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SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS Friday, January 7, 2022

National Park Services seeking local public input

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — The National Park Services is beginning a comprehensive planning effort for the Blackstone Valley National Historical Park and is seeking public input for the development of a general management plan.

The plan will help “guide decisions for long-range park management,” according to the NPS.

According to the NPS, the Blackstone River Valley National Historical Park owns and operates the three historic buildings of Old Slater Mill National Historic Landmark, including the 1793 Old Slater Mill, the 1810 Wilkinson Mill, and the 1758 Sylvanus Brown House, along with about three acres of land.

In addition, the park has a conservation easement on 85-acres of the Blackstone River State Park in Lincoln, Rhode Island, and the park boundary also includes four local historic districts within “four unique mill villages” in the Blackstone River Valley including the Whitinsville Historic District in Northbridge and the Hopedale Historic District in Hopedale.

“The plan is in the early stages of development, and the National Park Service is seeking feedback from

Turn To **PARK** page **A12**



Courtesy

LOCAL VETERANS CHARITY PROVIDES WINTER ESSENTIALS TO THOSE IN NEED

Recently, Thanks To Yanks, a local charity dedicated to serving our military families, was presented a generous supply of handmade gloves, hats and scarfs to be distributed to military families in need. In this picture, from left to right, facing is Barbara Shain, Michael Shain the founder and president of Thanks To Yanks and Elaine Krammer, from the library, for more information on Thanks To Yanks, please like them on Facebook.

Trash bag fees increase in Grafton

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

GRAFTON — At the beginning of the month, Grafton rolled out a trash bag fee increase to combat rises in disposal costs for Municipal Solid Waste.

As of Jan. 1, a small roll of bags is now \$7, while a large roll of bags is \$12.60, according to a town statement.

“The Town of Grafton’s Sanitation program is experiencing unprecedented increases in disposal costs for Municipal Solid Waste,” the town released. “To compound this issue, the price and availability of extruded plastic products have also increased dramatically.”

These two issues together have caused the “Pay As You Throw” (PAYT) program to become “unsustainable without intervention” in

the form of high prices for trash bags, according to town reports. The traditional PAYT model for Grafton is funded 50 percent through taxation and 50 percent through bag fees. Currently, due to increasing costs and market forces, the bag fees are only covering 34 percent of the total cost of the program.

“PAYT programs are intended to be the most equitable way to dispose of municipal waste. The underlying principle is that the less waste you create, the less you pay,” the town added. “For those who create less waste or find ways to divert waste items (such as composting) from the waste stream, the net cost of the program will be less than those who are creating high amounts of refuse.”

The Grafton statement added that “many folks

will be unhappy” with any increase to the PAYT program.

“We hear you and understand. We have also been listening when you tell us about the quality control issues with these bags,” the town released. “Please know, we are currently working with two vendors to procure different bags with the overarching goal of increasing the quality of the product.”

Town officials further reported that Grafton has been “wary of switching suppliers” as it works through the pandemic and current supply chain issues, as other communities have “dealt with lengthy delays and bag shortages.”

It is the town’s plan to have the new bags in stores in the early months of 2022.

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

NORTHBRIDGE — The town of Northbridge has continued its efforts to be “green” with several additional energy conservation measures and Green Communities grant funded projects that are slated to see the town reach its goal of achieving 20 percent energy reduction by 2022.

Since being designated as a “Green Community” in 2016, the town has received more than \$975,000 in Green Community grant funds.

“The state’s Green Communities Program provides grant funds, technical assistance, and local support to help municipalities reduce energy use and costs by implementing clean

energy projects that support a resilient energy future,” said Northbridge Town Planner R. Gary Bechtholdt II. “Designated communities pledge to reduce its municipal energy use by 20 percent over five years.”

Energy conservation measures may include projects involving modification of maintenance and operating procedures of a building, designed to reduce energy consumption, he added. Energy conservation measures include implementing lighting upgrades and building controls, weatherizing buildings, and replacing heating systems.

In July 2021, Northbridge was awarded \$190,178 in Green Community grant

funds as part of the DOER-Massachusetts Department of Energy Resources’ Green Communities Competitive Grant Program, said Bechtholdt.

“This is the fourth competitive grant for Northbridge,” he added.

Northbridge’s 2021 Green Communities grant funded projects included LED lighting upgrades at the middle school and high school, as well as a hybrid heat pump for the Town Hall, and HVAC Univent Demand Control at the high school. More than 1,000 lighting fixtures within the high school and middle school will be replaced and retrofitted with LEDs, light-emitting diode systems, said Bechtholdt.

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A festival where all are welcome



Courtesy

Yara Alomar, a sophomore in Health Services at BVT, discussed the cultures & traditions of Jordan and Palestine with her peers during the Multicultural Festival.

STUDENTS AND STAFF EXPLORE CULTURES AND TRADITIONS AT MULTICULTURAL FESTIVAL

UPTON – In a world where sharing who we are and where we all come from is becoming the cornerstone to truly understanding our perspectives and paths in life, there is no better time to celebrate cultures and traditions. Recently, Blackstone Valley Tech students and staff contributed to an authentic cultural celebration and learning experiences through music, live performances, and interactive demonstrations at its Multicultural Festival.

There were a variety of cultural offerings. A Multicultural Center featured some traditional Day of the Dead activities and thoughtfully prepared presen-

tations and posters on countries, cultures, and traditions. Many of the student presenters are native to the countries they chose to discuss. For example, Yara Alomar, a sophomore in Health Services, is a Palestinian-Jordanian American and is fluent in Arabic. She wanted to share her ancestry and culture with her peers at this event.

“I had an amazing time speaking with my peers and instructors about Jordan and Palestine,” said Yara Alomar. “We discussed clothing, food, music, and some pictures of a recent visit to Amman, Jordan. I’m glad that I was able to share a little piece of my home, and me essentially, with

others in my school community.”

J&L Dance Studio instructors shared a brief history with those who had signed up for a lesson and taught the basic steps to dance Salsa or Bachata. While Chanel Thervil, a Haitian-American artist and educator, discussed culture, art and assisted students in creating a memory mosaic. The day also included a cultural performance by Veronica Robles, an authentic representative of Mexican music and culture. She performed a Dance Journey through Latin America, sharing dance, rhythms, and traditional outfits

Turn To **FESTIVAL** page **A10**

Blackstone River Valley National Historical Park seeks public input For General Management Plan



PAWTUCKET, R.I. — The National Park Service (NPS) is seeking public input to guide the development of a general management plan for Blackstone

River Valley National Historical Park (“the park”). The plan is in the early stages of development, and the National Park Service is seeking feedback from the public and local community members to help identify key issues, opportunities, and potential management strategies.

Beginning Jan. 3 through Feb. 15, the public is invited to participate in the planning process. The information gathered in this planning process will inform decision-making and priority setting for public investments over the next decade.

Those interested in hearing more about the process may join one or more virtual public meetings, which will include an opportunity to ask questions and make preliminary comments. The links to those virtual public meetings will go live on the General Management Plan’s official Planning, Environment and Public Comment (PEPC) Web page on Jan. 3, as well as on the park’s website and social media accounts.

Parkplanning - Blackstone River Valley NHP General Management Plan (nps.gov)

The meetings will be held:

Thursday, Jan. 6 at 11 a.m. EST - Public Meeting
Thursday, Jan. 20 at 8 p.m. EST - Public meeting

Those who cannot attend a public meeting may learn more about this

process and enter comments/questions at: Parkplanning - Blackstone River Valley NHP General Management Plan (nps.gov) The public commentary period will last from Jan. 3 and Feb. 15. This link for public commentary for this plan will go live on Jan. 3.

The Park’s General Management Plan will:
Identify management zones and desired conditions for natural and cultural resources, visitor experiences, and opportunities, and facilities or services;
Indicate types and intensities of development (including visitor circulation and transportation patterns, systems, and modes) associated with public enjoyment and use of the area;
Ensure that the park has a clear vision and direction for visitor use, access, and experience; and
Consider ways to use preexisting or planned visitor facilities and recreational opportunities developed in the John H. Chafee Blackstone River Valley National Heritage Corridor.

Blackstone River Valley National Historical Park owns and operates the three historic buildings of Old Slater Mill National Historic Landmark, including the 1793 Old Slater Mill, the 1810 Wilkinson Mill, and the 1758 Sylvanus Brown House along with about three acres of land. In addition, the Park has a conservation easement on 85-acres of the Blackstone River State Park in Lincoln, Rhode Island. The Park boundary also includes four local historic districts within four unique mill villages in the Blackstone River Valley: The Ashton Historic District in Cumberland, Rhode Island, the Slatersville Historic District in North Smithfield, Rhode Island, the Whitinsville Historic District in Northbridge, Massachusetts, and the Hopedale Historic District in Hopedale.

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Douglas Library reading group to discuss Anne LaBastille’s “Woodswoman II” Tuesday

DOUGLAS — Join the Intrepid Readers at the Douglas Library Jan. 11, 6:30 p.m.

Anne LaBastille found peace and solitude in the log cabin she built for herself at Black Bear Lake. But as the years passed, the outside world intruded in various ways: curious fans, after reading “Woodswoman”, tracked her down; land developers arrived; there was air and noise pollution and the damages of acid rain.

Anne LaBastille found peace and solitude in the log cabin she built for herself at Black Bear Lake. But as the years passed, the outside world intruded in various ways: curious fans, after reading “Woodswoman,” tracked her down; land developers arrived; there was air and noise pollution and the damages of acid rain.

“Woodswoman II, Beyond Black Bear Lake” is the story of the author’s decision to retreat farther, a half-mile behind her main cabin, and build a tiny cabin fashioned after the one in Thoreau’s Walden in which she could write and contemplate.

In this book she writes movingly of her life with two German shepherds as companions, of a sustaining relationship with a man as independent as herself, and her renewed bond with nature. Please join us at 6:30 p.m. Tuesday, Jan. 11 at the Simon Fairfield Public Library, 290 Main St., Douglas. is the story of the author’s decision to retreat farther, a half-mile behind her main cabin, and build a tiny cabin fashioned after the one in Thoreau’s Walden in which she could write and contemplate. In this book she writes movingly of her life with two German shepherds as companions, of a sustaining relationship with a man as independent as herself, and her renewed bond with nature.

