drugs and alcohol, social host liability awareness

for parents, and distracted driving.

“The hardest part of our job is talking to people in pain. Life can change in the blink of an eye. These programs that our community partners have created help to keep kids safe from unnecessary tragedies caused by combining these celebrations with drinking and driving,” Mr. Early said.

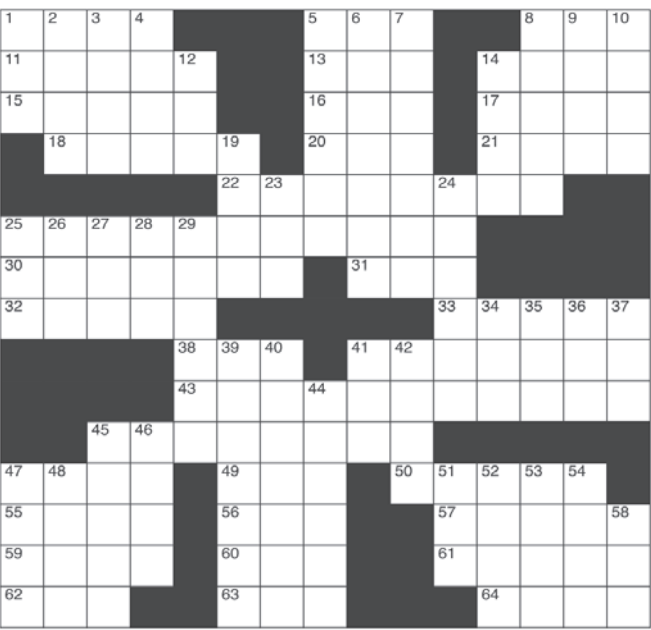
The funding for these grants Mr. Early is providing to high schools across the county is made possible through the Massachusetts Office for Victim Assistance Drunk Driving Trust Fund, which is a state grant that provides support services and advocacy to victims, witnesses, and their family members of drunk and drugged driving crashes.

## Mandy Laporte of Douglas awarded scholarship from Nichols College

DUDLEY — Mandy Laporte of Douglas is awarded the Daniel L. Van Leuvan Memorial Scholarship from Nichols College at the annual Academic Awards Ceremony, hosted virtually May 4.

This is an annual award given to a Nichols student who has demonstrated outstanding potential high academic achievement and a strong commitment to the Nichols college community. This year the scholarship is awarded to Mandy in recognition of her intelligence, creativity and unrelenting perseverance.

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.



### CLUES ACROSS

1. Prevents harm to young

5. “Losing My Religion” rockers

8. Partner to pan

11. Cavalry unit

13. Peyton’s little brother

14. Mexican dish

15. Disseminates info to the public

16. Set an animal on

17. Canadian flyers

18. Elongated mouths of anthropods

20. 1 (German)

21. Opposite of west

22. Glows

25. Measures how quickly a car moves

30. One who has gained wealth

31. Patti Hearst’s captors
32. Extensive landed property

33. Male aristocrat

38. For each

41. More fidgety

43. Very happy

45. A place to store info

47. Helps to heal

49. 12th month (abbr.)

50. Broad, shallow craters

55. Nocturnal S. American rodent

56. Frost

57. Ethiopian town

59. Curved shapes

60. Company that rings receipts

61. Spiritual leader

62. Sheep native to Sweden

63. Cars need it

64. Partner to relaxation

### CLUES DOWN

1. Scientist’s high-resolution tool (abbr.)

2. Type of school

3. Formal close (music)

4. Transmits high voltage

5. A way to occupy a certain area

6. Draws out

7. His Airness

8. Nocturnal rodents

9. South American plants

10. Homestead

12. Bland or semiliquid food

14. Forest resident

19. The body needs it

23. Atomic mass unit (abbr.)

24. Spell

25. Relaxing place

26. Political fundraising tool

27. Make a mistake

28. Partner to Adam
29. Tyrant

34. Unit of electrical resistance

35. A history of one’s life

36. Actor DiCaprio

37. Sea eagle

39. Avoiding being caught

40. \_\_ de Mornay, actress

41. Belonging to a thing

42. Not us

44. Motorcars

45. Capital of Bangladesh

46. Ancient Greek sophist

47. Practice boxing

48. \_\_ Grant, actor

51. Swiss river

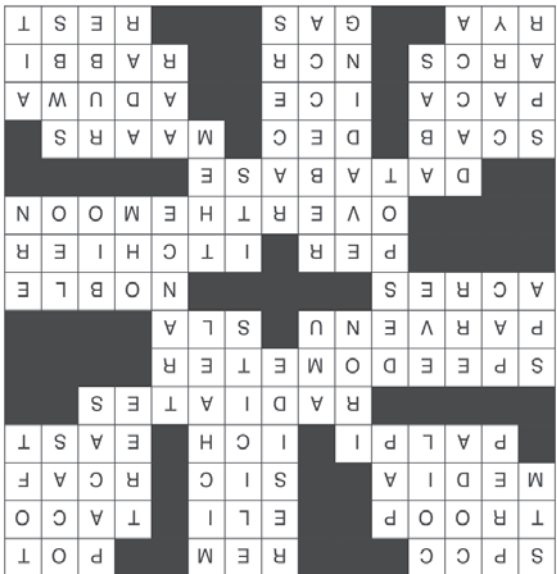
52. S. Sudan river

53. A bumpkin

54. One point south of southwest

58. Small island (British)

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## MILLBURY SENIOR CENTER

### SENIOR WORK – OFF PROGRAM

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

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

In return for voluntary service at a town department

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

### MILLBURY SENIOR CENTER ACTIVITIES!!

**EXERCISE CLASSES**  
Mondays and Fridays  
9:30 A.M. – 10:15 A.M.

Classes are held inside with limited capacity

Reservations required, please call the center at 508-865-9154

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

This will be followed by coffee in the garden!

**SOCIAL BINGO**  
Wednesdays at 12:30 P.M.

will be outside weather permitting

Bring your pennies!

Registration required, Please call the center at 508-865-9154

The Millbury Senior Center Announces...

**SUMMER CONCERTS ARE BACK!**

Thursday, June 17th, 6 – 7:15 P.M.

Featuring Robert Black an ELVIS IMPERSONATOR

Thursday, July 15th, 6 – 8 P.M.

4 Ever Fab “A Beatles Tribute Band”

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

Eddie Forman Polka Band Orchestra

Concerts are sponsored by the Massachusetts Cultural Council

& Mike and Lucille Maguire

Hot dogs & drinks will be available for sale.

These events will be held rain or shine, bring your lawn chairs!

Masks required along with social distancing!

Millbury Senior Center COVID-19 Vaccine Assistance

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

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

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

If you have a computer you can go on to the Mass. gov website and schedule an appointment

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

508-865-9154

**Blood Pressure Clinic**  
Every Tuesday from 9 A.M. - 10 A.M.

The Blood Pressure Clinic is held inside now

Come to front door and we will let escort you from there!

Masks required, along with social distancing!

Millbury Senior Center Transportation

Transportation is provided for Millbury Senior

Residents

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

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

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

Rides are free until July 1st

For more information or to schedule transportation call the center at

508-865-9154

Millbury Senior Center Food Pantry

Our pantry is open for Millbury residents

Monday through Friday 9 A.M. to 1 P.M.

Please call ahead to place your order and pick up

508-865-9154

Millbury Friendly Visitor Program

Our Friendly Visitor Program is now being provided by telephone

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

For more information on coordinating a Friendly visitor

Call the center at 508-865-9154

**“MEMORY CAFÉ”**

Our Traveling Memory Café is visiting people monthly.

If you are interested in a visit (outside) please call

Julianne Fitzgerald at the senior center

We are also looking for volunteers to assist with this program

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

**“Grab & Go Meals”**

Lunch meals will be available to be picked up daily at the front door,

11:30 A.M.

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

Or our Millbury Senior Center Facebook page

A 48 hour reservation is required

For more information or reservations call us at

508-865-9154

**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

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The Senior Center is still closed to the Public at this time...

While the building is not open to the public the Food Pantry at the Millbury Senior Center

is available from 9am to 1pm Monday thru Friday

by calling 508-865-9247 for an appointment our food

pantry is fully stocked at

this time tell us what you need and you can pick it up or we will deliver it.

We are still here to answer any questions you may have and we

are available for your transportation to Doctors appointments or if you

need to go to the drug store for your prescriptions, we

will take you there. If you don't have a mask, we will

give you one.

Also if you are in need of a home delivered meal

give us a call and we will set you up to get one delivered to you.

Keep safe and remember to wear a mask if you go out and to wash your hands frequently

## NORTHBRIDGE SENIOR CENTER

Phone: 508-234-2002

www.northbridgemass.org/council-on-aging

Monday – Thursday 8:30 a.m. – 3 p.m.,

Friday 8:30 a.m. – 1 p.m.

The Plummer Place bus continues to bring seniors to in town shopping, medical appointments or miscellaneous appointments. Please call the Center to book an appointment. We require 24 hours in advance notice for all trips.

Plummer Place is bringing back limited programs. You must call in advance to sign up for these programs due to limited space. One on one appointments will be available by appointment from 9 a.m.-2 p.m. Monday through Thursday and 9 a.m.-noon Fridays.

POKENO is back every Tuesday at 1:00pm.

Painting Class will be offered on Thursdays, 1-3:00pm.

Book Club will be meeting on Wednesday, June 16th at 10:30. Our current book is “Snow Falling on Cedars”.

Call to sign up.

Join our Zoom exercise classes. Call Kelly at the Center to get the link.

Wednesday May 26th at 1:00pm, Howie Newman, entertainer will be at the Center to perform live music.

Howie is back by popular demand, a great singer and storyteller. The concert will be held on the patio weather permitting, rain date to be decided if needed. You must sign up for this concert due to limited space.

Plummer Place has secured a block of time on Northbridge Cable channel 194 from 9:00-11:00am Monday through Friday. We will be airing exercise classes and programs geared towards our senior population.

Our patio is open for anyone who would like to come and have lunch with friends or have a cup of coffee! Call the Center to sign up.





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# BVT spotlights chalk art from resilient Class of 2021

UPTON – The Visual Arts Department at Blackstone Valley Regional Vocational Technical High School hosted Arts Heals: The Senior Perspective on Friday, May 7. During the creative event, the sidewalk outside of the school transformed with color, creativity, and meaning as seniors created unique chalk murals on the theme of resilience, showcasing how art heals. The weather cooperated, and students and faculty were able to view the finished artwork.

The Art Heals event was open to all seniors, not just those taking an art class. It served as an in-school field trip for 143 seniors and a formative assessment for those enrolled in Honors Art School Prep and Senior Art Studio. Non-art stu-

dents had to preregister to reserve their chalk and three-foot-by-three-foot-square space to create their masterpiece. All students had to submit a concept for review before participating. The creative process from concept sketches through to the final chalk murals emphasized resilience and the healing power of art. Robin Brown, LICSW, a Mental Health Counselor in the School Based Health Center, also spoke with the art classes about the importance of mental health and creativity.

