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Friday, January 22, 2021

# Sheriff donates PPE kits to seniors

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

REGION — The Worcester County Sheriff's Office recently delivered its third round of personal protection kits to several local senior centers to help the elderly stay safe during amidst the COVID-19 pandemic.

The kits included large size hand sanitizer, protective masks, gloves, tissues, and some stay-at-home snacks, according to the Sheriff's Office. Most recently, kits were delivered to the Sutton, Douglas, Millbury, Millville, Northbridge, and Uxbridge senior centers.

"Over the next weeks, we will deliver PPE kits to every senior center in Worcester County," the Sheriff's Office shared.

"We want our seniors to be safe and well during this challenging time."

"Thank you...for the protection kits you brought for our seniors," the Douglas Adult Social Center shared in a statement.

The Sutton Senior Center said it will distribute the kits to home-bound seniors in town.

"Thank you for thinking of us," the Millbury Senior Center added. Northbridge shared similar sentiments: "We are so grateful!"

The Worcester County Sheriff's Office also recently partnered with Dr. Moses Dixon, Executive Director of Central Mass Agency on Aging, for this year's "Sheriff's Office Annual Winter Coat Drive."

"As you can imagine, the need for a warm winter jacket is greater than ever. The pandemic has created challenges for many," the Worcester County Sheriff's Office released. "Together, the Worcester County Sheriff's Office and Central Mass Agency on Aging are determined to continue the tradition of holding one of New England's largest Winter Coat Drives."

Unlike years past, collection boxes for pre-owned jacket donations could not be placed in the community due to COVID-19. This year, the drive relied solely on community grants, monetary gifts, and new coat donations. The effort saw more than 1,100 new winter jackets that will help families, children, and seniors in need throughout Worcester County.



Courtesy Michelle Edelstein accepting Personal Protection Kits from the Worcester County Sheriff's Office, with hand sanitizer, masks, gloves, tissues & snacks.

# State removes flu vaccine requirement for schools

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

REGION — Students across the Commonwealth are no longer required to get the flu vaccine to attend school. The Massachusetts Department of Public Health has recently removed its flu vaccination requirement for school attendance.

"Preliminary data show that this has been a mild flu season to date, presumably as people have received their seasonal flu vaccine and have been adhering to mask-wearing and social distancing due to COVID-19," a statement from the Department of Public Health reads.

The requirement has been removed for attendance in childcare and preschool, primary, secondary, and postsecondary education.

"Given the intensive Commonwealth-wide efforts regarding COVID-19 vaccination, DPH wants to alleviate the burden to obtain flu vaccination and focus on continuing our COVID-19 vaccination efforts," the department released.

# Blackstone Valley Heritage Corridor acquires wheelchair bicycle

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

WHITINSVILLE — The Blackstone River Valley National Heritage Corridor has acquired a state-of-the-art, electric-assist wheelchair bicycle as part of its ongoing mission to provide adaptive recreation programs in the Blackstone River Valley.

The Van Raam OPair bicycle, purchased from Bike-On of Warwick, R.I., will offer adaptive cycling to people with mobility impairments and their caregivers. The purchase was funded by an "Opening Doors to the Outdoors" grant from the Network of the National Library of Medicine, New England Region, according to the Heritage Corridor.

"Being involved with the 'Opening Doors to the Outdoors' grant awarded to the Blackstone River Valley National Heritage Corridor has been rewarding both personally and professionally for me," said Susan Halpin, Education and Outreach Coordinator at NNLM. "I have always thought that social connection was important to overall good health. With COVID-19, the importance of being connected has become very apparent to me because I am missing that connection to my family, friends, and community. Those around us with physical and intellectual challenges experience the isolation many of us are feeling currently, all the time."

According to Halpin,

programs such as Opening Doors to the Outdoors are addressing the need for inclusivity and for connection through opportunities that adaptive bicycles like the OPair provide.

"In my experience, it's not only the participants who receive those health benefits," Halpin added. "Those who volunteer to make these events happen come away grateful for the opportunity to be involved."