Copies of the book are available at the Library, 508-476-2695. Please join us at 6:30 p.m. Tuesday, Jan. 11 at the Simon Fairfield Public Library, 290 Main St., Douglas, and enjoy the conversation as well as refreshments inspired by the book.

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Charles River Bank delivers Merry Christmas for children with the Milford Salvation Army Angel Tree Program



MILFORD — Charles River Bank (CRB) once again shared in the spirit of Christmas this year through their partnership with the Milford Salvation Army's Angel Tree Program. Through the generosity of the bank's employees, community, and customers, the 35 children's wish list Angel tags were claimed, and all wish list requests were fulfilled. Children received their donated Christmas gifts including bikes, toys, clothes, books, shoes, and more. Marketing and Customer Engagement Coordinator Allison Diebus organized the yearly tradition for CRB by getting the children's lists from Captain Kelley Polito at the Salvation Army and coor-

dinating with the community to make sure each tag was claimed and requests fulfilled.

"Our incredible community members and amazing team show over and over again what it means to come together for the greater good. The amount of response and toys/clothes purchased for the Angel Tree children was astounding. We are happy to partner with the Salvation Army for this wonderful program, and seeing the generosity from participants reminds me how lucky we are to be involved with such a caring community," said Charles River Bank Senior Vice President Ann Sherry.

The Salvation Army Angel Tree Program helps provide Christmas gifts for hundreds of thousands of children around the country each year. Once a child has been registered and accepted as an angel, their Christmas wish list is shared with the community who then purchase the items and clothes on the wish list.

"Thanks to all of the beautiful people associated with Charles River Bank. You will enrich many children's Christmas holiday!" said Captain Kevin Polito of the Milford Salvation Army.

Baker urges masking, vaccination amid post-holiday surge

BY KEVIN FLANDERS
STAFF WRITER

REGION – Despite the surge of COVID-19 cases during the holiday season, Gov. Charlie Baker doesn't plan to reinstitute indoor mask mandates.

The Baker-Polito Administration recently announced measures to address the statewide spike in COVID-19 cases, including an indoor mask advisory. Measures are also intended to ensure that hospitals have sufficient capacity to care for both COVID and non-COVID patients.

"The Commonwealth's healthcare system is facing a critical staffing shortage, which has contributed to the loss of approximately 500 medical and ICU hospital beds," read a statement released by Baker. "Hospitals are also seeing a high level of patients, many due to non-COVID related reasons."

Getting your COVID-19 vaccines and booster remain the most effective ways to protect against serious illness or hospitalization from the virus, officials said. In a report released last week by the Mass. Department of Public Health, data showed that 97 percent of COVID-19 breakthrough cases in Massachusetts have not resulted in hospitalization or death. Moreover, unvaccinated individuals are five times more likely to contract the virus than fully vaccinated individuals, according to the DPH report.

Massachusetts continues to be a national leader in COVID-19 vaccinations, with more than 94 percent of eligible residents having received at least one dose. Approximately 74 percent of the eligible population is fully vaccinated, and Baker's staff has opted to promote continued vaccinations rather than restore mask mandates.

Additionally, the Governor activated 500 members of the Massachusetts National Guard to address the non-clinical support needs of hospitals and transport systems. Up to 300 of these Guard

members will support 55 acute care hospitals, as well as 12 ambulance service providers across the Commonwealth.

"DPH surveyed all hospitals and ambulance service providers, and in concert with the Massachusetts Health and Hospital Association, has identified five key roles that non-clinical Guard personnel can serve in support of hospital operations for up to 90 days," read the statement issued by Baker's office.

These roles include non-emergency transport between facilities; patient observation; security support; in-hospital patient transport services; and food service support.

Guard personnel were deployed to the field on Dec. 27.

State officials also released updated guidance to hospitals concerning nonessential elective procedures. Effective Dec. 27, all hospitals statewide are directed to postpone or cancel all nonessential elective procedures that are likely to result in inpatient admission. The goal of this order is to maintain and increase inpatient capacity, officials said.

"Patients are reminded to still seek necessary care at their hospital or from their healthcare provider," read the Governor's statement.

Residents are reminded that people ages five to 17 can get the Pfizer vaccine. People over 18 can get any vaccine.

To learn more about the latest state COVID-19 guidance and data, visit www.mass.gov.

NESA sculpture exhibit on display at Alternatives' Whittin Mill

WHITINSVILLE — ValleyCAST, the arts and culture arm of Open Sky Community Services, has collaborated with the New England Sculptors Association to bring a unique exhibit of sculpture to the Whittin Mill. More than 30 sculptures are included in the exhibit and displayed inside the gallery, out on the Community Plaza, and around the grounds of the Mill Complex. Artists from all over New England are represented in the exhibit. The Opening Reception will take place on Friday, Jan. 14 from 5-7:30 p.m.

Prizes for favorites will be awarded by people's choice for first, second, and third place.

"Explore the grounds and gallery to see all the amazing sculpture 'Inside and Out' and then vote for your favorites by casting a ballot inside the gallery!" Says Cristi Collari, judge and curator for the exhibit, and Director of Community Outreach for Open Sky.

Regular gallery hours for this exhibit will be held Mondays through Fridays from 9 a.m.-noon and 1-4 p.m. The gallery will be closed on Monday, Jan. 17 in observance of Martin Luther King, Jr. Day and on Monday, Feb. 21 for Presidents Day. Visits outside of regular gallery hours are by appointment only by contacting cristi.collari@openskycs.org.

Voting ends Feb. 18. Exhibit ends on Feb. 25.

For more information about the exhibit with links to participating artist websites, visit openskycs.org/news-events.

To learn more about the New England Sculptors Association, visit nesculptors.org.

To learn more about ValleyCAST and/or Open Sky Community Services, visit openskycs.org.

To schedule a visit to the Gallery, call: (508) 234-6232 or email: Cristi.Collari@openskycs.org.

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ACCURACY WATCH

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

If you find a mistake, email news@stonebridgepress.news or call (508) 909-4106 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

Don't throw away that tree!

NORTHBRIDGE — The town of Northbridge will hold its annual Christmas tree recycling program Saturday, Jan. 8 from 9 a.m. to 2 p.m. at the Waste Water Treatment Facility, 644 Providence Rd. (Route 122).

Don't throw away that Christmas tree! Bring it to the treatment facility, where it will be recycled.

This event is sponsored by the Northbridge Conservation Commission.

PAWfect LIFE RESCUE

Enjoy the Day - Run, Fetch, Play!

PAW of the WEEK

Meet Precious!

She's a 6-month-old, 20lb, female pointer mix pup! This sweet little girl wants to follow you around and spend her days with you! 100% adorable!

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Friday's Child



Damien
Age: 15

My name is Damien and I like to play basketball and flag football!

Damien is a smart and outgoing teenager of Portuguese descent. He likes making others laugh and has a great sense of humor. Damien does well with other peers and adults. He enjoys playing basketball and flag football. Damien also likes LEGOs, video games and magic cards. He does well in school with extra support. Damien's dream is to become a lawyer.

Legally freed for adoption, Damien would do best in a family of any constellation. He would prefer a two-parent household. He would do well as the youngest or only child in the home. He would like a family that would help maintain his connection to his birth mother and paternal aunt. Damien would benefit from caregivers that are patient and supportive.

Who Can Adopt?

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

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

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



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 Northbridge Coalition is conducting a survey pertaining to the transportation needs of the Blackstone Valley. Through a survey of questions, our hope is to gather specific data, but more importantly, we want to hear the stories of the obstacles members of our community face in meeting their transportation needs. Your information will remain private. Information collected in the survey will be reviewed by the project team. Northbridge Coalition Survey can be found at: <https://qrco.de/BVTransport> If you have any questions, please contact Lori at 774-293-8276.

Protect yourself from Medicare Fraud! Come meet Christina O'Neill, a representative of the Mass Senior Medicare Patrol Program, on Monday, January 24th @ 11:30. Participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. There will be a light lunch served for this presentation, you must call to reserve a spot.

New exercise class being offered: Fluid Motion (Belly Dancing), Thursdays @ 10:00, \$2/class. Low impact, controlled, graceful movements that improves posture. Find yourself standing taller and feeling more confident! Guaranteed that you will have fun and lots of laughs. If you like to dance, this is the class for you! Call to sign up.

Tai Chi is offered at Plummer Place every Monday @ 11:00am. Join instructor Ron Allen for this therapeutic exercise class which is being promoted as helping to reduce stress, anxiety and improving balance. Call for more information.

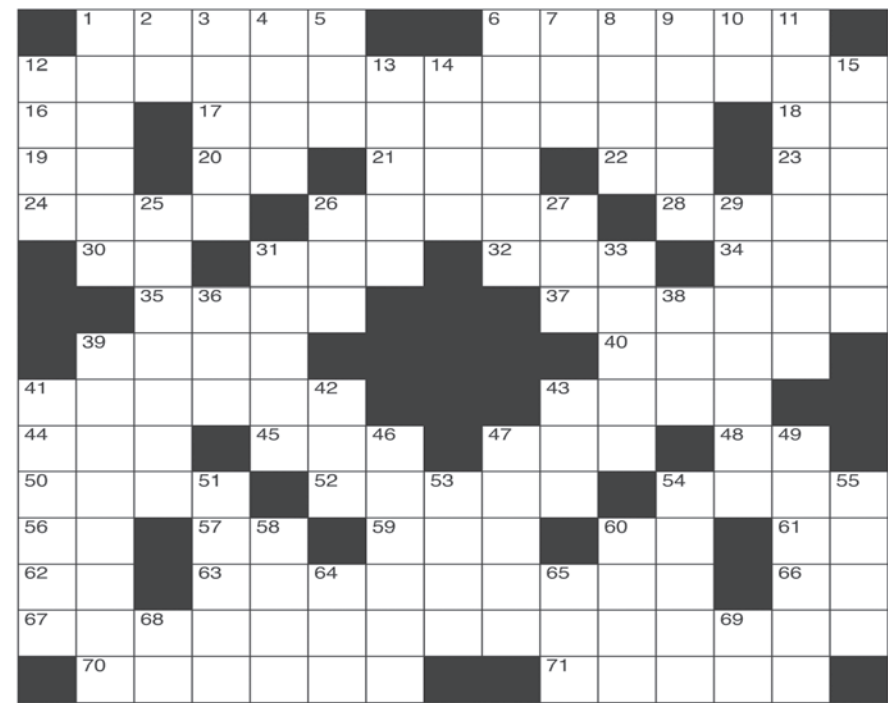
Ukulele Class is being offered every Wednesday @ 2:00pm. Raianne Richards is our instructor. This class is for both beginners and those who need to brush up on their skills. Call the Center to sign up.