Isabella Pimentel of Uxbridge, a senior in the Painting & Design Technology program, enjoyed participating.

As she worked on a blue chalk circle, Pimentel said, “I had many differ-

ent ideas, but the concept of human connection and the healing power of earth was something I wanted to explore. Each day in this world is a new day to learn, grow, and be resilient. When I’m having a tough day, I go outside to feel the sun on my skin. It brings me peace. I hope my artwork inspires others.”

“We are immensely proud of our seniors,” said Visual Arts Instructors Ashley Maclure and Kelly Garabadian. “On behalf of the Art Department, a big thank you to everyone who participated and helped make the Art Heals: The Senior Perspective event a success. We appreciate the support of our staff chaperones, our alumni mentor, and of course, our generous sponsors. The event raised over seven

hundred dollars with all proceeds to benefit the mission of the National Center for the Prevention of Youth Suicide.”

Visiting Artist Arielle Gordon, a 2017 graduate of Blackstone Valley Tech, a senior in her last semester at Massachusetts College of Art and Design in Boston had an opportunity to provide insight while viewing the artwork of Ava Lanoue of Blackstone, a senior in the Business & Entrepreneurship program. Gordon noticed Ava’s shoes placed at the top of her workspace appeared as if they were ready to walk down the path of her mural. The accidental placement was a nice touch to her multimedia masterpiece.

Gordon said, “It is exciting to see a thriving

Art program with so many students engaged in creating meaningful artwork.”

The Art program empowers its students to make a difference by using their creative voices in their artwork. The Art Department is proud of all of the seniors who used their creativity for a cause by participating in the event to build awareness and support for teen suicide prevention to benefit the National Center for the Prevention of Youth Suicide.

This program was supported in part by grants from the Cummings School Service Fund, the Blackstone, Millville, Northbridge, and Upton Cultural Councils, local agencies supported by the Mass. Cultural Council, a state agency. For more

details and to view the artwork, visit [www.valleytech.k12.ma.us/creativityforacause](http://www.valleytech.k12.ma.us/creativityforacause).

About Blackstone Valley Regional Vocational Technical High School (BVT)

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

## UXBRIDGE HIGH SCHOOL HONOR ROLL

UXBRIDGE — Uxbridge High School has released its honor roll for the third quarter of the 2020-2021 school year.

**Grade 8**  
High Honors: Ali Alomar, Hannah Benson, Elyse Bouchard, Arya Burke, Ava Chartier, Shayna Cohen, Charles Criscola, Larissa DaSilva, Sydney Daniels, Maxwell Deary, Rogan Devlin, Timothy Devlin, Mason Dorr, Bailey Dzivasen, Ewan Fortin, Alicia Gauvin, Addison Griffiths, Brady Hamm, Chace Henult, Alexis Kammerer, Samuel Kirby, Isabelle Kling, Thatcher Kling, Sumeyye Koyuncu, Milla Mace, Tessa Masnyk, Alexis Morse, Darren Oliver, Danielle Olson, Natalie Orr, Diya Patel, Om Patel, Maxwell Roy, Stella Roy, Hunter Schiller, Jonah Scott, Phoenix Silva, Michael Stark, Landon Sweet, Sienna True, Jake Vanderbrug, Stephanie Zaitoun

Honors: Layla Bettencourt, Cate Bouvier, Christopher Bouvier, Catherine Buma, Jaydon Chamberland, Victoriana Chapman, Jenna Devine, Jillian Dimo, Hunter Fontaine, Liam Kaferlein, Brendan Magowan, Samantha Makynen, Macen Martone, Aidan Nolan,

Abigaile Oliveira, Briana Pare, Olivia Pirrotta, Talen Rosborough, Dylan Ryan, James Sanford, Dominic Silva, Jamal Uddin, Caroline Usenia, Julia Wilczewska, Denning Yoffe

Honorable Mention: Maria Aprili, Giana Bannon, Camden Chludenski, Arielle DeMarco, Carson Denietolis, Arianna Fortier, Lillyanna Gallant, Shame Guillette, Hunter Levesque, Lily Ramage, Alana Russell, Madison Silbor, Colin Spencer, Nicholas Whitlock

**Grade 9**  
High Honors: Rylie Beland, Tyler Bergman, James Bernard, Aidan Blood, Benjamin Bourgeois, Kathryn Cahill, Braden Cammuso, Cameron Caso, Emma Demers, Matthew DiLibero, Brynn Doherty, Syrianna Dousangsavanh, Luke Esposito, Madison Fairweather, Olivia Gray, Olivia Holden, Catherine Hughes, Samantha Jones, Kahlea Lachapelle, Kellen Lachapelle, Kamryn Leroy, Grace Linsley, Jessica Lutton, Aidan Marquez-LeRoy, Brianna Moss, Gage Nichols, Shane Okenquist, Ella Pezzullo, Phetmany Phianesin, Cooper Phoenix, Avari Powers, Benjamin Roerden, Payson Roy, Lincoln Schiller, Christopher Szajna, Siobhan Twohig-Mann, Emma Walker, Zoe Wojnowski

Honors: Lucas DeFreitas, Jalyn Gingras, Briana Hughes, Hailey Kinyanjui, Sophia Perkins, Lukas Ritacco,

Cheyenne Uvezian, Brayden Wilcox  
Honorable Mention: Luke Boisvert, Andrew Flynn, Nathan Fuoss, Elizabeth Lewis, Luke McCuin, Sophia Mone, Samuel Noel, Sean O’Day, Mikayla Ouellette, Jack Phoenix,

**Grade 10**  
High Honors: Lily Brayman, Kelsey Brooks, Victor Cardoso-Collins, Julie Compston, Sophie Compston, Sean Costa, Jessie DeMalia, Tyler Erickson, Jason Fontes, Carl Nathan Gallawan, Tanner Gauthier, Evan Grube, Avery Guillette, Briana Hawes, Samantha Hinchcliffe, Paige Irving, Eleanor Kimball, Lex Lovell, Alan Mage, Maximus Martone, Isabella Nolan, Matthew O’Neill, Grace Orr, Morgan

Ouellette, Kylie Paul, Julia Philbrook, Tyler Richardson, Makayla Ross, Aidan Russell, Abigail Sanches, Sadie Schultzberg, Meghan Smith, Troy Spencer, Jack Tasick, Sabrina Tibedo, Megan Wingfield, Coral Young

Honors: Bruce Alberto, Dominick Alicea, Joshua Cristina, Myah DeLang, Logan Donnelly, Drew Gniadek, Tia Jacobs, Sameer Khan, Patrick McDonnell, Zachary Oliveira, Alexandria Patterson, Audrey Phillips, Olivia Phillips, Casey Prior, Aidan Ross, Jack Trask, Zander Voigt, Braeden Watt

Honorable Mention: Maren Anderson, Kamryn Brodeur, Emma Brothers, Katie Cullen, Samwail Girgis, Samuel Mason

**Grade 11**  
High Honors: Madison Arsenault, Peyton Bly, Madison Departie, Saige Frazier, Matthew Healey, Maya Henry, Zoe Jones, Madigan Lame, Makayla Lehtola, Maria Lowandy, Makarios Mansour, Maegan Morrissey, Gracie Nummela, Andrew Oliveira, Cristian Oliveira, Marcus Oliver, Jessie Paxton, Natasha Prachith, Madison Ramage, Madison Ryan, Cecilia Schleinitz, Liam Sweeney, Ava Turner, Anthony Venuti, Keku Wheelock, Alexandra Wojciechowski

Honors: Brian Babin, Destiny Berthiaume, Brooklyn Chludenski, Hunter Fabri, Reagan Guillette, Jeremie Hodgdon, Briana Joyce, Chloe Kaeller, Lindsay Labossiere, Luke Little, Bethany Loach, Thomas McCarthy, Hannah Nordstrom, Jack Polando, Jack Sander, Cameron Snay, Audrey Tanner

Honorable Mention: Grace Boisvert,

Paul Elhaji, Jude Goncalves, Maia Harris, Xavier Hicks, Austin Lucy, Angelina Rodriguez, Liam Zuffoletti

**Grade 12**  
High Honors: Anastasia Achiaa, Haley Archambault, Samantha Arroyas, Aiden Ayers, Hailey Bergman, Bella Borjeson-Troupe, Kayla Brooks, Jeremy Bullock, Connor Chartier, Sydney Costa, Elise Croteau, Zakary Currie, Maline Demers, Ella DiMarco, Ashley Dube, Jonathan Fabian, Acadia Farrell, Nicholas Fernandes, Drew Gauthier, Devon Gokey, Shaylin Gonya, Ramsha Gul, Jocelyn Hinchcliffe, Sallie Hogan, Anna Horne, Samantha Kauzens, Wiley Kimball, Cassandra LaBaire, Allen Lamphere, Liberty Lewis, Eilish Linnehan, Madison Manning, Ella Moscatelli, Brenna Neill, Jeremy Okenquist, Rory Paul, Valasi Petri, Braden Pomeroy, Colleen Prior, Daniel Redgate, Stephen Sanches, Taylor Sanford, Thomas Schreiber, Jack Streichert, Clarice Stumpf, Brenden Thompson, Carlee Veinotte, Cayden Walker, Benjamin Wiersma, Benjamin Wojciechowski

Honors: Nicholas Allegrrezza, Thomas Andolina, Lilyanna Bain, Joseph Costa, Matheus DeFreitas, Lindsey Gay, Aidan Grinnell, Margaux Lewis, Jackeline Lopez, Maeve Mahoney, Mikenna Manz, Gabrielle Mateer, Jaeden Morales, Jeremiah Morgan, Jack Morvan, Owen Pendleton, MarthaAnn Rolandelli, Elizabeth Vecchione

Honorable Mention: Colin Caso, Kelsey Desroches, Sarah Johnston, Loukia Koutroumanos, Autumn Nichols, Kiley Robertson, Matthew Shelley

## NEWS FROM BEGINNING BRIDGES

BeginningBridgesCFCE.weebly.com – Facebook: Beginning Bridges CFCE – [Emurray@smoc.org](mailto:Emurray@smoc.org) – 508-278-5110

Beginning Bridges CFCE supports parents as their children’s first, best and most important teachers in the communities of Mendon, Northbridge, Upton & Uxbridge. We are a non-profit, family support organization that provides FREE comprehensive services. Currently our programs include weekly outdoor early play/literacy story times, outdoor story walks and many activity suggestions on our webpage. We also sponsor parent education programs, offer the Ages & Stages Developmental Questionnaire and can connect families to resources. Our goal is to support parents as they guide their children to reach their optimum potential. We work with many community partners who share the same goal of strengthening our communities. Funding for the Coordinated Family & Community Engagement Grant (CFCE) is provided by the Massachusetts Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC-Childcare/Head Start).

Upcoming Events-Registration is required for all upcoming events. Links can be accessed on our website or contact Emily Murray at 508-278-5110 or [Emurray@smoc.org](mailto:Emurray@smoc.org).