Mahjong is looking for new players at Plummer Place. The Four Winds Mahjong League meets Mondays, 1:00-3:00pm and on Thursdays at 12:30pm, National Mahjong League meets.

Aqua Aerobics Class is offered through the Center at the Whitin Community Center Mondays @ 1:00pm. Call to sign up.

Don't forget to check out our shows on Northbridge Cable TV, channel 194, Monday through Friday from 9-11:00am. We show exercise classes for our senior population along with some entertainment. Our recent show we just produced is the Blackstone Valley Strummers Christmas Special featuring our Ukulele group from the Center. Beginning the week of December 13th, the special will show at 10:30 every day through the holidays on channel 194. Enjoy!

We wish all of you a Happy and Healthy Holiday and New Year!



CLUES ACROSS

1. Struck firmly

6. Shirt part

12. Nevertheless

16. Article

17. Adornment

18. Educator’s helper

19. Healthcare pro

20. Atomic number 28

21. Extinct flightless bird

22. Mystic syllable

23. College sports decision maker (abbr.)

24. Edible mushrooms

26. Venerable English monk

28. Surrounded by

30. Forming fractional numbers from 4 onwards

31. Eastern France river

32. Short cry or yelp

34. Brew

35. Ornamental box

37. In a way, surfaced

39. Attired
40. Peculation

41. Netted

43. It shows you paid (abbr.)

44. Payroll firm

45. Antidiuretic hormone

47. Japanese classical theater

48. The first two

50. Ancient burial chamber

52. Type of card

54. Expression of sorrow or pity

56. Hectoliter

57. Morning

59. NYC subway dweller

60. Law enforcement

61. Sodium

62. Elevated subway

63. Facility where wild animals are kept

66. Integrated circuit

67. Seaman’s tool

70. Drink to

71. Small group

CLUES DOWN

1. Poem

2. Everest is one (abbr.)

3. Olympic legend Jesse

4. Portable tent

5. When you hope to get there

6. Unwavering

7. Back muscle

8. Within

9. Excessive fluid accumulation in tissues

10. Six

11. Involved as a necessary part

12. 2002 Liotta, Patric film

13. Living thing

14. Type of gin

15. Moved around in pursuit of fun

25. Makes light bulbs

26. Story of one’s life

27. Small island in a river

29. A type of bliss

31. Genus of large herons
33. A way to make dry

36. One’s grandmother

38. Vocal style

39. Pronunciation mark

41. American Indian chief or leader

42. Insecticide

43. Go bad

46. Capital of Zimbabwe

47. Polish river

49. Cast out

51. People of India and Sri Lanka

53. Cleaning fabrics

54. Very skilled

55. Pouches

58. Restaurant must-have

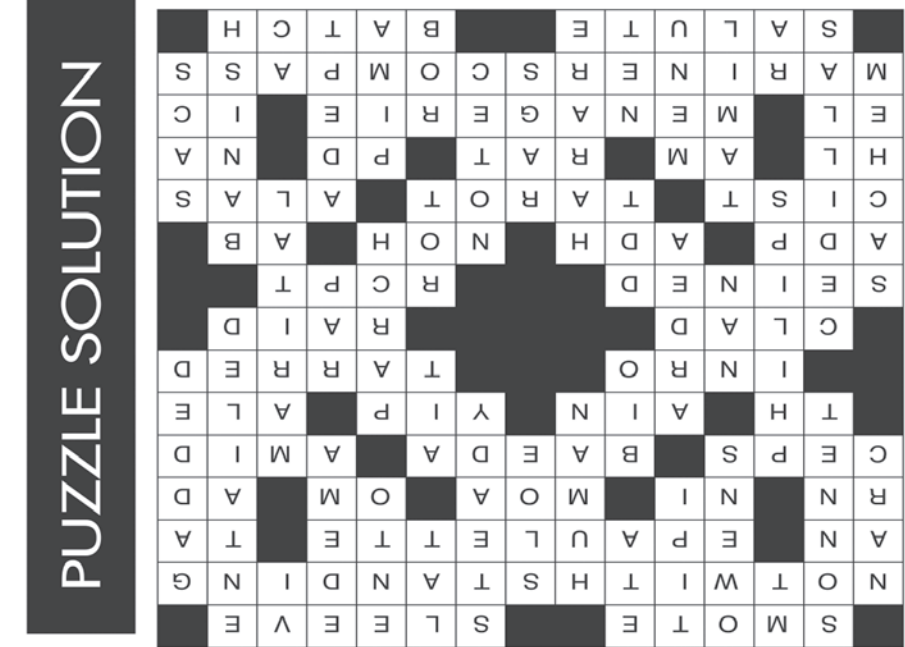
60. Native Americans from Arizona

64. Remaining after all deductions

65. Fleece

68. Dorm official

69. It cools your home



MILLBURY SENIOR CENTER

VALENTINE ‘S DAY PARTY
Tuesday, Feb 8th at 11 – 1 P.M.
Games and prizes!!
Lunch will be served
Chicken Fajitas with Spanish rice,
black beans & corn
Pineapple, sour cream pita bread
Call the center to RSVP by February 1st 508-865-9154

COVID-19BOOSTERAPPOINTMENT ASSISTANCE
We will assist Millbury Senior residents
If you do not have access to a computer and need help scheduling an appointment for the Booster
Please call the center at 508-865-9154

FRAUD PREVENTION CLASS
Thursday, Jan. 6th at 1 P.M.
Officer Piscitelli will be presenting
Learn about different Scams that target seniors!
Please call the center if interested in attending
508-865-9154

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

SENIOR CENTER EXERCISE CLASSES!!
LIGHT EXERCISE CLASSES
Mondays and Fridays 9:30 A.M. – 10:15 A.M. (Free!)
TAI CHI
Tuesdays 9:30 - 10:30 A.M. (class is \$3)
YOGA
Thursdays 9 – 10 A.M. (Class is \$3)

SENIOR CENTER ACTIVITIES!
WII BOWLING
Mondays at 12:30 P.M.
MAHJONG
Mondays at 12:45 P.M.
BLOOD PRESSURE CLINIC
Every Tuesday from 9 A.M. - 10 A.M.
CRIBBAGE
Tuesdays at 1P.M.
SOCIAL BINGO
Wednesdays at 1 P.M.
Bring your pennies!
DULL MENS CLUB
Thursdays at 10 – 11 A.M.
No reservations required for any of our activities or exercise classes!

Lunches are served Monday through Friday 12 P.M. at the Senior Center
The menu is available on the town website, www.townofmillbury.org
Or our Millbury Senior Center Facebook page.
A 48 hour reservation is required.

Millbury Senior Center Transportation
Transportation is provided for Millbury Senior Residents
Monday through Friday from 9 A.M. to 3 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 January 1st
For more information or to schedule transportation call the center at 508-865-9154

“MEMORY CAFÉ”
Please join us on Tuesday, January 25th at 2- 3:30 P.M.
A Memory Café is a monthly gathering for people with memory loss/ challenges and their care partners. It is a time to socialize, make new friends, and have a good time.
refreshments will be served!
We are also looking for volunteers to assist with this program!
Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 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

SNAP APPLICATIONS (Food Stamps)
Our appointments are on Tuesdays & Thursdays 10 A.M. – 2:00 P.M.
Call for an appointment & required documentation
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Boating safety courses offered in February

MILFORD — The United States Coast Guard Auxiliary Tri-State Flotilla, Massachusetts will be instructing two upcoming boating safety classes at Milford High School. They are scheduled as “in-person” unless further Covid restrictions move them to the Zoom video conference platform. Registration is managed through the Milford Community School Use Program, Adult-Boating, at <http://mcs.milford.ma.us> or (508) 478-1119 keeping in mind that availability is limited and you will receive course materials prior, covered by the registration fee if given on Zoom. Participants under the age of 16 must be accompanied in person, or online by a registered parent/guardian. Both courses will be offered again in March and April at this location as “in-person” or on Zoom platform.

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

Boat America Feb. 12 8 a.m. – 5 p.m.
Register by Feb. 4 (\$75 fee-\$65 Milford residents) An in-person proctored exam is required for completion and will be given to students, in their vehicles, at the MHS parking lot on Sunday Feb. 13 at 10 a.m. if the class is done over Zoom platform.

This is a one-day course developed to provide the skills and confidence needed to explore the coast and inland waters by boat. Basic knowledge and skills are needed to have safe and enjoyable boating experiences. This course is perfect for families that have just purchased any type of boat or are planning to in the future, and also for the boater keeping up with changes to boating regulations and laws. Successful completion of the course will certify any minor, from 12 to 16 years of age, to operate a powerboat, including a Personal Water Craft / Jet Ski (for 16 & 17-year-old operators), on all Massachusetts waters; in conjunction with the Mass. Environmental Police. Approved by NASBLA it will also cover the requirements to operate a vessel in most other states & many countries where boating safety education is mandatory. Most boating insurance companies offer a discount on premiums for successful completion of this course.

The Boat America course is limited to 20 students.
Suddenly in Command Feb. 16
Wednesday evening: 6:30 – 9 p.m. Register by Feb. 14 (\$5 course fee, No exam)
Imagine you are out on the water when the boat’s captain somehow is incapacitated or falls overboard and can’t swim back to the boat. Are you prepared to take basic actions to get help, stop or start the engine and take the helm? A little knowledge could save lives and make you feel more comfortable boating when you’re not generally at the helm.

Misfortunes can and do happen while on that fishing, diving, adventure, or party charter. Being out on your own boat with that significant other at the helm, or going out on a friends’ pontoon boat can also turn to horror if the skipper is suddenly out of commission. This is a boating safety primer for those not generally at the helm but would like to know what to do, to be better prepared.