Fridays, 5/14 to 6/11, Sensational Explorers, from 10:00 to 11:15am rain or shine: We will explore a different sense each week outdoors at West Hill Dam.

Wednesdays, 05/12 to 06/09, Playtime in the Park, from 10:00 – 11:30am: Free play followed by Story Time at 11:00am. Bring a snack.

Thursday, 5/27, Charlotte and the Quiet Place Story Walk, from 10:00am to 12:00pm in 10 minute intervals.

Tuesdays, 5/25 to 06/15, Sing and Play in the Park, from 10:30 to 11:00am: Enjoy music, dance and a story, intended for Pre-K Children.

Wednesday or Thursday, 6/16 or 6/17 (you choose), Twist, Breathe and Read, from 10:30 to 11:30am, Enjoy a Story Walk, play Twister and learn some mindful breathing techniques.

## West Hill Dam in Uxbridge accepting picnic shelter reservations

UXBRIDGE — The U.S. Army Corps of Engineers, New England District announced today that West Hill Dam in Uxbridge is now accepting picnic shelter reservations for the 2021 summer recreation season.

Permits will be offered from June 5 through Sept. 5, 2021, and only those with approved permits can access the picnic shelters due to limited vehicle access. Picnic shelter use permits will be issued on a first-come, first-served basis for activities such as graduation and birthday parties, small reunions, and church or group events. There are two picnic shelters which will be available on Saturdays and Sundays only and will require a \$75 permit fee per shelter.

Permits can be obtained by calling Park Ranger Viola Bramel at (978) 318-8417. The Day Use Area, which includes the beaches, swimming area, picnic tables and grills, will open for the summer recreation season beginning June 5. Visitors to the Day Use Area must park at the Project Office at 518 East Hartford Ave. in Uxbridge and walk to the area. There will be no Day Use Area entrance fee. Visitors to the Day Use Area and people utilizing the picnic shelters must comply with federal, state and local COVID-19 guidelines for outdoor recreation. For more information, contact Park Ranger Viola Bramel at (978) 318-8417.

## Friday’s Child



Jadelyn  
Age 12

**Hi! My name is Jadelyn and I want to attend college and be a princess.**

Jadelyn is a girl of Hispanic descent who enjoys being active. Some of her favorite activities include singing, playing on the playground and practicing her cartwheels. She is very open and willing to try new things and loves animals. Jadelyn thrives with adult attention and care, and she benefits from structure and clear expectations. She hopes to attend college when she is older and also wishes to be a princess.

Jadelyn enjoys school and was a peer mentor in her summer program. She is currently working on learning her multipli-

cation tables.

Legally freed for adoption, Jadelyn will do well in a family of any constellation that can provide her with positive attention and support. If there are other children in the home, it would be best if they are older than Jadelyn so that they can act as a role model for her. An ideal family will help Jadelyn maintain contact with her birth parents and siblings.

### 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.mare-inc.org](http://www.mare-inc.org). The sooner you call, the sooner a waiting child will have a permanent place to call home.







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EDITORIAL

# The pitfalls of ‘senioritis’

We’ve all heard the term ‘senioritis’ — perhaps even experienced a case of it ourselves — but is this diagnosis real? After some lengthy research, we say absolutely.

Senioritis is defined as, “A supposed affliction of students in their final year of high school or college, characterized by a decline in motivation or performance.” The end is near, with graduation just around the corner, and many seniors can taste freedom, but aren’t quite sure what to do with it. Even with some students heading off to college, the fear of the unknown combined with a complete change in the cadence in life is enough to make several seniors come down with a serious case of senioritis. The senioritis is a way to break away from the stress and rigors of 13 years of schooling.

Some signs of the affliction include a lack of motivation, a decline in grades, or feeling as though nothing they do in the final months leading up to graduation really matters much. Most students’ entire senior years of high school are spent trying to plan for the future, this can be daunting and stressful for these kids, who are still really, just kids. Some symptoms parents should look for include extreme laziness, apathy, spending all of their free time with friends away from home.

Unfortunately, the rapid decline in motivation does not go unseen by universities. After being accepted, many schools will look at a student’s last semester, and a substantial decrease in grades raises a red flag. This has admissions offices questioning a prospective student’s level of commitment and the question of maturity is also put on the table. If the situation is bad enough, a college or university can rescind an acceptance. Each year, thousands of students receive such letters. Sometimes a student will enter their freshman year of college already on academic probation. If a student was issued merit aid from an institution, they risk losing those funds.

There are things that can be done to help offset senioritis. One thing a student can do is to set tiny goals such as getting a B or higher on the next quiz or test, or to finish an assignment ahead of time. Working on better ways to study for tests is also crucial. Too much pressure can cause students to shut down so taking some time to relax and have fun with family and friends is a great idea.

Another idea is for parents and teachers to reassure students that life after high school is an exciting time and that not every graduate needs a definitive plan right away. Explain different opportunities for a gap year, including the pros and cons of taking one.

If your child becomes too self-destructive handing out consequences is key. Finding their currency and removing it may change their perspective and keep them on track. Remembering to reward good behavior is a must. If your child is behaving in such a way that they become emotionally removed, disobedient and disrespectful taking a gap year might be the best option as college is expensive and tuition should never go to waste. Sometimes when students see their friends off at school while they are left behind can be motivation to get back into the swing of things.

# OPINION

Opinion and commentary from the Blackstone Valley and beyond

## Two wooden sticks formed my world

I’ve been a percussionist since I was eight years old. For those who are unfamiliar with the term ... I’m a drummer.



POSITIVELY SPEAKING  
GARY W. MOORE

or influenced by this pair of wooden sticks. My junior high and high school years were all dominated by concert band, jazz band, marching band, and drum & bugle corps at the American Legion.

The sticks then took me to VanderCook College of Music for a degree in music education. I won a state NBTA Rudimental Drumming Solo Championship and two months later placed third in the nation. I performed and toured for a season with the National/World Champion Chicago Cavaliers. Music never became my vocation but led, guided, and influenced my professional and personal life in profoundly positive ways.

Those sticks took me on a five-week tour as a drummer for Country Star Ray Price. All along the way, I couldn’t have ever imagined where my sticks would take me next.

performed off and on in my church with our praise and worship team, but life, health and professional travel brought me to the point where performing ended.

A few weeks ago, Pastor Matt Smith, arranged an opportunity for me to take those wooden sticks and make music one more time, and maybe for the last time. I was so rusty ... but the band pulled me along and allowed me the privilege to sit at those drums and play. I’m grateful.

What’s the point of this column? One point is to emphasize the importance of music education, which I believe is tragically undervalued within our educational system. More importantly, the point is to highlight the impact of doing what you love and finding your passion. The joy of taking those two pieces of wood into my hands and making a joyful noise, for me, is priceless. It has enriched my life in indescribable ways.

Through the years, I’ve

Turn To **POSITIVELY** page **A9**

## LETTERS TO THE EDITOR

### Who is “we?”

To the Editor:  
What I believe. Feel free to disagree.  
Have you wondered recently who exactly is running the country? Is anyone running the country?

Iran is attacking Israel through Hamas and the Palestinians. Our major pipeline, supplying the East Coast from Florida to New York, was hacked by Russians, but the President says it’s not the Russians. 171,000 illegal immigrants have streamed over what used to be our Southern border in March, the highest number in 20 years. Remember, these folks are jumping the line, ahead of all the people who have applied for entry legally. San Francisco schools open for one day - that’s one day - so they can qualify for \$12 million stimulus money for re-opening schools.

The CDC inflated the danger of catching Covid outside to get everyone to wear masks outside. According to The New York Times, there have been no recorded cases in the world of anyone catching the virus from casual contact outside. I repeat, no recorded cases. After that lie is revealed, suddenly we can go without a mask if we have been vaccinated. Is your head spinning? Mine is.

America is not going to school. Our major pipeline was hacked and shut down. Illegal immigrants are pouring over our border. Iran is attacking Israel, our best friend next to England and Australia, and we in the U.S. sit on our hands. The jobs report is horrendous. Seven million vacancies. Only 266,000 applied.

In 2020, Border Security apprehended 90,000 illegal immigrants in one section of Texas, compared to 100,000 so far in 2021. Does that alarm you? It alarms me. Does it alarm the President? No. The Woke Committee running the White House will just ignore the problem as they pack people into the country to do what? Fill the seven million jobs that are vacant? Are these illegal immigrants scientists, computer programmers, chem-

ical engineers, and physicians? No, the immigrants who have those credentials have legally applied to enter the U.S. and are waiting in line. The future merit-based immigrants sit and wait patiently while who knows what floods into the U.S. Criminals? Field hands? Almond pickers? Nurses? Housekeepers? Teachers? Gang leaders? Does anyone know or care?

So, again, I wonder who is running the White House? It appears that the lunatics are running the asylum, with my deepest apologies to any lunatics. The Spokeswoman for the White House continually refers to “we.” Is that the Royal We, as in the King of France? Here are some Spokeswoman samples:

On Israel: “We are continuing to closely monitor the violence in Israel. We have serious concerns about the situation, including violent confrontations that we’ve seen over the last few days”.

On jobs: “The jobs report was a reminder that we don’t necessarily have a roadmap for coming out of a once-in-a-century pandemic. ...we have confidence in both their assessments to date and also the fact that they will watch this as we continue to assess the state of our economy...there are steps we can take...We’ve obviously taken a number of those steps, including passing the American Rescue Plan.”

In essence, she said: “we” have it under control, but who is this “we?” My fear is that we the Woke Committee are running the White House. Biden left the building Thursday and went home to Delaware because he does not have to do anything but read a teleprompter with large letters. The light is on, but no one is home.

What say you?

Nevertheless, she persisted,  
Bev Gudanowski  
Uxbridge

## A thank you (and birthday wishes) to the Warminski Family!

To the Editor:  
This spring, the Warminski Family donated a special batch of picture books to the Uxbridge Free Public Library in celebration of their daughter, Annabelle, and her fourth birthday. Titles include “Angelina Ballerina and the Tea Party” by Katharine Holabird, “I Like Myself!” by Karen Beaumont, “Louise Bourgeois” (of the Little People, Big Dreams series) by Maria Isabel Sánchez Vegara, and two fabulous books from Mo Willems’ Elephant and Piggy series.

What a big birthday! And what perfect titles for an enthusiastic, curious, and silly little one.

These titles are now available at the Library, and the books include bookplates displaying the message: “Donated by the Warminski Family in honor of Annabelle’s fourth birthday. Growing Hearts and Minds.”

A VERY HAPPY BIRTHDAY TO ANNABELLE!  
UXBRIDGE FREE LIBRARY STAFF

## 529 plans: More versatile than ever



FINANCIAL FOCUS  
DARREN PARENT

If you have children or grandchildren, you may already be somewhat familiar with the 529 plan, a popular education savings vehicle. But you may not have kept up with some recent changes in the plan’s capabilities and in the educational environment in which the plan might be used.

Let’s start with the learning environment. During the COVID-19 pandemic, colleges and universities switched to online classes, or at least to a hybrid of in-person and online. And even before the pandemic, many schools offered remote classes, though obviously not to the same extent. But after COVID-19 subsidies, it’s likely that the online component will remain an important part of higher education. What does this “new world” mean for you, when you’re saving for college? Will a 529 plan still be relevant?

In a word, yes. First of all, a 529 plan can offer tax advantages. Earnings in a 529 plan are federally tax-free, provided the money is used for qualified educational expenses. And if you invest in your own state’s 529 plan, your contributions may be tax deductible. (Withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes as well as a 10% penalty.) Because tax issues for 529 plans can be complex, you’ll want to consult with your tax advisor before investing.

Online learning costs are eligible for a 529 plan’s tax benefits just as much as those incurred from in-person classes. Tuition, textbooks, supplies, computers and services – all of these should qualify, assuming the school meets certain criteria. Also, students enrolled half-time or more don’t have to live in a dorm for room and board expenses to be covered by a 529 plan – they can live in off-campus housing. However, these room-and-board costs typically must equal the cost of living on campus. Some schools identify a specific cost for “commuters” or “at-home students,” so you will need to contact the college directly to determine qualified room-and-board costs.

Now, let’s take a quick look at what some changes in the rules governing 529 plans over the past few years might mean for you. Eligible expenses from your 529 plan include the following:

K-12 expenses – Parents can withdraw up to \$10,000 per student, per year, from their 529 plan to pay for tuition expenses at elementary and secondary schools. So, if you intend to send your children to a private school, this use of a 529 plan might interest you.

Apprenticeships – 529 plans can be used to pay for fees, textbooks, equipment and other supplies connected to apprenticeship programs registered with the Department of Labor. These programs, typically offered at a community college, combine classroom instruction with on-the-job training.

Student loans – Families can withdraw funds from a 529 plan to repay the principal and interest for qualified education loans, including federal and most private student loans. There’s a lifetime limit of \$10,000 for student loan repayments per each 529 plan beneficiary and another \$10,000 for each of the beneficiary’s siblings.

All of these newer uses of 529 plans may contain additional guidelines and exceptions, and state tax treatment varies, so you’ll want to consult with your tax advisor before taking money from your account. But it’s valuable for you to know the different ways you can put a 529 plan to work.

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



# Fluke fishing



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

This week’s picture shows Captain Mel True with his fishing buddy, John Caiazi, with a nice catch of winter flounder this past week in Massachusetts! Rhode Island winter flounder fishing in most if not all of Narragansett Bay is closed because of overfishing by commercial draggers over the years. Fluke fishing in both states have very different regulations. This year, Rhode Island has decided to raise the fluke size to 19 inches, while Massachusetts has stayed at 17 inches. The 19-inch size for fluke is totally ridiculous, and will result in many dead fish for crabs to feed on. Anyone that does any amount of fishing for fluke, can tell you that there will be a lot of them that do not survive after being released. You do not need a college education to make that evaluation. Again, it is driven by politics!

This past week, I had my Lab, Twig, at the Veterinarian’s for a

checkup, and was not able to go with her when the technician came to bring her in to the doctor. As I was sitting in my car with the windows rolled down, I heard a familiar sound. I looked down to see a hen turkey walking along the grassy area of the parking lot only few feet from the highway. As she walked, she was “putting,” a sound female wild turkey make. I soon had three hens and a jake (one year old turkey following the vocal hen to the edge of the woods. Suddenly, a loud gobble from a tom turkey was heard as he came into view that was sporting a long beard.

It was not long before they were all in a small patch of woods alongside of the highway when the vocal hen darted across the highway, nearly being hit by a car. I knew this was not going to end well. As the vocal hen called to the rest of the flock, the Jake bird and hen attempted to cross the road also. One made it across the road by running, but the second bird took flight and nearly crashed through the window of a small car. I watched the Tom bird in the woods as he seemed to be wondering were all his flock had gone. His neck was stretched high,



as he stood motionless in the woods. Suddenly, he headed for the road to cross over. The Tom bird and the hen were the last to attempt a crossing to the other side of the road.

The Tom turkey quickly ran across the road safely, but the hen turkey was a bit slower crashing into the side of a car. The driver never touched his brakes, or even slowed down after the collision. The big bird lay motionless on the side of

the road, and not a single car slowed, as the turkey’s feathers were blowing across the road. Not all collisions with wildlife are preventable, but many are. Drivers need to give wildlife a break. The driver not only killed the hen, but also another flock of young turkeys. There will be a lot of activity with wildlife crossing roads at this time of year. Whitetail deer will be having their young, as well as many



Courtesy  
Captain Mel True of “FISHNET” Charters with a nice catch of winter flounder this past Saturday while fishing with his buddy on the Cape, and John Caiazi with his prize.

other four-legged animals. Canada geese are also raising their young, as well as ducks, and often cross roads with their young broods.

A pair of Eagles continue to make their home on the Meadow Pond, Whitinsville. They were spotted by a couple of fishermen last week. One eagle was carrying home dinner (fish) when he dropped it in flight. As soon as it hit the water, the second Eagle tried to make a recovery , but failed. They sure are nice to see in the area. The Eagle restoration project started years ago by Mass. Fish & Wildlife and sure is a great success story. It mostly funded by

sportsmen’s monies.

Stripers are in in many areas, both on the Cape and Rhode Island waters, with some legal-size fish being caught. It is only a matter of days before the bigger fish move in. The Providence River should become active with legal size stripers by the time you read this column. Porgies were in the river last week and snagging a few to catch stripers should improve daily if the commercial Porgy boats do not take them all!

Seabass fishing opened this past Tuesday in Massachusetts!

Take a Kid Fishing & Keep Them Rods Bending!

## Everyday Activities Reduce Stress

Stress is a part of daily life and common, everyday tension can take a toll on both your physical and mental health. With more than half of Americans concerned about the high levels of stress they experience in their daily lives, high anxiety is practically an epidemic in this country. While it’s a fact that frayed nerves are often the price you pay for an overactive lifestyle, that doesn’t mean you can’t diffuse the impact. In fact, odds are your daily routine includes everyday activities that have been proven to lessen the stress factor. From petting your dog to writing in your diary, there are many simple and deliberate actions you can practice to de-stress without reaching for a pill.

If you drink coffee in the morning, a study by University College of London might convince you to switch to black tea. According to the study, drinking daily cups of the tea has a positive effect on stress hormone levels, which can help a person recover more quickly from everyday stressors.

The research, published in the journal Psychopharmacology, revealed found that people who drank black tea were able to de-stress more quickly than those who drank a placebo tea. Moreover, the participants (who drank black tea four times a day for six weeks) displayed lower levels of the stress hormone cortisol after experiencing a stressful event, as compared to a control group who drank the placebo tea for the same period of time.

Exercise is a proven method of lowering stress levels, and many people make a workout part of their daily routine. And there’s good news for those who don’t go to a gym on a regular basis. Research reveals a daily 20 minute walk can be as effective as a mild tranquilizer.

It’s no surprise pets play an important role in reducing stress. What is surprising is a research study that shows pets may be better at reducing stress than a loved one! According to a report

published in the September/October issue of the journal Psychosomatic Medicine, researchers examined the effects of the presence of friends, spouses and pets on the level of stress associated with certain relatively unpleasant tasks. They found that compared with human support, the presence of pets was associated with lower perceived and actual responses to stress.

Even if you’re not artistically inclined, dabbling in some form of creative art each day can boost your stress relieving hormones. In fact, the University of California – Irvine offers a class in Art Therapy, utilizing the simple act of drawing and creating art to relieve stress in two ways. First, creating artwork requires focus, and takes your mind off stress causing issues. When the project is done, your head is clearer (and less tense). Also, while creating art, you are engaged in the action to the point of being in a near meditative state. This results in many of the benefits of meditation and you may feel less stressed when you are done.

Gardening is another pastime that has been linked to lower blood pressure and reduced anxiety. An estimated 40% of Americans find that being in the presence of a garden makes them feel relaxed and calm. Retreating to a garden can renew energy, create a sense of peace, and restore well-being. The benefits of gardening, both physically and emotionally, are well-documented. Whether planning, planting, tending, or harvesting, many gardeners describe feeling this emotional “high”, which promotes well-being and relieves stress symptoms. Like meditation and relaxation programs, gardening involves both physical movement and mental concentration, a combination that has been attributed to numerous health benefits. Today, a variety of garden programs are used as Horticultural



TAKE  
THE  
HINT  
KAREN  
TRAINOR

that regular journaling strengthens immune cells, called T-lymphocytes. Pennebaker believes that writing about stressful events helps you come to terms with them, thus reducing the impact of these stressors on your physical health.

To boost the stress relieving effect, be sure to “count your blessings” and list them, as keeping a gratitude journal has been proven to be a powerful calming aid. On the other hand, it is also beneficial to write out your feelings and negative emotions. According to Psych Central, journaling about anger, sadness and other painful emotions helps to release the intensity of these feelings. By doing so you will feel calmer and better able to stay in the present.

Here are some more stress busters:

\*It’s a known fact that color can alter our moods. “Cool” colors like violet, purple and green can soothe jittery nerves. Blue has shown to be the most calming color influence of all.

\*Meditation can be a powerful weapon in the fight against stress, and can work to head off a panic attacks. Meditation and proper breathing can helps slow the heart rate and calm nerves A quick calming trick is to close your eyes and breathe slowly and deeply, focusing on the breaths.

\*Prayer helps you focus within and can offer a calm perspective on the world. A research study showed that that college students who practiced a religion were less stressed than their non-religious counterparts. Other research suggests that those who are religious are less likely to have a stress-related mental illness.

\*Listening to music can change our moods, and in fact, music can be a powerful weapon in the battle with stress and anxiety.

\*Taking a deep breath and stretching often not only brings instant relief to a stressed, frazzled body, but it has been shown to lower cortisol levels, which can help reduce stress and anxiety. Deep breathing can also cause a temporary drop in blood pressure.

\*Naps are also therapeutic for diffusing stress. A study found that workers who nap for at least 45 minutes during the day had lower average blood pressure after suffering psychological stress compared to those who did not.

\*According the Calm Clinic, whole grain snacks, blueberries, peaches, almonds, and dark chocolate are all good food choices with natural calming properties. Also, foods with magnesium, vitamin B12 (and other B vitamins), zinc, and antioxidants can be beneficial for helping you deal with stress.

Win Dinner for Two at the Publick House

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

Please note the contest had been suspended due to COVID restrictions for seating in restaurants. It is expected to start up again in June. All entries have been collected and will be entered into an upcoming drawing.

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

### POSITIVELY

continued from page A8

You just never know the profound impact moments in time can have. Lightning may strike at any time. You must always be open to new experiences, as you never know where they will lead.