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OBITUARIES

Ella Christine Wilson, 67



Douglas- Ella Christine (Currier-Mitchell) Wilson, 67, of Gilboa St., passed away peacefully at Milford Hospital on Sun. Dec. 19, 2021 after a period of declining health. Her husband of 44 years, Robert “Willy” Wilson Jr. predeceased her in 2017.

She is survived by her daughter Angelina Wilson of Douglas; 8 siblings, Edith Towne of Uxbridge, Barbara Ladd and her partner David Goodwin of Rumford, ME, Elizabeth Schmidt Knox and her partner Kevin Farrington of Chesterville, ME, John “Dale” Schmidt and partner Valarie Alley of Jay, ME, Merle Eugene Schmidt of Auburn, Janice Mitchell Moore and her husband Everett “Butch” Moore of Turner, ME, Noreen Mitchell Sprague and her husband Bill Sprague of Dixfield, ME, Josephine Mitchell Ridlon and partner Richard Webber of Pittsfield, ME, Norman Mitchell Sr. and his wife Terri of Dixfield, ME, and Susan Dyer Laganieri of Pittsfield, ME; her best friend, Diane Grondin of Charlton, as well as many nieces and nephews, and great-nieces and nephews.

She was predeceased by her brother Charles Ralph Mitchell Jr. and her lov-

ing step-father John Schmidt. Born in Lewiston, ME on July 23, 1954 she was daughter of the late Charles R. Mitchell Sr. and Fleta (Cox) Schmidt and grew up in Livermore Falls, ME. She had been a resident of Massachusetts the past 50 years.

Ella worked at the former Douglas House as a Nurse’s Aide for many years, where she took great pride in being the patients human rights advocate. She also worked for a number of years building computers for Advanced Interconnect in Uxbridge, and was a store manager for both Crossroads Variety Store in Manchaug and Village Variety Store in Whitinsville. A total news junkie, she enjoyed jigsaw puzzles, diamond painting, and exploring her genealogy. She will be fondly remembered as the “Neighborhood Mom” as she took care and loved all the neighborhood kids.

As to her wishes, Ella will be cremated and buried alongside her husband Willy at St. Pauls Cemetery in Manchaug on Saturday, January 8th at 1pm. In lieu of flowers, donations in Ella’s memory may be made to the : Boston Children’s Hospital, payable to Boston Children’s Hospital Trust, 401 Park Dr., Suite 602, Boston, MA 02215-5301. To leave a condolence message for her family please visit: www.Jackmanfuneralhomes.com

UniBank to host free UniPay Webinar for businesses and non-profits

WHITINSVILLE — UniBank will be sponsoring a free UniPay Online Payment Solution Webinar for businesses and non-profit organizations who are interested in offering online payment as a solution to customers/donors. It’s a simple fact: customers today expect the convenience of making payments online. During the COVID-19 pandemic, more and more customers are seeking online payment options to minimize in-person contact and help with social distancing. UniPay by UniBank is simple, efficient, secure, reliable, and can help your business or non-profit increase efficiencies. The solution is customizable and offers your business or non-profit the ability to

accept payments securely 24/7. Join Kristy Genga, AVP from UniPay by UniBank for a 45-minute webinar on Thursday, Jan. 13 at 1 p.m. to learn how this solution can help your business or non-profit and enhance your revenue collections! All attendees will be entered to win a \$50 Staples gift card. Sweepstakes to win \$50 Staples gift card is subject to complete official rules which are available at unibank.com. Register at unibank.com. No purchase or account required to enter or win.

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\$515,000, 90 Elm St, Arzigian, Stephen J, and Arzigian, Crystel A, to Andrews, Darren, and Andrews, Kerry.
\$415,000, 62 Edgewater Dr, Stafford, Neil T, and Stafford, Kristen, to Forcier, Cyndi, and Forcier, Kevin J.
\$255,000, 35 Union St #35, Santagate, Diane, to Santagate, Ty J, and Santagate, Joseph N.
\$200,000, 32 Canal St, Appleton Grove LLC, to Silva, Michelle.
\$800,000, 199 Main St, Blackstone Group Inc, to EDG Properties 2 LLC.
\$395,000, 24 Ascension St, Esmaili, Kasandra N, to Arcese, Nicole, and Smith, Deshaun.
\$390,000, 12 May St, Hubley, Adrian A, to Dejesus, Michael.
\$349,900, 15 Lewiston St, Strocky, David J, to Obrien, Jocelyn.

DOUGLAS

\$400,000, 40 West St, Brown, David G, and Brown, Karen A, to Nichols, Ryan, and Nichols, Christine.
\$300,000, 54 SE Main St, Furno, David A, and Furno, Patricia A, to Furno, Elizabeth A.
\$180,000, 16 Gilboa St, Jussaume, Sheila J, to Mackinnon, Keith, and Delbecq, Michelle.
\$152,000, 109 Davis St, Shurick, Jonathan D, and Shurick, Cynthia A, to Nextgen TT Realty LLC.
\$625,860, 146 Monroe St, Corcoran, Richard, to Holdgate, Theodore, and Holdgate, Elke.
\$575,000, 24 Jepherson Dr, Tzeremes, Thomas, to Masseur, Michael J, and Masseur, Lauren.
\$460,000, 75 NW Main St, Masseur, Michael J, and Masseur, Lauren, to Hiser, Kyle, and Hiser, Alexis N.
\$439,900, 67 Compass Point Dr #67, Northbrown LLC, to Bretz, Steven, and Bretz, Brenda K.
\$428,000, 106-108 Gilboa St, Duncan, Scott M, and Duncan, Eva, to Karam, Elias.
\$365,000, 10 Franklin St, Weiss, Julia E, and Goodfellow, Mark D, to Donascimento, Ivomar F, and Nascimento, Adriana C.
\$220,000, 9-A Gilboa St #9A, Jackman, Shanna J, to Topper, Kaitlin.
\$145,000, 48 Woodland Rd, Deer Crossing Dev LLC, to Peter, Davie, and Peter, Roseann.

NORTHBRIDGE

\$620,000, 1109 Marston Rd, Obannon, Timothy P, and Obannon, Laura J, to Woodward, Julia H.
\$605,000, 719 Hill St, Woodruff, Eileen A, and Weaver, Margaret, to Kohls, Kenneth, and Hannah, Amy R.
\$549,900, 15 Louisa Dr, Byrne, Patrick J, and Byrne, Sophia L, to Bradley, Bryan, and Bradley, Erin.
\$510,000, 160 Prescott Rd, Gorman, John J, and Gorman, Elaine A, to Lawson, Timothy J, and Lawson, Teri M.
\$505,000, 180-186 Church St, Song, Yao L, and Shi, Ai Q, to Neves, Jessica D.
\$410,000, 845 Hill St, Pera, Sean R, to Davison, Rachel.

\$309,000, 217 Heritage Dr #217, Bombara, Dennis, and Bombara, Sara H, to Murphy, Halina.
\$118,000, 2829 Providence Rd, 2829 Providence Road RT, and Ballard, Carl L, to Henault, Ronald J.
\$775,000, 45-55 Crescent St, Mahoney NT, and Mahoney, Patrick H, to Rutters Brook LLC.
\$638,000, 86 Wilson St, Stratton, Christopher J, and Stratton, Lynette C, to Benn, Michael, and Benn, Michele.
\$585,000, 75 Heights Of Hill St, Murphy, Michael J, and Murphy, Kathleen S, to Brown, Christopher J, and Brown, Amanda.
\$395,000, 253 Providence Rd, 253 Providence Road RT, and Laroche, Theresa J, to Jeffdebmay LLC.
\$200,000, 1284-1290 Providence Rd, Rwmass Investments LLC, to Torres, Jose, and Fernandez, Cynthia.
\$200,000, 98 Theresa Cir, Campbell, Leonard F, to Evergrain Orchard LLC.

UXBRIDGE

\$657,778, 146 Hecla St, Bentley RT, and Mcquade, Charles F, to Noble Properties LLC.
\$610,000, 23 Clark Rd, Linda H Boise RET, and Boise, Linda H, to Lamb, Sean A, and McDermott-Lamb, Kerry.
\$525,000, 35 Rogerson Xing, Marrier, Chad C, and Marrier, Brittany A, to Hitov, David L, and Victor, Cheryl M.
\$460,850, 208 Crownshield Ave #208, Independence Uxbridge, to Mandeville, Richard R, and Mandeville, Darlene R.
\$405,000, 147 Rockmeadow Rd, Fino FT, and Fino, Richard B, to Lavallee, Cynthia R.
\$395,295, 204 Crownshield Ave #204, Independence Uxbridge, to Riano, Paul, and Riano, Sherine.
\$375,000, 17 Talbot Ter, Mary Lou Rosborough RET, and Rosborough, Thomas, to Amons, Michael P, and Amons, Kimberly L.
\$260,000, 95 High St #D, Matheus, Diane M, and Matheus, David J, to Hernandez, Franshelys.
\$250,000, 32 Cross Rd, Nichols, Ryan, and Nichols, Christine, to Clemmer, Robert P.
\$209,000, 28 Kathy Trl, Ramage, Keith, to DCM Construction Corp.
\$205,000, 129 Quaker Hwy #11, Menard, Noreen F, and Porter, Malcom M, to Therrien, Cynthia A.
\$200,000, 10 Pine Grove Cir, Emrick Albert J Est, and Carter, Henry S, to Brodeur, Todd G.
\$862,500, 29 Rockmeadow Rd, Ramsey, William H, and Ramsey, Patrice E, to Hickey, Brendan J, and Hickey, Mary.
\$479,484, 13 Tea Party Dr #13, Independence Uxbridge, to Boyalla, Kishore, and Boyalla, Sowjanya.
\$475,000, 75 Hecla St, Malmberg, Brant, and Malmberg, Lynne D, to Thornton, Christine.
\$459,000, 19 Maple St, Martins, Jeffry C, and Martins, Katherine E, to Rennicks, Scott, and Rennicks, Catherine.
\$230,000, 227 Blackstone St, Leclair, David P, and US Bank NA Tr, to Santagate, Diane.
\$140,000, 129 Quaker Hwy #2, Trotta, Eric, to Clayman, Bryan, and McDonald, Debra.