For my dad, I’m guessing it might be the first time someone handed him a baseball. For my daughter, a Pastor, the first time she was handed a Bible. For my wife, it’s gardening. Drumsticks, a baseball, a Bible, a few flowers magically arranged to create beauty ... all unexpected but

profound moments that led to a lifelong passion.

We can’t choose those moments that lead to our passions. They just happen. We don’t plan them and usually are not even aware that they’ve happened at all until years later. A parent can’t choose for a child ... and I don’t think we choose at all. Maybe the passion chooses us ... seizing our emotions, creating a life-long love.

I think the best we can do is give ourselves and our children a wide variety of experiences until they find what they love. And unfortunately, for some, maybe they never find that passion. It’s

never too late. I know people who in the latter years of their life were struck by something they learned that they loved.

Be open. Let your mind and heart explore the possibilities.

Did you have that moment in your life? If not, are you open to having it?

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.

## Blackstone Heritage Corridor launches plein air painting series

WHITINSVILLE — Blackstone River Valley National Heritage Corridor introduces a Plein Air Painting series visiting historic sites throughout the Valley.

The next stop is on Saturday, June 5 from 1-4 p.m. at the Alternatives’ Whitin Mill complex in Whitinsville, with views of Whitin Machine Works, the 1826 Red Brick Mill, the Granite Cotton Mill, the Mumford River, and more.

Enjoy painting in the media of your choice at this non-instructional event. The free painting session, held in partnership with ValleyCAST, runs from 1 to 4 p.m. Bring your own supplies. Rain date is Sunday, June 6. Pre-registration required. RSVP at: bit.ly/PleinAir6521.



# OBITUARIES

## Donna J. Shugrue



Donna J. Shugrue of Duxbury, Massachusetts passed from this life to the next on Tuesday, May 4th after a period of declining health. She was born on August 23, 1949 in Whitinsville, Massachusetts; the daughter of the late Priscilla (Christopher) and Edward (Bud) Shugrue. She was predeceased by her beloved brother, Paul Shugrue and her life partner, James Richards.

Donna is survived by her sister, Christie and brother-in-law Michael Cnossen; her nieces, Devon (husband, Mike) Alvaro and Cydney (husband, Matt) Cnossen-Genese; and her great nieces: Clementine, Violet and Maria and great nephews: Jack and Giancarlo - all of whom knew her as "the cool aunt." She was also survived by many dearly loved Richards family members with whom she shared holidays and experiences that enriched her life and theirs.

Donna graduated from Uxbridge High School and the University of Massachusetts/Boston during which she entered the field of shareholder/financial services. Her most recent position, prior to retirement, was with Citco Technology Management, Inc. in Ft. Lauderdale, Florida.

Throughout her career, Donna travelled and worked internationally in Curacao, Ireland, Luxembourg, Amsterdam and other offices. Aside from her expertise in her field, Donna was known for her deeply-rooted relationships that stood the test of time and distance. To meet Donna was to become a life-

long friend; generous, compassionate, honest and fun-loving.

Donna's true passion in life was her love for and work with animals and birds. Wherever she lived, she volunteered in shelters and with rescue organizations to ensure that all living things were cared for and loved. She was certified in Color Harmonics and as a TTouch Companion Animal Practitioner to offer safe, natural choices to conventional treatments for animal issues. Donna used her compassion and expertise in finance to raise funds for non-profit organizations; Peace for Animals (Wareham, MA) and Foster Parrots Exotic Bird Sanctuary (Hope Valley, RI) being her most recent and committed experiences. Even as her ability to move about unencumbered was being challenged by Multiple Sclerosis, Donna spent hours advocating for these and other organizations to promote peace, compassion and quality of life.

Donna lived a life of intention, continuous education and involvement. Her tenacity and deep love for people and other living things impacted all who were fortunate to cross her path.

Final arrangements for Donna are in the care of Buma Funeral Home. Burial will be private and at the convenience of the family.

Donations in Donna's memory would be gratefully accepted and can be sent to: Foster Parrots, Ltd and The New England Exotic Wildlife Sanctuary, P.O. Box 34, Hope Valley, RI 02832

"I am in favor of animal rights as well as human rights. That is the way of a whole human being." ~ Abraham Lincoln

## Allen R. Baker



WHITINSVILLE—Allen R. Baker, of Whitinsville, went home to be with the Lord on his 81st birthday. He passed away Thursday, May 13, 2021 in Blackstone Valley Health and Rehab. Ctr., Whitinsville. He was the husband of Audrey D. (Dickson) Baker.

He was born in Whitinsville on May 13, 1940, the son of the late Iga and Cornelia (Haringa) Baker. He was a graduate of Northbridge High School and the former Worcester Jr. College. He had also attended Calvin College, MI and earned his MBA at Anna Maria College, Paxton.

Mr. Baker was the Director of Purchasing where he had been employed at Hyde Tools in Southbridge for 20 years prior to his retirement in 2006. Previously, he had worked for Neles Jamesbury and Sprague Electric, both in Worcester.

An active lifelong member of the Pleasant Street Christian Reformed Church in Whitinsville, he had served as a Sunday School teacher, Deacon, Elder, Men's Choir member, custodian, and served with Straight Ahead Ministries. He had also been a member of the Town of Northbridge Finance Committee. He enjoyed running, gardening, golfing, sports, especially the

Patriots and Red Sox, and traveling around the world.

In addition to his wife Audrey of 58 years, he is survived by his children Gary A. and his wife Karen Baker of Grand Rapids, MI, David L. Baker of Whitinsville, Karyn L. and her husband Scott Schneider of Sutton, Brian D. Baker and Christine B. Baker, both of Whitinsville; 6 grandchildren; nieces, nephews, and cousins. He was predeceased by a brother, Dr. William Baker of Wilbraham.

The family wishes to express their gratitude to the staff at Blackstone Valley Health and Rehab./St. Camillus Health, Compassus Hospice Team and Senior Helpers for their compassionate care.

Visiting hours were held on Tuesday, May 18, 2021 from 9 – 10 AM in the Pleasant Street Christian Reformed Church, 25 Cross St., Whitinsville followed by a funeral service at 10 AM in the church sanctuary.

Burial will be private at Pine Grove Cemetery, Whitinsville.

Memorial donations may be made to the Pleasant Street Christian Reformed Church Building & Restoration Fund, 25 Cross St., Whitinsville, MA 01588 or to the Alzheimer's Assoc., [www.act.alz.org](http://www.act.alz.org).

Arrangements by Buma Funeral Homes, Whitinsville. [www.bumafuneralhome.com](http://www.bumafuneralhome.com)

## Ernest C. "Bubba" Adams, 82



UXBRIDGE—Ernest C. "Bubba" Adams, a caring, wonderful husband and father, 82, of East St. passed away on Sun. May 9, 2021 after a long illness, with his adoring family by his side.

He is survived by his wife of 58 years, Anne-Marie I. (Goyette) Adams; 4 children, Cindy M. Greene and her husband Michael of Oxford, Kevin M. Adams and his fiancé Alicia of N. Grosvenordale, CT, Tammy A. Hull and her husband William of Eastford, CT, and Keith C. "KC" Adams of Uxbridge; 5 grandchildren, Connor, Michael, Nathan, Adam, and Emily; a sister, Diane Cortis of Oxford; and several nieces and nephews. Born in Northbridge, on Sept. 3, 1938 he was the son of Ernest A. Jr. and Inez (Aldrich) Adams and lived in Uxbridge most of his life.

Mr. Adams owned and operated EC Adams Roofing and Siding Co. for 60 years. Previously he worked for George Whitehead Siding, Capital Siding, and Pratt Whitney Co. in CT. He also plowed snow for the Town of Uxbridge.

He was a graduate of Uxbridge High School, Class of 1956 where he played football and was a stand-out baseball pitcher. He pitched the first No Hitter Game for the Uxbridge Spartans.



He also played the trumpet in the School Band. He served in the U.S. Navy and was stationed in Guantanamo Bay, Cuba.

Bubba enjoyed deer hunting over the years, especially using archery and black powder. He also played softball for the Gray Barn and NV Café Leagues. A lifelong member of the Uxbridge Rod & Gun Club, he served as Treasurer and Past President. He liked bird watching, square dancing with his wife, bragging about his grandchildren, clowning around, and making everyone laugh. Bubba will be remembered for his dedication to hard work, his love for family, and his willingness to lend a hand to anyone who needed it.

His Funeral Service and burial in St. Mary's Cemetery will be private. Memorial donations in his memory may be made to: the Alzheimer's Assoc. 311 Arsenal St., Watertown, MA 02472. To leave a condolence message for the family please visit [www.jackmanfuneralhomes.com](http://www.jackmanfuneralhomes.com)

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



# LEGALS

### CONSERVATION PUBLIC HEARING MEETING NOTICES

The Uxbridge Conservation Commission will hold a Remote Public Hearing on Monday, June 7, 2021

Members of the public who wish to participate may do so in the following manner:

To access online: <https://uxbridge.zoom.us/j/8616203349>

To access by telephone: 301-715-8592 meeting i.d.: 861 620 3349

Persons who would like to view/listen to this meeting live may do so by watching the Government Channel @ [www.uxbridgetv.org](http://www.uxbridgetv.org) or on Uxbridge Community Television Channel 191. Those unable to watch it live may view the recording of the meeting on the Government Channel @ <http://archive.uxbridgetv.org>. The meeting will review the following applications under the MA Wetlands Protection Act (MGL Ch. 131, Sec. 40). Plans may be reviewed by appointment in the Town Clerk's office or by emailing [uxbconservation@uxbridge-ma.gov](mailto:uxbconservation@uxbridge-ma.gov).

Notice of Intent filed by Steve Bevilacqua of Bevilacqua Home, LLC for proposed work at 24 Farnum Map 24A, Lot 1553. Lot 1 for construction of 2 single-family dwellings within 100 feet of Bordering Vegetated Wetlands. Submitted by Michèle. Grenier, PWS, CWS Conservation Agent, Uxbridge Conservation Commission May 21, 2021

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Notice of Intent filed by Steve Bevilacqua of Bevilacqua Home, LLC for proposed work at 24 Farnum Map 24A, Lot 1555. Lot 2 for construction of 3 single-family dwellings within 100 feet of Bordering Vegetated Wetlands. Submitted by Michèle. Grenier, PWS, CWS Conservation Agent, Uxbridge Conservation Commission May 21, 2021

### CONSERVATION PUBLIC HEARING MEETING NOTICES

The Uxbridge Conservation Commission will hold a Remote Public Hearing on Monday, June 7 2021 at 6:30PM.

Members of the public who wish to participate may do so in the following manner: To access online: <https://uxbridge.zoom.us/j/8616203349> To access by telephone: 301-715-8592 meeting i.d.: 861 620 3349

Persons who would like to view/listen to this meeting live may do so by watching the Government Channel @ [www.uxbridgetv.org](http://www.uxbridgetv.org) or on Uxbridge Community Television Channel 191. Those unable to watch it live may view the recording of the meeting on the Government Channel @ <http://archive.uxbridgetv.org>. The meeting will review the following Applications under the MA Wetlands Protection Act (MGL Ch. 131, Sec. 40). Plans may be reviewed by appointment in the Town Clerk's office or by emailing [uxbconservation@uxbridge-ma.gov](mailto:uxbconservation@uxbridge-ma.gov).

Notice of Intent filed by McCarty Engineering, Inc on behalf of River Road Properties Group, LLC for work at 79 River Road. (Map 45/ Parcel 1345) The proposed project is the replication of wetlands previously altered and a Proposed drinking well within 100 feet

of bordering vegetated wetlands. Submitted by Michèle Grenier, PWS, CWS Conservation Agent, Uxbridge Conservation Commission May 21, 2021

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Worcester Probate  
and Family Court  
225 Main Street  
Worcester, MA 01608  
(508) 831-2200  
Docket No. WO21C0180CA  
CITATION ON PETITION TO  
CHANGE NAME  
In the matter of:  
Haley Kaye Moore**

A Petition to Change Name of Adult has been filed by **Haley Kaye Moore of Blackstone MA**

requesting that the court enter a Decree changing their name to: **Haley Kaye Fitzgerald-Moore**

### IMPORTANT NOTICE

**Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 06/01/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.**

**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: May 05, 2021

Stephanie K. Fattman  
Register of Probate

May 21, 2021

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Worcester Probate  
and Family Court  
225 Main Street  
Worcester, MA 01608  
(508) 831-2200  
Docket No. WO21C0185CA  
CITATION ON PETITION TO  
CHANGE NAME  
In the matter of:  
Edward J. Kelley**

A Petition to Change Name of Adult has been filed by **Edward J. Kelley of**

### Blackstone MA

requesting that the court enter a Decree changing their name to: **Edward Joseph Kelly**

**IMPORTANT NOTICE  
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 06/08/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.**

**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: May 12, 2021

Stephanie K. Fattman  
Register of Probate

May 21, 2021

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Worcester Probate  
and Family Court  
225 Main Street  
Worcester, MA 01608  
(508) 831-2200  
Docket No. WO21C0179CA  
CITATION ON PETITION TO  
CHANGE NAME  
In the matter of:  
Katherine Ann Mullin**

A Petition to Change Name of Adult has been filed by **Katherine Ann Mullin of Whitinsville MA** requesting that the court enter a Decree changing their name to: **Catherine Ann Mullin**

### IMPORTANT NOTICE

**Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 06/01/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.**

**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: May 05, 2021

Stephanie K. Fattman  
Register of Probate

May 21, 2021





**RENEWAL**  
by **ANDERSEN**  
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# Memorial Day Window & Door Sales Event



- Renewal by Andersen has **installed 330,934 windows in MA and Southern NH**, and each one is etched with the Andersen logo—a symbol of excellence for 118 years
- Our Fibrex® composite material is so strong **we’re able to build thinner frames with a greater glass area** that allows more natural light into your home



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**This special holiday sales event ends on May 31<sup>st</sup>!**

**Buy 1 window or door, get 1 window or door 40% OFF<sup>1</sup>**

★★★★★  
— **plus** —  
**an additional \$50 off each window and door<sup>1</sup>**  
★★★★★

★★★★★ **with** ★★★★★★  
**\$0 Down**  
**\$0 Monthly Payments**  
**0% Interest for 1 year!<sup>1</sup>**

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months.

★★★★★

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1-800-209-2746**



**RENEWAL**  
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<sup>1</sup>DETAILS OF OFFER: Offer expires 5/31/2021. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 5/2/2021 and 5/31/2021. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional \$50 off each window or entry/patio door, minimum purchase of 4, taken after initial discount(s), when you purchase by 5/31/2021. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2021 Andersen Corporation. All rights reserved. ©2021 Lead Surge LLC. All rights reserved.





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**WEBSTER LAKE** - 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Real Nice Set on .68 Acres of Park Lake Grounds with 297' Waterfront! Over \$4 Million Spent! Nothing was Spared! 18 Spacious Rooms! 5 Water View Bedrooms, 4 with their Own Bathrooms! 5.5 Bathrooms Total! Brazilian Cherry Hardwood Floors, Grand & Spiral Stairways! Elevator from the Ground Floor up 3 to the Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bathroom with Steam Shower just off the Mirrored Exercise Room! Billiard Room! Media Room with Custom Cabinetry & Wet Bar! Fantastic Center Island Granite Kitchen with Viking Gas Range, Sub-Zero Refrigerator, 16' Butler's Pantry & Breakfast Bar! Open Floor Plan! Dining Area, Family Room with Cherry Entertainment Center & Wet Bar! Open Formal Dining Room, Fireplace Living Room & Atrium! Library with Private Deck! Waterfront Master Suite with Private Office, Bedroom with Triple Glass Door to its Private Deck with Panoramic Lake Views, 3 Walk-in Closets, Lake View Bathroom with Huge Multi-Head Shower, Whirlpool Tub, Double Vanity Sinks & Separate Commode/Bidet/Pedestal Sink Area! 16 Zones of Updated Geothermal Heat & Air Conditioning - 30 Tons! Recessed Lighting & Sprinkler System Through Out! 3 Car Heated Garage! Full House Generator! Slate Roof! All Decks & Railings Brazilian Ipe Hardwood! Copper Gutters & Downspouts! It's Time to Reward Yourself! **\$2,249,900.00**



**NEW LISTING**



**ON DEPOSIT**



**ON DEPOSIT**



**ON DEPOSIT**



**ON DEPOSIT**



**ON DEPOSIT**



**ON DEPOSIT**



**DUDLEY** - 12 Susan Drive! Ideal 7 Rm Split! Beautifully Landscaped 18,615' Lot including a Heated In-Ground Pool w/Pool House! Fully Appliance Kitchen w/Corian Counters, Island, Hrdwd Floor & Door to the Deck! Dining Rm w/Hrdwd & Slider to Deck overlooking the Pool! Living Rm w/Bay Window, Brick Fireplace w/Wood Pellet Insert & Fujitsu Wall Mount A/C Split Unit! 3 Comfortable Bdrms all w/Double Closets, Spacious 12x16' Master! Halfway Full Bathrm w/Skylight & Door to the Master! Lower Level 13x24' Family Rm w/Recessed Lighting! Convenient Half Bath! 2 Car Heated Garage! Many 2018 Updates - Roof, Siding, Windows, Buderus Furnace, Hot Water Super Store, Oil Tank & Pool Liner! Out Back a Garden Area & Storage Shed! Town Services! Won't Last! **\$339,000.00**



**WEBSTER LAKE** - 11 Henry Road! Bates Point - Middle Pond & Panoramic Views + Western Exposure = Beautiful Sunsets! Never 2 the Same! 3,184' 9 Room Fully Furnished Colonial Built from the Ground Up as a New Home in 2005! This Home Features 4 Bedrooms, 2 of which are Master Suites, 1 of which Overlooks the Lake, 4.5 Bathrooms, 2 of which have Separate Showers & Whirlpool Tubs, 3 of which have Double Granite Vanities, 2 Complete Granite/Stainless Kitchens! The First Floor Open Floor Plan with Hardwood Floors Features an Eat-in Kitchen with LP Gas Jenn-Air Range, Double Drawer Dishwasher & Trash Compactor! Spacious Formal Dining Room with Crown Moldings & Chair Rails! Lake Facing Great Room/Living Room with Gas Fireplace, Wet Bar with Bottle Cooler, Surround Sound & Slider to Composite Deck! Half Bath with Laundry Closet! The Second Floor with 4 Bedrooms! Comfortable Front 16x16 and Back 17x17 Masters with Tray Ceilings, Recessed Lighting, Ceiling Fans, Surround Sound & Full Tile/Granite Bathrooms! Full Hall Bath for the other 2 Bedrooms! Fully Finished Walk-out Lower Level with Full Summer Kitchen, Family Room with Gas Fireplace, Surround Sound, Slider to Paver Patio & Full Bath! Buderus 3 Zone Oil Heat! 3 Zone Air Conditioning! Central Vac! Security! 2 Car Heated Garage! Boat Dock! **\$1,099,900.00**



**ON DEPOSIT**



**ON DEPOSIT**



**ON DEPOSIT**



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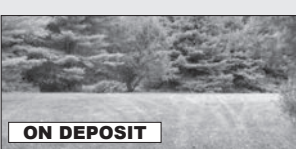
**FEATURED LISTING!**

**WEBSTER • 17 BRODEUR AVE**

To Be Built or Build to Suit - 2000+ Sq Ft Custom Cape!  
3 large bedrooms, Master suite, Central air, 2 Fireplaces!  
2 car garage. All town services. **\$425,000.**

**June Cazeault • Laurie Sullivan • Matthew Ross • Lori Johnson-Chausse • William Gilmore II • Brian Bohenko**

**WATERFRONT THOMPSON - BECOLA RD**



**ON DEPOSIT**

5+ Acre Waterfront Land On "Little Pond/Schoolhouse Pond. Private Setting. Open Field. 250+ feet Waterfrontage. Dead end road!  
**\$179,900**

## A SELLER'S MARKET

is continuing into year 2021!

Thinking of selling, NOW is the time! Call us, your neighborhood Real Estate Professionals, for a **FREE OPINION of VALUE** - NO strings attached.

*Do business where the business is being done!*

**LAND**

**WEBSTER/OXFORD/DUDLEY/DOUGLAS**

Webster- Douglas Rd (Rte. 16) 26 ACRES on Sugarloaf Hill. 1000+/- ft of road frontage


**NEW LISTING! \$200,000**

**Oxford** - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided!  
**\$89,900**

**Webster** - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE.  
**\$115,000.**

**Webster** - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res!  
**Each \$24,500.**


**WEBSTER - 99 UPPER GORE ROAD**



**ON DEPOSIT**

Location! Scenic Upper Gore! "BIRDS EYE VIEW" of Webster Lake! Spacious Tr-Level. 2,279 sq. ft., 4 BRS, 1 full Bath, 2 half baths. Inground pool. 2 Car Garage  
**\$275,000.**


**WEBSTER - 155 THOMPSON ROAD**



**SORRY, SOLD!**

Terrific opportunity for one Large business or Several businesses. 4784 sq bldg. Zoned B5. Off 1395 exit 1. High Traffic & Visibility. Excellent Location!  
assisted sale **\$695,000.**


**WEBSTER • 9 BIRCHWOOD DRIVE**



**SORRY, SOLD!**

Beautiful CAPE! Enormous amount of updates. New Asphalt Shingles, & 8 New Skylights! 4 Bedrooms! 3 - 1/2 Baths! 24 x 26 Great Rm w/ Gas Fireplace! Master Suite w/"Spa Like" Bath & Soaking Tub! WHAT MORE COULD YOU WANT? INGROUND POOL? OK!! has that TOO!! All Painted!! SS Appliances. New Tankless Hot Water Boiler. **\$467,000**