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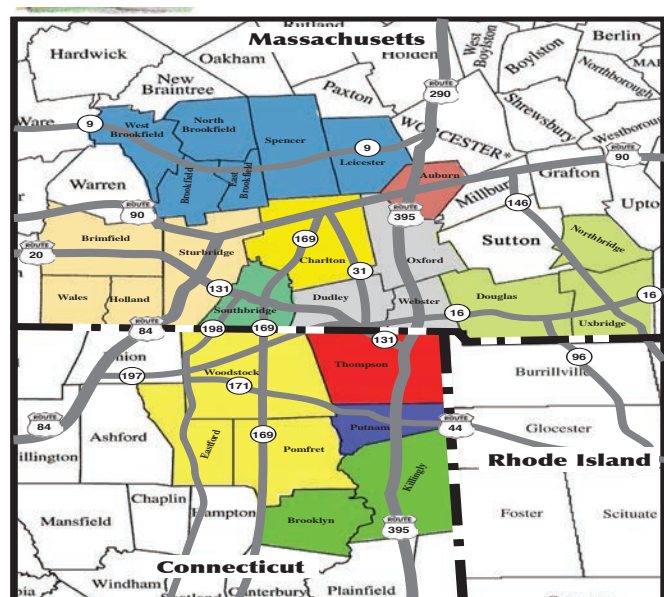
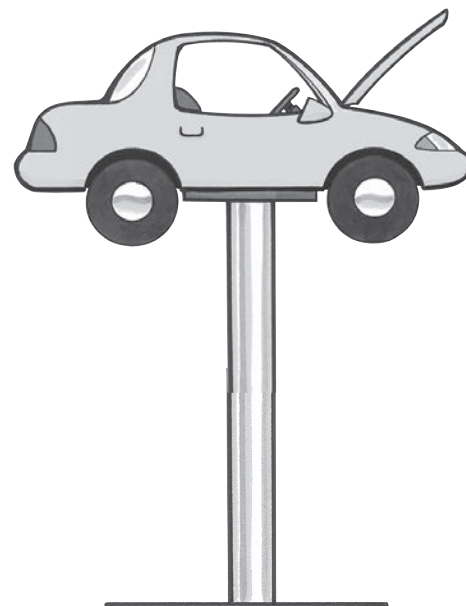
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EDITORIAL

Snowy weather is nothing new

The first big snow dump of the season has come and gone, leaving us with anywhere between three and eight inches of snow, depending on where you are. As with most things, we like to think about how our ancestors handled certain situations. On a personal note, it was during a snowy drive last winter that we writer became more grateful for studded snow tires and heat, after thinking about how those before us dealt with travel during snowstorms.

During the winter of 1717, a storm dumped four feet of snow creating snowdrifts of up to 25 feet. Passing through the snow-covered roads was too much for a postman who traded his horse for a pair of snowshoes. Objects similar to skis were attached to carriages as a means of winter transportation.

Streets had to be passable for wood and food deliveries. When the roads were not passable townspeople would gather together in large groups and dig out a path. The snow was placed into the back of a horse-drawn cart by gangs of men and driven to the closest river to be dumped. Salt was also used on streets, but many people complained because it ruined their shoes and clothes.

Fast forward to 1840, when the first snowplow patent came to be. It wasn't until 1862 that the first snowplow was put into use. The plow was attached to a cart and pulled by a team of horses. Soon after, many cities began to use the horse-drawn snowplow.

Typically, the use of the horse-drawn plow was only used to clear main streets, leaving side streets and sidewalks snowed in by large piles often blocking entrances to businesses. Many business owners actually brought lawsuits against the plowing companies as a result because their customers could not gain access to the storefronts.

The solution to that conundrum, was the hiring of snow shovelers to accompany the plow. The blizzard of 1888, however, was too much for the "modernized" plow, leaving many people trapped inside their homes. This emergency was the catalyst cities needed to begin coming up with a better plan for snow removal. One idea was to stay on top of the storm as it started, instead of waiting for it to end. Different men driving the plows were assigned to certain neighborhoods as well.

The invention of the automobile brought with it a crutch and a new possibility as far as snow removal went. The crutch being that an entirely new method needed to be engineered and put into use. In New York in 1913, a dump truck could be seen on city streets. Seven years later, the first snow loader, came on to the scene. It had a big scoop with a conveyor belt. The snow would go into the scoop via the belt, then dumped into the back of the truck. From there, off to the river it went.

It wasn't until 1959 when the weather was able to be predicted more accurately, allowing towns and cities to better prepare for any incoming storms.

Reading old diaries of our New England ancestors gives the perfect window as to what it was like to experience a bitter cold winter, prior to modern practices. Below a quote literary critic Van Wyck Brooks.

"All praise to winter, then, was Henry's feeling. Let others have their sultry luxuries. How full of creative genius was the air in which these snow-crystals were generated. He could hardly have marveled more if real stars had fallen and lodged on his coat. What a world to live in, where myriads of these little discs, so beautiful to the most prying eye, were whirled down on every traveler's coat, on the restless squirrel's fur and on the far-stretching fields and forests, the wooded dells and mountain-tops,-these glorious spangles, the sweepings of heaven's floor."

— The Flowering of New England, 1815-1865

OPINION

Opinion and commentary from the Blackstone Valley and beyond

Deer season ends with some impressive harvests

Deer hunting improved dramatically last week, when a coating of snow fell in our area. Tracking deer helped numerous hunters bag a deer during the light snowfall, but it did not last long as the rain washed most of it away in the following few days. Deer hunting closes this Friday in Massachusetts, and results of the harvest from Mass. Fish & Wildlife should start trickling in by the middle of January. Some real impressive deer were harvested locally, with numerous does weighing in at more than 130 pounds dressed. Some big bucks were also harvested, but few hunters wanted to share their photos. Reports of mutable deer were still being caught on trial camaras set up by sportsmen. There should be no shortage of venison this year for many families.

News of the Rhode Island Saltwater Anglers show preparing for their event in Providence, R.I. in March was great news for local sportsmen. The event is a top rated must attend show, and if Covid is kept under control, it will hopefully happen. I understand that the Marlborough show and the Providence sportsmen's show has not been confirmed to date. Captain Mel True has already canceled his event because of the Covid threat ,but has already confirmed his reservations for the Providence show.



THE GREAT OUTDOORS
.....
RALPH TRUE

licenses were not able to get them without problems. One local sportsmen drove to Westborough to ensure his purchases would be ready for the holidays. Previous license information was unavailable on the new site, and required the buyer to find an old license to complete their purchases. Deer permit zones required some sportsmen to get their licenses without completing the paperwork. Hopefully, the problems will be rectified soon.

Now is a good time to check out your freshwater and saltwater fishing gear, and make all of the necessary repairs on rods, reels, etc. Tying fly's and repairing fishing lures, by applying a fresh coat of paint, and new hooks will insure you that you are ready for this upcoming fishing season. If you have a small boat that can be accessed easily, you can still fish local lakes and ponds, which may become an annual event because of climate change.

This week's photo shows a youngster with his dad ice fishing at the Whitinsville Fish & Game club ice derby a year or two ago! Hopefully, we will have safe ice soon, but until then, staying off thin ice is highly recommended.

Wishing everyone a happy New Year!
Take A Kid Fishing & Keep Them Rods Bending!



Courtesy

This week's photo shows a youngster with his dad ice fishing at the Whitinsville Fish & Game club ice derby a year or two ago!

LETTERS TO THE EDITOR

Beautiful music can bring people together

To the Editor:

In this season of celebration and gift-giving, I'd like to call attention to a delightful concert performed [recently] by Birch Alley Brass at the Valley Chapel in Uxbridge. These talented local musicians share the warmth, hope, and nostalgia that fill our Christmas memories year after year.

We are fortunate to live in a community where many individuals and groups spend time providing opportunities for education, recreation, public service--all the things, like beautiful music, that bring people together rather than divide them.

BETH MILKE
UXBRIDGE

Be radically patriotic

To the Editor:

What I believe. Feel free to disagree. It's time to be radically patriotic.

Have you taken a moment to think about how radical it is to believe that our U.S.A. is a great country full of exceptional people? Let me state that I love this country, all it stands for, and the people who make us exceptional: we the people.

It is the greatest country in the world today, bar none.

Who can compete with our successes, our freedoms, our remarkable comeback from the brink events, our conquering of the unconquerable, our natural resources, our magnificent melting pot of cultures, acceptance of all religions, our energy, resourcefulness, hard work, our willingness to take everyone under our wing, and our ability to create wealth from nothing. Examples: Talk show star, Oprah, from poor unwed mother at 14 to a millionaire at 32, now a net worth \$2 billion; Martha Stewart, Domestic Goddess, net worth \$400 million, down from a billion [after she went to jail for lying to the FBI. Did you know that was a crime?].

There is nothing comparable in any other country in the world.

That said, there are times when it is hard to compete with evil, with people and movements who work at evil 24/7, like the Devil himself, always on the prowl to do mischief to the good, hard-working and optimistic people of America.

Think about all the negativity you hear from the Woke Mob, the Marxists, the Socialists, the Bernie Sanders, the rabid Squad, the Weak Biden Regime, the "Let's re-write American history" educators, the "anti-racists" who are the real racists, and the nay-sayers who doubt the success and endurance of American democracy.

So, tell me, which team do you prefer? The "America is Exceptional" Team? Or the "America is Bad" Team? If I were on the "America is Bad" Team, I would be on a Costa Rican beach, saying the hell with it,

with a little umbrella in my drink.

If we have flaws in the U.S.A., we can fix them. We know we can fix them, without destroying America and all it stands for. It stands for goodness, justice, equality, opportunity, and the blessings of God. People flood our borders because of these things. Have you seen them on Fox "Entertainment" News, making the sign of the cross after they land on the Texas side of the Rio Grande?

People around the world say: "I want a piece of that American pie, to worship in peace, work hard for my family, use my creativity to create a new hair style or a pill that cures our ills, and not be imprisoned for my democratic ideas. I want a Christmas tree! I want to be that amazing thing: an American!"

There are a lot of people telling us not to be patriotic Americans. They don't want us to drive a car, drill for oil, or open for business. They want us to bend a knee to the liars, failures, "anti-racist" racists and the Climate gods. They want us to eat crispy fried insects and green kale smoothies for Christmas, and like it. As for me, bring on the turkey and the home-made pumpkin pie.

Be radically patriotic. Say yes, we can build awesomely amazing Christmas displays, just for fun. If it breaks, we can fix it! We can feed the hungry, yearning to be free. We can right our wrongs without any help at all from the Woke mob.

Finally, in my opinion, the Woke Mob and the nay-sayers suffer from a lack of two fundamental American characteristics: imagination and optimism. Patriotic Americans have these two things in great abundance, with an extra helping at Christmas time. We will need them in 2022. What say you?

Nevertheless, she persisted.

BEV GUDANOWSKI
UXBRIDGE

Taking stock of 2021

Another New Year is upon us. It's amazing how the years keep slipping by, each year seemingly moving faster than the year before. As I take stock of 2021, I encourage you to do the same.

New Year is a mixed bag of emotions for me. As I reflect on 2021, I think of many things. I think of the people who helped me, I think of the people who harmed me, I think of the goals I gave up, and the goals I didn't give up.

As we move into 2022, I have to wonder, have I headed in the right direction? If not, how can I change course? Do I positively impact others? Am I surrounded by people who positively influence me? How am I performing at work? Am I giving it my all? Am I aggressively pursuing my dreams? Am I helping others accomplish their dreams?

I am thankful for those who helped me in 2021. Many positive things occurred this year that couldn't have happened without the help from friends, family, and strangers. Thank you all; you make me feel gratitude that should last a lifetime. I need to make sure I let you know how much I appreciate you and help you in any way I can in 2022 and beyond.

This year, I want to focus on helping those who helped me and those who haven't helped me. I want to become a blessing in as many people's lives as I possibly can. It reminds me of a quote by Zig Ziglar, "You can have everything in life you want, if you will just help other people get what they want."

As I think of those who harmed me in 2021...

I want to say thanks to you as well. Thank you for making me more robust, aware, flexible, and diplomatic. I'm tempted to feel anger and revenge, holding onto this poison forever. As I've written in the past, it doesn't do any good to feel that way. It will only cause more harm. Please forgive my trespasses and anything I've done to impact you negatively. Let's move into a place of mutual respect this year. "Don't go into the new year holding a grudge from last year; we cannot move forward if we are stuck in the past." That's excellent advice by Pastor Joel.

I should feel satisfied with the goals I did accomplish in 2021. When I achieve a goal, the good feelings are quickly replaced by acknowledging that I'm still not where I want to be, and the sense of accomplishment quickly fades. This year I will take the time to feel good about my successes, whether they be little or big. I don't know who said it but I think it's true, "Success is a series of small victories."

The hardest thing to think and write about are the failures of 2021. Many things I wish I had done differently, goals I didn't take seriously enough, times I snapped at loved ones while under pressure, the food I ate that made me feel unhealthy, the negative thoughts I harbored for too long, the days when I was lazy and let procrastination take hold. There are more failures in 2021 than I can count. I wish I could go back and fix my mistakes but it's just a fantasy, the only thing that can be done is to focus on change. Changing my personality, my habits, my thoughts, my words, and my actions. I guess Winston Churchill said it best, "Success is not final, failure is not fatal: it is the courage to continue that counts."

Every day the sun rises again reminding us we can start over. Every year gives us another chance. If, at first, you don't succeed, try again. If you're still alive, you're still a contender.

Let's be resolved to become better people, do the things we ought to do and let the pieces fall where they may. Hold firmly to our dreams, yet be relaxed about how they occur. In 2022 let's be determined, happy, flexible, free from worry, free from doubt, free from anger and hatred. Let's choose to feel optimistic and seize the New Year!

Tips to Keep New Year Resolutions

Let's face it, New Year resolutions are difficult to keep. Even the firmest intentions can lose steam come March. So what's the secret to willpower longevity? The key factors to resolution success are attitude and commitment. Oftentimes New Year resolutions are self-improvements, and that requires a lifestyle change. Taking on the challenge with an eye to the future can increase the odds of your New Year resolution turning into a longtime success.

The following strategies are geared toward arming you with the tools to expand your January vows into lifelong achievements. Happy New Year!

A national study released by Retailmenot.com revealed the top seven resolutions for 2022. The survey found that 85 percent of consumers will set a New Year's resolution, and nearly half (49 percent) are likely to spend money to keep their resolutions.

According to the survey, Americans made the following New Year resolutions for the upcoming year:

Saving money 44 percent; Exercise more, 35 percent; Losing weight, 30 percent; Spending more time with family, 28 percent; Paying off debt, 27 percent; Reduce stress, 22 percent; Travel more, 19 percent.

While losing weight and saving money have long headed annual New Year resolution lists, spending time with family, reducing stress and traveling are also important goals for the coming year, no doubt influenced by the past two years of

stress and restrictions.

Rules from the Experts to Turn Annual Resolutions into Daily Habits

Rule #1: Stop Overachieving

Whittling your resolutions down from a top ten list to one or two increases the odds of long term success. With a focus on one main goal, your "eye is always on the prize."

Rule #2: Adjust your Attitude

So you hate working out? Resent pinching pennies? Can't bear to say no to sweets? Remind yourself you are doing this of your own free will! Remember the "fake it till you make it" research that reveals even a forced smile boosts your happy genes, thus actually making you happier! The phenomenon is called "facial feedback," and according to Psychology Today, it works because the brain senses the flexion of certain facial muscles and interprets it as "Oh I must be happy about something."

No one is forcing you to get on the treadmill or give up your \$6 morning Latte – it is your choice. You are choosing to improve your life. Sometimes reminding yourself that you are willingly partaking in the sacrifice can get you through the tough times.

Rule #3 Be Accountable

Taking pen to paper or using a fitness or budget app can be powerful, and research repeatedly reveals that holding yourself accountable, be it via an exercise chart, daily



TAKE THE HINT
KAREN TRAINOR

food or budget tracker, is very effective to making long term changes.

Rule #3: Break it Down

It sounds like common sense to break goals down into manageable tasks, but people don't always take the time to practice it. Make a plan with mini goals. When you achieve each goal, document it. Again, the power of the written (or typed) word solidifies the commitment.

Rule #4: Group Therapy

There's a reason why group programs are successful. Misery (and merriment) loves company. With plenty of support groups available online there is no reason not to seek out others striving for the same end results as you. Posting in a group that promotes healthy eating, frugality or even organization skills can boost your willpower and give you "shots" of encouragement. Not ready to join in a discussion? No worries. Just visiting a FB or other internet group with information and resources can aid you in your journey of improvement.

Rule #5: Make it Fun!

When's the last time you had fun achieving a goal? It's easier than you think to stay the course if it's a pleasant trip. Besides, who ever

said a self-improvement plan has to be grueling? For example, watch the Food Channel while you're on the treadmill. You will get your "food fix" virtually (and with no calories!); Make a game of your budgeting: Challenge yourself to save a certain percentage at the grocery store each week, and up the ante when you reach your goal; Or simply play your favorite music while you are organizing that messy closet.

Rule # 6: Motivate Yourself

Motivational speakers spark results, but you can use simple tools to be a self-motivator. Look up inspirational quotes, and post them where you'll see them every day. You might also want to repeat an affirmation every day to solidify your vow. Research the habits successful people and take a cue from them on how to carry on and achieve success even after failures. Remember Thomas Edison's famous quote. After someone remarked his light bulb experiments failed, he said: "I have not failed 10,000 times. I have successfully found 10,000 ways that will not work."

Success Strategy

You've likely heard it before but here is some advice to successfully "break a bad habit": Experts agree that it takes a minimum of 21 days to change a behavior, so the first thing to do is count ahead 21 days and mark the day you'll be officially "home free" from your habit on a calendar. How to get through the

21 days? First write down your goal and list the positive reasons you want to change your habit. These exercises will help build commitment. Next share your goals with your family and friends. Making a commitment public leaves little room to back out, plus you'll benefit from a support system. Each day review your list of reasons for quitting or changing. Reward yourself verbally, each hour if necessary, working up to a great treat at the end of a successful week. And remember if you fall off the wagon, jump back on immediately before you fall completely back into your old habit. It pays to remember research reveals only 40 percent of habits are broken on the first try. Besides, there's always next year!

(heading) Famous Quotes

Here's a dose of inspiration from successful people:

"If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success."- James Cameron

"All our dreams can come true if we have the courage to pursue them." - Walt Disney

"Success is the sum of small efforts, repeated day-in and day-out." - Robert Collier

"The only place where success comes before work is in the dictionary." - Vidal Sassoon

"Motivation is what gets you started. Habit is what keeps you going." - Jim Ryun

"You may have to fight a battle more than once to win it." - Margaret Thatcher

"Develop success from

failures. Discouragement and failure are two of the surest stepping stones to success." - Dale Carnegie

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." - Vince Lombardi

"The successful warrior is the average man, with laser-like focus." - Bruce Lee

Win Dinner for Two at the Public House – Contest has resumed!

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

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

Start seeds outdoors with winter sowing

Save money and indoor space used for starting seeds indoors with winter sowing. This easy technique allows you to start transplants from seeds outdoors without a greenhouse or cold frame.

Growing your own transplants from seeds can save you money and is often the only option for new, unique, and other hard to find plants. Not everyone has the time, equipment, and dedication to watering that's needed to start plants indoors.

All you need are flower and vegetable seeds, milk jugs or two-liter soda bottles, duct tape and a quality potting mix. Check the seed packet for information on planting details and timing. Winter sowing dates vary with the growing climate, individual gardener, and seed variety you are planting.

Try starting hardy perennials and self-seeding annuals sometime winter through early spring. Other flowers and vegetables seeds are typically winter sown about the same time you would plant them indoors or a



GARDEN MOMENTS
.....
MELINDA MYERS

Fill the bottom with moist potting mix. Plant seeds according to the package directions. Gently water until the excess runs out the bottom of the container.

Fellow gardener, Patricia, uses rolled newspaper or the cardboard tubes from toilet paper to help space and eventually transplant her winter sown seedlings. She makes newspaper pots by wrapping 22 and a half by five inch strips of newspaper around a two and a half inch diameter by four inch tall jar. She folds the end to create the bottom for a three and a half inch tall pot. Secured with staples, she sets the pots or toilet paper rolls in the milk jug, fills with potting mix, tops them off with about half an inch of seed starting mix and then plants her seeds.