**WEBSTER - 103 UPPER GORE RD**



**SORRY, SOLD!**

Estate Sale! Scenic View of Beautiful Webster Lake! Boarding Stone Walls! Split Level! 3 Bedrooms, Kitchen, Dining Rm, Hollywood Bath! Master Bedroom & Master Bath. Fireplaced Living Room! Finished Lower Level w/1/2 Bath, Garage. "Salt Water" Inground Pool.  
**\$319,000.**

**WEBSTER • 233 - 235 NORTH MAIN STREET**



**SORRY, SOLD!**

large 3 Family- a rare find! 1st Floor spacious 2 bedroom apartment. 2 - 2nd floor, 3 bedroom apartments Walkout basement to off street parking.  
**\$289,900.**

*Webster Lake - 100 Lakeside Ave*



**SORRY, SOLD!**


**Featured New Listing!**



**OPEN HOUSE SAT, MAY 23 • 1PM-3PM**

*Webster - 401 Treasure Island Condo*

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




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**DUDLEY - 3 UNITS**

2 bedrooms each unit,  
Natural woodwork, 2nd floor and 3rd floor have been updated, Sided,  
Fantastic lot, Town Services  
**44 Highland St ~ \$479,900**

**Dudley:** Lot & foundation, Town water & sewer, foundation for 50' Ranch, 2 car garage under, Find your builder & do it "your way"  
**Alton Dr ~ \$149,900**

**NEW LISTING**




**Dudley:** 3-4 Bedrooms, 7-8 Rooms, including lower level, 2 Baths, Sided, Natural woodwork  
**2 Ellis St. ~ \$324,900**


Great time to sell!  
Great time to buy!  
Rates are still low!

Call Diane, Joann or Maria for a Real Estate Consultation

**DUDLEY • 57 Mill Road**



(8 RM) 3 BR/2BA home w/ 2-BR/1BA apartment! Remodeled with classic details intact. Hdwd flrs. Recent septic and roof. Oil heat. Corner lot w/ wraparound driveway.



**21 Institute Rd, Worcester, MA 01609**  
Call Erin Zamarro, Broker | 508-847-7100 | [www.zamarrorealty.com](http://www.zamarrorealty.com)  
Brokerage Lic. #422169



# Rock and roll memorabilia

It may seem hard to believe, but the Beatles made their first American appearance on the Ed Sullivan show over 60 years ago, on Feb. 9, 1964. Rock and roll's origins go back further, even prior to Bill Haley and the Comet's release of Rock around the Clock's in 1954. Rock and Roll was influenced by R & B performers of the 1940s and 1950s.

In a 1950s interview Fats Domino said, "Rock & roll is nothing but rhythm & blues," according to a Rolling Stone article. Which is the first rock and roll song is the subject of debate. Mental Floss Magazine's website lists 5 songs that might be considered the first rock and roll song:

- 1. "That's All Right Mama" by Arthur "Big Boy" Crudup (1946)
- 2. "Good Rockin' Tonight" by Wynonie Harris (1948)
- 3. "Rock this Joint" by Jimmy Preston and his Prestonians (1949)
- 4. "Saturday Night Fish Fry" by Ls Jordan & the Tympany Five (1949)
- 5. "Rocket 88" by Jackie Brenston and his Delta Cats (1951)

Of these songs, "Rocket 88" is considered by most to be the first rock and roll record. Ike Turner wrote the record that was recorded at Sam Phillips' Sun Records studio in Memphis. According to Mental Floss magazine, "the guitarist's amplifier had a torn speaker, and producer Sam Phillips (who a few years later, would discover Elvis) jerry-rigged it, stuffing some packing paper in the speaker cone. The unexpected result was a fuzzy sound that defined the song's

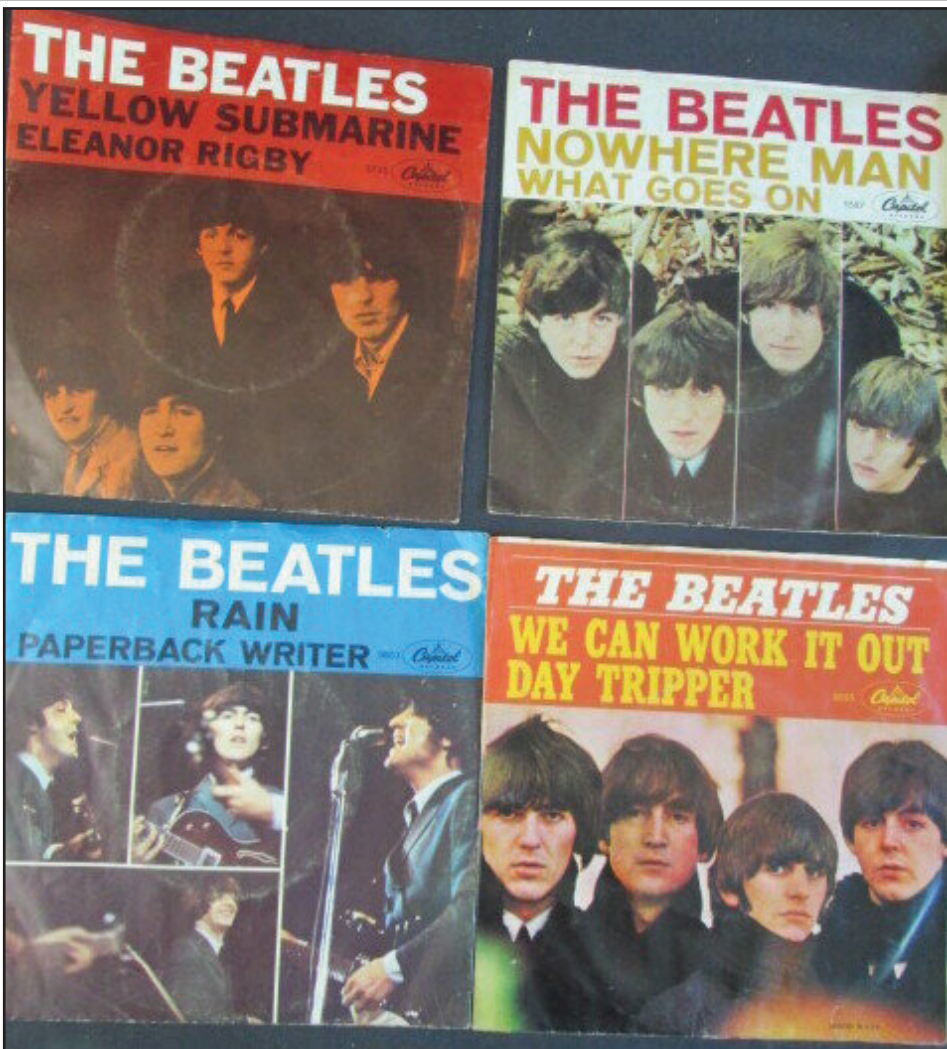
raw vibe, and became a blueprint for the guitar tone of everyone from Chuck Berry to the Rolling Stones." Later during the 1950s, Rock grew and other acts such as Elvis Presley, Sam Cooke, Chuck Berry, and Fats Domino became popular. In the 1960s Berry Gordon's Motown Record Company produced a string of hits by multiple artists. The Beatles, the Animals, and the Rolling Stones were some of the bands that came to the U.S. as part of the British Invasion during the '60s. The Vietnam War influenced many American performing artists during the 1960s, like Bob Dylan, Crosby, Stills, Nash and Young, and the Doors. The Eagles and Southern rock bands Lynyrd Skynyrd and the Allman Brothers were some of the most popular performers during the 1970s. Alternative musical acts such as the Ramones, Blondie, and the Talking Heads started to gain attention and fans. The 1980s and 1990s saw a wide range of styles from Van Halen and ZZ Top to the Red Hot Chili

Peppers and the Pretenders.

There are a variety of items from throughout Rock's history that are popular with collectors. If you happen to have something exceptional like a Ringo Starr drum kit or Kurt Cobain played guitar, it could sell for millions. More common things like records and posters can still be valuable though. The First U.K. pressing of Led Zeppelin's III album sold for over \$3,300 in 2011. A rare Beatles poster for a 1966 Toronto



ANTIQUES, COLLECTIBLES & ESTATES  
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Maple Leafs Garden performance sold for \$50,000 in 2019. Even a guitar pick can be valuable. An Eddie Van Halen Ed Leffler guitar pick recently sold for \$1000 online after striking a chord with bidders.

Our next multi-estate online auction will begin soon and end in June. Our sports and non-sports cards auction will also be running online soon. More

auctions are being planned. See our website for details on upcoming events: <https://centralmassauctions.com>

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services [www.centralmassauctions.com](http://www.centralmassauctions.com) (508-612- 6111) [info@centralmassauctions.com](mailto:info@centralmassauctions.com)

## SCAM

continued from page A1

request personal information in this manner. And also, if residents receive a call or email asking for payment by gift card, "know that it's a scam."

Residents may report scams to the

local authorities, the state attorney general's office, and the Federal Trade Commission.

"The goal of scammers is always the same: to gain control of victims' computers and ultimately their money. And once money is transferred, there's little any bank or law enforcement agency in the U.S. can do to help get it back."

## CANAL

continued from page A1

to take about nine weeks once it gets underway," Moore added, noting that once current cost estimates are in hand, the Heritage Corridor intends to push for construction to begin as soon as funding is available.

"UniBank has been serving the financial needs of the Blackstone Valley and Central Massachusetts for over 150 years, and we are deeply invested in the livelihood of these communities," said UniBank President Christopher D. Foley. "For a time, the Blackstone River and Canal were vital to the economy in the area. We're honored to do our part to support the restoration of the Blackstone Canal and looking forward to the opportunities this project opens for the region."

The restored canal section, according

to Moore, would allow walking on the towpath or canoeing in the canal from River Bend Farm to Plummer's Landing for the recreational enjoyment of Valley residents and visitors alike.

"Having been involved in this project for years, I want to express appreciation to the Corridor Board and the leadership of UniBank, especially its president Christopher Foley, for their vision in supporting this important historic restoration project. When the canal repairs are ultimately completed, it will offer some exciting new recreational opportunities."

The Blackstone River Valley National Heritage Corridor works with community partners to preserve and promote "the Valley's historic, cultural, natural, and recreational resources" for current and future generations. More information is available online at [BlackstoneHeritageCorridor.org](http://BlackstoneHeritageCorridor.org).

## ORDINATION

continued from page A1

Nazarene is a Protestant Christian church in the Wesleyan-Holiness tradition. Organized in 1908, the denomination is now home to about 2.5 million members worshipping in more than 30,000 congregations in 164 world areas

The Church of the Nazarene has moved over time from a church with an international presence toward a global community of believers. Grounded in the Wesleyan tradition, Nazarenes understand themselves to be a people who are Christian, holiness, and missional, and they have embraced the mission statement: "To make Christlike disciples in the nations."

## CHIEF

continued from page A1

"He is ready for this next step in his career and will serve the Town well as the face of the Northbridge Police Department in the years to come."