Label the inside and outside of the jug with a permanent marker. Close the lid and seal it shut with duct tape. Remove the cap before setting your milk jugs in a sunny location outdoors where rain and snow can reach it. Keep them handy to prevent waterlogged soil during extremely wet



Melinda Myers

Winter sowing allows gardeners to start transplants from seeds outdoors by repurposing milk jugs or two-liter soda bottles.

weather.

Water your outdoor seed starting chambers during snow-free and dry weather. This will be much less often than those seedlings growing indoors under artificial lights.

Your plants will be ready to move into the garden at the normal planting time. Just open the lids, harden off the plants and move them into the garden.

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.

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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 Like 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! **\$1,749,900.00**



DUDLEY HAYDEN POND WATERFRONT – 48 Hayden Pond Rd! Recently Renovated, beautifully appointed, 5 Rm Waterfront Ranch! Enjoy sunsets, fishing & all water sports! Vinyl Composite decking & vinyl railings! Open floor plan! Cathedral ceilings w/ skylights! Din Rm w/slider to covered deck! Kit w/quartz counters & SS appliances! Liv Rm w/stunning views of the Pond! Comfortable Master w/generous closet & half bath! 2nd bedroom or office! Full bath w/washer/dryer hook ups! Full basement for storage or additional living space! Floating Dock! Shed! **\$439,900.00**

WEBSTER LAKE – 701 Beacon Park! 5 Rm End Corner Garden Unit - One Level Living - No Stairs! 10 Beautiful Acres of Park Like Grounds w/Fantastic Panoramic Lake Views! 1,100' of Living Space! Ample Room for Year Round Living or as 2nd Home - Summers on the Lake - Winters in Florida! Well Maintained! 2 Bedrms! Master Bath, 2 Baths Total! Beautiful Lakeside Pool, Spectacular Beach, Best on the Lake! Detached Garage! **\$299,000.00!**

WEBSTER LAKE – 50 Laurewood Drive! 90' Waterfront! Western Exposure – Beautiful Sunsets! Half Acre, 22,729', of Natural Privacy! 6 Room Custom Built Cedar Home with 2 Car Attached Garage! Dining Area and Fireplaced Living Room with Soaring Cathedral Ceilings! First Floor Master Bedroom with Full Bath! 2 Second Floor Bedrooms and Second Full Bath, Large Second Floor Expansion Area! Additional Garage Space Under! Lighting Strike Fire Damage Repair Required! Tons of Potential! **\$889,900.00**

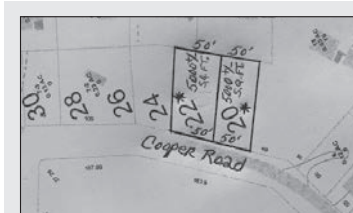
WEBSTER LAKE – 33 Loveland Rd! South Pond - Fantastic 19,243' Waterfront Lot with 125' of Prime South Facing Natural Shoreline which Highlights this 5 Room, 2 Bedroom, 3 Season Cottage! Start Your Lake Memories Here! Cute & Cozy, the Way the Lake Use to Be! Open Floor Plan with Lots of Glass and Panoramic Lake Views! Just Enjoy it as it is, or Add on to it, or Take it Down and Build Your Dream Home Here! Don't Need the Entire Lot, Subdivide it and Bring the Cost Down! Perfect Gentle Slope to the Water! Town Services! **\$949,900.00**



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Featured Listing!

WEBSTER - 20 & 22 COOPER RD

LAND with Sewer & Water access! Excellent Opportunity for New Homes! Boat Ramp Near by!
\$24,500., each.

DUDLEY - 10 MILL ROAD



Beautiful family home! 3 bedrooms, 2 full baths, newer widows & heating system. Mini split system. Hardwoods. Lg eat-in kitchen /Corian counters & Island! Warming fireplace with handsome mantel. Generous dining room, spacious enough for your family gatherings. lower level fireplace family room, Harmon pellet insert! 2 car garage. Reduced **\$340,000.**

WEBSTER - 23 EMERALD AVE.



Extraordinary Find! Beautiful 2 Family! Owner occupied with pride and it shows. Grand Front Entry! 3,012 Sq./- living area. 12 rooms, 6 bedrooms, 2 updated Baths. 2nd Flr - Granite Countertops! High ceilings & Hardwood Floors, Modern Kitchens. Manicured 13,525 SF Lot with a Hip roof 3 car garage! **\$439,900**

WEBSTER - 10 THOMPSON RD



2 FAMILY! LOCATION, LOCATION! OPPORTUNITY KNOCKS! SERIOUSLY CONSIDER THIS A SOLID INVESTMENT. A GENERAL BUSINESS ZONE! PRIME WEBSTER BUSINESS DISTRICT! A LARGE, DEEP LOT, 14,875 SF/0.34 ACRE, 9 Rooms, 4 Bedrooms, 2 Baths, FHW/OIL. Garage Lot is currently private with a mature tree line in the rear. Property serviced by Municipal Water & Sewer, Natural Gas line in Basement. A QUICK CLOSE IS POSSIBLE. **\$195,000.**

WEBSTER • 22 EASTERN AVE



LOOKING FOR AN AFFORDABLE, HUMBLE ABODE, THAT WON'T BREAK THE BANK? Convenient Location, corner lot! 1298 SF+/-, 4 BRS w/1st Flr Mstr BR, Half Bath! Eat-In Kitchen, Dining/Living Room Combination! 3-Season Porch. 2nd Flr - 3 BRS, Freshing! Roof, Replacement Windows, Updated Electric, Buderus Boiler. Part finished walk-out to street! Garage! **\$215,000**

THOMPSON CT - 15 WAGER RD



Cape with 3 bedrooms, gleaming hardwoods, stone fireplace. Septic (2019), replacement windows, family and dining room, fresh paint throughout! Generator hook up, and updated Buderus boiler with holding tank. Garage under. This one maybe for you! assisted sale **\$279,900.**

Featured Island Listing!

Webster Lake - 22 Long Island



Once in a lifetime opportunity to own a Webster Lake Waterfront Cottage on Long Island! Properly named the "Grand View". Sandy beach, boat house! Antique Cottage w/5 Rms, 3 BRS, a stone fireplace w/pellet stove, eat-in kitchen w/modern appliances, full bath! washer/dryer. Screened porches. Included, 25% ownership share in a main land waterfront lot at 38 Point Pleasant Rd, in sheltered Mumford Cove! land provides boat slip & winter storage. A FAR AWAY PLACE NEAR BY! **\$389,900.**

SOUTHBRIDGE - 140-148 HAMILTON ST.



Multi-Family - 4 Buildings! 9 Occupied Residential Units! 1 Occupied Commercial Unit! Huge BONUS, Drive through Heated Garage, can accommodate up to 18 Vehicles! **\$975,000.**

LAND: WEBSTER/OXFORD/CHARLTON

Oxford - 2 Merriam Rd 80+/- Wooded Acres in Oxford & Charlton. **ON DEPOSIT \$329,000.**

Oxford - 4 Leicester St. - Approx. 8.47 Acres! River Frontage.

NEW PRICE \$79,500.

Webster - DOUGLAS RD 26 ACRES! on SUGARLOAF HILL 1000+/- of frontage! **SORRY, SOLD! \$200,000.**

Webster - COOPER RD - 2 BUILDABLE LOTS! Water & SEWER Access. Zoned Lake Res.! **\$24,500. Each**

OXFORD - 10 BEVERLY STREET



2 Family! A RARE FIND, BUILT IN 1967!! 2 PARCELS - 16,224 SF!! EXTREMELY WELL MAINTAINED! Total 9 rooms, 5 Bedrooms, 2 baths. 2nd apartment is a perfect mortgage helper! Beautiful Hardwood Floors! Roomy yard. Off Street Parking! Neighborhood Setting! **\$449,000.**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

WEBSTER LAKE - 300 KILLDEER ISL.



Killdeer Circle! Gently sloping landscape to waters edge. Crystal clear shoreline. Ranch with 5 rooms, 2 bedrooms, 2 baths! Walkout lower level to patio! Garage! **\$650,000.**

TREASURE ISLAND - CONDO



Unit 1404 Marina side of the Complex - with 2 Boat Slips! 6 rooms, 2-1/2 baths, 2 bedrooms, fireplace, garage, Sandy Beach, Heated Salt Water Pool! **\$549,000.**

WEBSTER - 401 TREASURE ISLAND



WEBSTER LAKE! Treasure Island Townhouse! UNIT# 401 Quiet summers on big & beautiful Webster Lake! 6 Rooms. 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! Natural gas heat! 2 Boat Slips! Heated Pool! Natural Sandy Beach! **\$439,000.**

WEBSTER LAKE - 1301 TREASURE ISL.



Quiet Summers & Fall Seasons on Big & Beautiful Webster Lake. Completely updated Hardwood & Ceramic. Center Island Kitchen. 6 Rooms. 2-1/2 Baths. a must see. Overlooking the Marina. 2 Deeded boat slips. assisted sale **\$600,000.**

FESTIVAL

continued from page A1

from Mexico, Peru, and Colombia.

"We are immensely proud of our student participants," said Kerry Baldwin, World Language and Electives Department Team Leader at BVT. "We are thankful to everyone who helped make the Multicultural Festival a success."

The successful interdisciplinary event was a collaborative effort supported in part by grants from the Douglas, Grafton, Mendon, and Milford Cultural Councils, local agencies supported by the Mass Cultural Council, a state agency.

Join in the celebration, explore the cultural offerings, and learn more by visiting the school website to view a video of

the festivities produced by student videographers Alexis Vazquez and Abril Sanchez at: www.valleytech.k12.ma.us/multiculturalfestival.

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.

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SPORTS

Rams shake off slow start to win, while Leicester stays cold in loss



Northbridge's Ian Gahan strongly takes the ball into the paint and toward the basket.



Cam Boucher of Northbridge plays a tight pressing defense on Leicester's Mike Mero.

BY NICK ETHIER
SPORTS EDITOR

LEICESTER — For a good portion of the boys' varsity basketball contest pitting Northbridge and Leicester High against one another on Tuesday, Dec. 21, points were at a premium. Shots from both ends of the floor were oftentimes front-rimming, clanging off the back plate or swirling around the rim before rolling out as the Wolverines clung to a 7-5 lead after the first eight-minute quarter of play. Leicester still led, now at 19-10 with 2:37 to go until halftime, when Luke Clay finished off a three-point play, but from there they went ice cold while the Rams found their groove. Northbridge ended up tying the game at 19-19 before the halftime buzzer and scored all 18 of the third quarter's points as they won going away, 52-31.