Labrie added that he wanted to thank Gaudette for his "support and confidence" in Labrie's ability to be Chief of Police, and the Board of Selectmen for their support.

"I want to thank the many people that have reached out to me and my family expressing their support as I enter the next chapter of my career at the Northbridge Police Department," Labrie added. "I look forward to working with the men and women of the

Northbridge Police Department as we continue to serve the residents of the Town of Northbridge with the highest level of integrity and professionalism."

## Northbridge Class of '71 seeking alumni addresses

NORTHBRIDGE — Northbridge High School's Class of 1971 is planning its 50th Reunion on Sept. 18 at Whitinsville Golf Club. If your address has changed in the last 10 years, please contact Elaine Massey by email at [Elainemassey4510@gmail.com](mailto:Elainemassey4510@gmail.com) or text 774-287-5513 with updated address.

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# Open House Directory

(C) Condo	(X) Condo	(M) Multi-Family	(T) Townhouse
(B) Business	(U) Duplex	(S) Single Family	(D) Adult Community
(P) Land	(L) Mobile Home	(A) Apartment	(W) Waterfront

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SUNDAY, MAY 23				
<b>WEBSTER</b>				
401 Treasure Island Unit #401	C	1-3	\$439,000	Hope Realty Sharon Pelletier 508-943-4333

To have your open house listed in this directory.

Please contact June Simakauskas 508-909-4062

Jo-Ann Szymczak 774-230-5044  
Diane Luong 774-239-2937  
Maria Reed 508-873-9254

**Dudley New Listing**

3-4 Bedrooms, Family Room, 7-8 Rooms, Lower level "Man Cave", 2 Baths  
2 Ellis St. ~ \$324,900

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**BOY SCOUT TROOP 273  
SPRING YARD SALE  
Saturday, May 29th**

Universal Tag Parking Lot, 36 Hall Road, Dudley  
Early Birds (8am to 9am) \$10.00 per person fee  
9am until 3pm FREE


"New this Year, we are able to accept CREDIT CARDS!"  
24,000 sq.ft. of yard sale items ONE DAY ONLY  
*Pick your items and Make an offer!*

**Masks and Social Distancing Rules will Apply**

**Grouped Items: Electronics** - stereos, speakers, etc. (no TVs) **Tools** - hand tools, lights, flooring etc.. **Furniture** - Tables, chairs, bed frames, cabinets, hutches, etc.. **Housewares** - glassware, dishes, pictures, mirrors, bowls, cups, small appliances **Sporting goods** - Bikes, skis, baseball equipment, golf, exercise equipment **Clothes** - shirts, pants, jackets, shoes, bags **Kids toys and baby items** - high chairs, bouncy, games, seats **Antiques**

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**Southbridge MA**  
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items and much more!

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one owner, excellent condition,  
only 10 hours  
**\$12,000 OBO**  
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**Outreach Coordinator**  
**Town of Charlton**  
  
The Outreach Coordinator performs professional and administrative work in  
communicating programs and services with the Town's senior population. This is a  
37.5 hour per week benefited position. High School Diploma with some additional  
coursework in Social Work, Human Services or Health Service required along with  
at least 1 year of working with the elderly; or any equivalent combination of  
education and experience. Please see job description for complete list of  
qualifications and responsibilities. Salary range: \$20.61/hr – \$24.93/hr  
depending on qualifications. Please apply online at  
<https://www.townofcharlton.net/158/Human-Resources> no later than **May 27, 2021.**  
  
*The Town of Charlton  
is an equal opportunity employer and encourages diversity.*

**HR Generalist – Full-Time**  
**Town of Charlton**  
  
The HR Generalist performs responsible and complex administrative work assisting  
the Human Resource Director with the overall responsibilities of the department. Re-  
sponsibilities include scheduling interviews, performing reference checks, onboard-  
ing, scheduling trainings, maintaining employee files and  
database, payroll processing as well as many other duties. Familiarity with unions  
and FLSA standards a plus. Must have strong attention to detail. Bachelor's Degree  
in related field; at least 5 years of related work experience preferred, or any  
equivalent combination of education and experience. Please see job  
description for complete list of qualifications and responsibilities. Salary range:  
\$22.59/hr – \$24.93/hr depending on qualifications. Please apply online at  
<https://www.townofcharlton.net/158/Human-Resources> no later than **May 25, 2021.**  
  
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**TOWN OF SPENCER  
SEWER DEPARTMENT**  
  
**Assistant Chief Operator Sewer Department:** Assist in the operation and  
maintenance of a Municipal Sewer System including Laboratory analyses,  
equipment maintenance, scheduled weekend rotation, collections system  
maintenance, respond to emergency calls, record keeping, and filing. The  
position requires a high school diploma or general education degree (GED),  
and/or three to five years of related experience working in wastewater  
treatment plants with three years of experience performing equipment and  
plant maintenance, or an equivalent combination of education and experience.  
Grade 4 Municipal Wastewater Treatment Plant Operator's License is required  
with the ability to obtain a Grade 5C within a time period set by Sewer  
Commissioners and Superintendent.  
  
Submit application letter, resume and standard Town application form,  
available at [www.spencerma.gov](http://www.spencerma.gov) to Town of Spencer, Human Resources  
Department, 157 Main Street, Spencer, MA 01562. Open until filled. Reviews  
begin immediately. Subject to Union Rules and Regulations.  
  
*EEO Employer.*

**Treasurer/Collector**  
**Town of Charlton**  
  
The Full-time Treasurer/Collector provides high-level financial, administrative and  
technical work involving the receipt of money and the collection of all taxes due to  
the town. Bachelor's degree in accounting, finance or related field; a minimum of  
five years' experience in a municipal supervisory position; or any equivalent  
combination of education and experience. Massachusetts certification as  
Treasurer and Tax Collector preferred, but not required. Ability to become  
bonded. Please see job description for complete list of qualifications and  
responsibilities. Salary range: \$36.39 – \$40.17 hourly depending on qualifications.  
Please apply online at <https://www.townofcharlton.net/158/Human-Resources>  
no later than **May 27, 2021.**  
  
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**TOWN OF SPENCER  
SEWER DEPARTMENT**  
  
**Laborer Sewer Department:** Assist in the operation and maintenance of  
a Municipal Sewer System duties including but not limited to, equipment and  
collections system maintenance, operate filter press, operate sludge disposal  
process, respond to emergency calls, pump station inspection, grounds keeping  
and snow removal, record keeping, and filing. The position requires a high school  
diploma or general education degree (GED), and/or one to three years of related  
experience working in wastewater treatment plants with three years of experience  
performing equipment and plant maintenance, or an equivalent combination  
of education and experience. Opportunity for advancement to Assistant Chief  
Operator with ability to obtain a Grade 5 Municipal Wastewater Treatment  
Plant Operator's License within a time period set by Sewer Commissioners and  
Superintendent.  
  
Submit application letter, resume and standard Town application form, available  
at [www.spencerma.gov](http://www.spencerma.gov) to Town of Spencer, Human Resources Department, 157  
Main Street, Spencer, MA 01562. Open until filled. Reviews begin immediately.  
Subject to Union Rules and Regulations.  
  
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**FULL TIME MAINTENANCE LABORER**  
**SPENCER HOUSING AUTHORITY**  
  
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thority maintenance employees are required to acquire a Mass Pesticide Applicators  
License within a year from hiring.  
  
Job descriptions and applications are available for pick up at the  
Spencer Housing Authority office, 13 McDonald Street, Spencer, MA 01562.  
(508) 885-3904 daily from 7:00 AM – 3:00. PM.  
  
Applications will be accepted until 2:00 PM on Friday May 28, 2021.  
*E.O.E./Affirmative Action Employer*



# Create a garden anywhere with straw bale gardening

Add productive garden space and raise your planting bed with straw bale gardening. This technique allows you to create a raised bed garden on the patio, lawn, or poor compacted soil. Straw bale gardening has been around for centuries, but thanks to Joel Karsten's book "Straw Bale Gardens," it has gained new popularity.

All you need are a few straw bales, fertilizer, a bit of compost and time to condition, plant and water your garden.

Purchase straw bales made from alfalfa, wheat, oats, rye or other cereal that have less weed seeds than hay. Start a few weeks before you plan to start planting.

Place bales in their permanent location with the cut sides up and twine parallel to the ground. When you start the condition process, they become very heavy and hard to move. Once the bales are in place, you are ready to start the conditioning process. This is done to start the inside of the straw bales composting, so they will support plant growth.

Day one spread fertilizer over the tip of the bale. Use one half cup of a complete garden fertilizer or three cups of an organic fertilizer, like Milorganite. The organic fertilizers feed the microorganisms that help decompose the straw into a nutrient rich planting medium. Now thoroughly moisten the bale with water.

Continue to thoroughly soak the bale every day. On days three and five you will also add more fertilizer at the same rate used on day one.

Days seven through nine use half the rate used on day one. This would be one quarter cup of a complete garden fertilizer or one and a half cups of an organic fertilizer. And once again thoroughly water the bale.

On day ten you will add one cup of 10-10-10 or three cups of an organic fertilizer rich in phosphorous and potassium. This completes the conditioning process.

Bales treated with a complete fertilizer should be ready to plant. You will likely need to wait a few more days when using an organic fertilizer. The inside of the bale should be the temperature of warm bath water or cooler. If it is hotter than this, wait for the bale to cool a bit before planting.

Use a trowel to pry open a hole in the bale. Place the transplant in the hole and cover the roots with potting mix or compost.

Create a planting bed for seeds by covering the bale with a one- to two-inch-



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

thick layer of planting mix. Follow the planting directions on the back of the seed packet. Regular watering is critical for success with this method. Soaker hoses or drip irrigation make this an easier task. You can also use gallon milk jugs with holes in the bottom or inverted 2-liter soda bottles placed near the base of each plant to provide water where it is needed.

Give your straw bale garden a nutrient boost about once a month or as needed throughout the growing season.

You are on your way to growing a productive straw bale garden to enjoy throughout the season.

Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener's Handbook* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything" DVD series* and the nationally-syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her Web site is [www.melindamyers.com](http://www.melindamyers.com).



Melinda Myers

The straw bale gardening technique begins with the conditioning process which is done to start the inside of the straw bale composting, so it can support plant growth.

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## Summer flea markets at Upton VFW begin June 12

UPTON — The Upton VFW Post 5594 will officially begin its summer series of flea markets on Saturday, June 12 at Post headquarters, 15 Milford St. (Route 140) in Upton. They will be held on the second Saturday of each month through October, weather permitting.

Vendors and craftsmen are more than welcome. Spaces are \$10, or \$15 if a banquet-sized table is needed. Reservations are not required. Post member David Kennedy can provide more information at (508) 529-3314 or via the Upton VFW Facebook page. All proceeds benefit the post.

During the morning, doughnuts and coffee will be available. Hot dogs, chips, and cold drinks will be offered at lunchtime.

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