"We gave up 19 points in the first half, so our defense wasn't really the issue. We'll take that any half," said Rams' head coach Aaron Katz. "Offensively, we weren't that disappointed in what was going on. The ball just wouldn't drop."

The nine points that dropped to have the game tied at intermission was big for his team, according to Katz.

"It was everything because if you don't do that we probably have some belief issues. That little run made us believe a little," he noted.

In the deciding third quarter, it wasn't Northbridge sharpshooter Cam Boucher who did the damage. Instead, Nikolas Hayes had a memorable frame, scoring 11 of his game-high 19 points there.

"He was everything because he was playing on both sides of the floor, he's leading the press, he's getting rebounds and he's the only guy that really got us going offensively. He's a versatile player," Katz said of Hayes, who also grabbed a game-high 12 rebounds. "Everyone keys on Cam — Cam's a four-year starter — and Cam's going to have nights like this because everyone is keying on him, so who's going to step up?"

Boucher still found the time to score 7 points and pull down 7 boards.



Northbridge's Nikolas Hayes gets fouled on his way to the hoop.

When asked how the Rams were able to hold Leicester scoreless in the third quarter — turning a 19-19 tie into a 37-19 lead with a period to play, which Northbridge then won by a 15-12 count — Katz said that it had to do with additional defensive pressure.

"We were pressuring, but we added more pressure in the second half. Basically we tried to get our defense to create offense for us," he explained.

The Wolverines were led by Eric Moller (11 points) and Clay (7 points, 9 rebounds), but it wasn't nearly enough — especially during the near 12-minute stretch bridging the end of the second quarter all the way to the beginning of the fourth where they couldn't buy

a point.

"We got good looks and we couldn't make the looks. Then the pressure in the second half just built and built," said Leicester head coach Michael Lynch. "You've got to score. You can't score zero points in a quarter and expect to win."

Lynch did like his team's defensive effort, though, particularly in the first half.

"I liked what we were doing defensively, [but] the defense starts to break down as the pressure on offense starts to mount," he explained. "I think we can play a lot better and I know we are going to play better."

Northbridge improved 2-1 on the young season, while the Wolverines slipped to 1-2.

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SPORTS

Methodical Northbridge does enough to get past Beavers



Nick Ethier photos
Northbridge's Ryleigh Johnson lets a 3-point attempt fly versus Blackstone Valley Tech.

NORTHBRIDGE — The Northbridge High girls' varsity basketball team may not have beaten Blackstone Valley Tech by more than five points in any of the quarters played when the two tangled Wednesday, Dec. 29 at Veterans Memorial Field House, but the Rams won all four frames. The methodical approach helped Northbridge to a 45-35 victory.

The now 6-1 Rams outpaced the 4-2 Beavers 9-6 in the first quarter, 11-10 in the second, 14-13 in the third and 11-6 in the fourth.

Northbridge's Liz Quimby netted a game-high 16 points, which included 14 in the all-important second half. Blackstone Valley Tech's Emma Ballard scored a team-high 12 points.



From left, Blackstone Valley Tech's Skyla Jack, Northbridge's Melissa Sabourin and Blackstone Valley Tech's Emma Ballard all compete for possession of the basketball.



Northbridge's Liz Quimby looks to outrace Blackstone Valley Tech's Lillian Bousquet down the floor.



Kasey Reeves of Blackstone Valley Tech lets go of a midrange jump shot.



Katherine Kibbe of Northbridge gets fouled in the act of shooting.

PARK

continued from page A1

the public and local community members to help identify key issues, opportunities, and potential management strategies," the park service released.

Beginning this week through Tuesday, February 15, the public is invited to participate in the planning process. The information gathered in this planning process will "inform decision-making and priority setting for public

investments over the next decade."

Residents who are interested in hearing more about the process may join a virtual public meeting, which will include an opportunity to ask questions and make preliminary comments. The next meeting is slated for Thursday, Jan. 20, at 8 p.m.

The town of Northbridge released that there will also be a meeting on the topic of Cultural Resources on Wednesday, Jan. 26, at 2 p.m.

The National Park Service will be posting links to these virtual meetings at parkplanning.nps.gov. Those who cannot attend the meeting may learn more about the process and enter comments or questions at the aforementioned website during a public comment period that will last until Feb. 15.

According to the NPS, the park's "General Management Plan" is slated to have several functions, including: identify management zones and desired conditions for natural and cultural resources, visitor experiences and opportuni-

ties, and facilities or services; indicate types and intensities of development (including visitor circulation and transportation patterns, systems, and modes) associated with public enjoyment and use of the area; ensure that the park has a clear vision and direction for visitor use, access, and experience; and consider ways to use preexisting or planned visitor facilities and recreational opportunities developed in the John H. Chafee Blackstone River Valley National Heritage Corridor.

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Employment opportunity

Title:Water Treatment Operator Location: North Brookfield Water Department

The Town of North Brookfield Water Department is seeking a candidate for the full-time position of Water Operator.

The North Brookfield Water Department provides drinking water to 80% of the population of the town, drawn from our surface water reservoir, Horse (North) Pond. This position requires operation of the Bell Hill Water Treatment Plant, a US Filter Microfloc package plant including upflow clarifiers run by the SCADA operating system. This position includes meter readings, replacement and repair as well as distribution system maintenance, construction and repair. Also included are lawn mowing, snow shoveling, general cleaning, brush cutting and all similar chores to maintain area in and around the treatment plant, raw water pump station, reservoir and distribution system. A complete job description is available upon request.

Requirements for the position of Water Operator include a high school diploma or GED; and 1T Massachusetts Drinking Water Operators License or a 1-T Operator in training. This is a 40 hour a week position, Sunday-Thursday, coverage on alternating holidays and on-call weekends. Interested candidate must have a valid Massachusetts's driver's license and must be available for overtime work when necessary. Training schedule will be Monday- Friday until successful candidate has met the requirements needed to assume this position schedule.

Starting hourly rate - \$21.65. Step one is an entry level pay scale with yearly potential increases to a maximum step 5 pay scale of \$28.43 over a five year period as duties, licensing, and experience expand.

Interested applicants should submit a letter of interest and resume via email to jfnbwd@gmail.com or can be mailed to: North Brookfield Water Department 14 Bell Road, North Brookfield, Mass. 01535

Applications will be accepted until Friday January 28, 2022 for this position.

The North Brookfield Water Department is an Equal Opportunity Employer.

Also, replacement lighting fixtures within classrooms include motion and daylight controls to operate and adjust lighting levels based upon occupancy and amount of sunlight filtering into a room. To date, over 2,500 fixtures have been upgraded within the two schools, saving thousands of dollars in energy costs.

“The energy efficient heat pump hybrid replacing the existing hot water heater in the Town Hall will be three times more efficient,” Bechtholdt said. “Energy efficient water heaters shall save a little money each month but will add up to some real savings on an annual basis.”

According to reports, energy efficient water heaters use less energy to heat the water, keeping the hot water at a constant temperature for a lot longer. Older models of water heaters use outdated materials to retain the heat within the tank, Bechtholdt said, but equipment has improved, including better insulation and heated-air capture technologies.

“Older water tanks may appear to be working just fine, however may be working harder to heat the water and maintain it at a constant temperature. The hybrid heat pump may result in hundreds of dollars of energy savings.”

And the HVAC Univent Demand Control at the high school will provide new control and sensors to estimate the actual number of occupants in an area and supply only as much ventilation air as needed. It includes room CO₂ sensors and new demand-controlled ventilation (DCV) sequences, which have the potential to save a “substantial portion of the

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building's energy use," according to Bechtholdt.

At the 2021 Spring Annual Town Meeting, Northbridge voters approved \$200,000 in local funding for building envelope weatherization work; air sealing and insulation within the Northbridge Senior Center, Whitinsville Social Library, Northbridge Police Station, Northbridge Memorial Town Hall, and other municipal buildings included in the town's Capital Improvement Plan.

The weatherization work is scheduled to commence in January 2022.

“Understanding how air barriers and insulation impact building performance has increased in recent years,” Bechtholdt added.

“Yet most people may not realize that many of their discomforts and maintenance headaches may be due to leaky building enclosures, missing air barriers, or poor insulation.”

These additional energy conservation measures, combined with Green Communities grant funded projects, will help the town reach its goal of achieving 20 percent energy reduction by 2022.

A full-page advertisement for Milford Federal Bank. The top section features a photograph of two men at a construction site. One man, wearing a blue hard hat and a grey blazer, is pointing at a large set of blueprints held by another man wearing a yellow hard hat and a high-visibility vest. In the background, a large, curved architectural structure is visible. Below the photo, the text 'Business Banking Solutions' is written in a green, serif font. Underneath this, four services are listed in a dark blue, sans-serif font: 'Commercial Lending', 'Cash Management', 'Payment Solutions', and 'Business Accounts'. A paragraph follows, stating: 'Our Business Banking team is committed to the growth and success of your business through our local decision-making and a relationship-based approach.' Below this is the text 'Learn more at MilfordFederal.com.' The bottom section contains the Milford Federal Bank logo on the left, which includes the text 'Est. 1887' and 'Our Community. Your Bank.' in the center, and the phone number '508.234.8256' on the right. On the far right of the bottom section is the 'Member FDIC' logo with the NMLS number '465956'. The bottom-most line of the advertisement reads 'Milford | Whitinsville | Woonsocket' in a large, white, sans-serif font.



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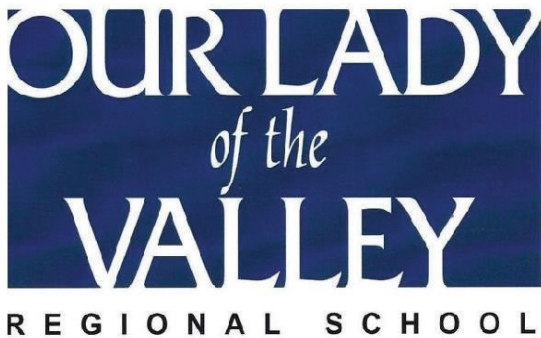
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