Since 2017, the Heritage Corridor has partnered with All Out Adventures of Northampton to offer adaptive exercise programs in the Blackstone River Valley, including adaptive cycling and adaptive kayaking. In 2019, adaptive kayaking events were made possible through a grant received from NNLM. Earlier this year, the Corridor received an additional grant to offer a series of adaptive cycling programs in partnership with All Out Adventures, but due to COVID-19 restrictions, those events could not be held. Instead, funds were used to acquire an adaptive bicycle that would provide additional programming opportunity in the spring of 2021, the Heritage Corridor shared.

"This bike will open doors and break down barriers, and we are thrilled to be able to use it in our programs," said Karen Foster, executive director of All Out Adventures. "At All Out

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# Deborah Wheelock Chapter honors DAR Good Citizens remotely

U X B R I D G E — Restrictions resulting from the Corona virus pandemic remain in place so Good Citizens, nominated and elected from the Class of 2021 in three area high schools, could not be honored in person in December as planned. The Deborah Wheelock Chapter has sponsored the Good Citizen award in Blackstone-Millville, Nipmuc, and Uxbridge high schools for decades.

First bestowed in 1934, consideration as a DAR Good Citizen includes qualities of a good citizen as exemplified by dependability, service, leadership, and patriotism. This award is nationally recognizable

on resumes for college and employment applications. Diane McKeon of Whitinsville, Chapter Chairman of DAR Good Citizens Committee, delivered patriotic gift bags to the winners containing: NSDAR certificate and ID card, engraved Jefferson Cup, patriotic ornament and flag mask, check for \$500, and a special recognition pin to be worn on the gown at graduation.

DAR Good Citizens for the Class of 2021 are: Jacob Purinton, Blackstone-Millville Regional, son of Thomas and Melissa Purinton; Drew Gauthier, Uxbridge High School, son of Eric and Darcie Gauthier;

and Ethan Lefebvre, Nipmuc Regional, son of Joseph and Bonnie Lefebvre. Ethan's essay was sent to the state for further scholarship judging: "Our American Heritage and our Responsibility for pre-serving it: How do the combined actions of many good citizens keep our Nation moving forward?" Congratulations to each!

For the Christmas holiday, the Deborah Wheelock Chapter donated \$500 in Shaw's gift cards to Uxbridge veterans and veterans' widows. Added as a special thank-you-for-your-service gift were twelve hand-made fleece lap robes for each veteran.



As the health crisis continues, we offer this thought: the conviction and resilience that resulted in victory at Trenton during the American Revolution

inspired Thomas Paine to write, "... we have this consolation with us, that the harder the conflict, the more glorious the triumph." If interested in learn-

ing more about DAR activities and membership, contact Deborah Wheelock [DAR@gmail.com](mailto:DAR@gmail.com).



# Assumption students named to Dean's List

WORCESTER — Assumption University has announced those students named to the University's Dean's List for the fall 2020 semester. Students must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters. Due to the pandemic, this fall semester was divided into two accelerated seven-week terms.

Local students include:

Samuel Malone of Douglas, Class of 2021  
Morgan Shields of Uxbridge, Class of 2021  
Rachel Spratt of Whitinsville, Class of 2021  
Emily Gay of Uxbridge, Class of 2022  
Antonia Kosnoski of Douglas, Class of 2022  
Stella Noecker of Douglas, Class of 2022  
Sean Morrissey of Uxbridge, Class of 2023  
Julianne Sutherland of Uxbridge, Class of 2023  
Angelina Carneiro of Douglas, Class of 2024  
Samantha Gibson of Douglas, Class of 2024  
Megan O'Meara of Northbridge, Class of 2024  
Carlenys Troncoso of Northbridge, Class of 2024

"This semester, our students faced unprecedented challenges due to the global pandemic," said Francesco C. Cesareo, Ph.D., president of Assumption College.

"Following a rapid transition to remote learning, students adapted to the new form of education delivery amid difficult circumstances. The Assumption community is proud of these students who, despite the distractions of the COVID-19 situation, were able to remain focused and maintain a commitment to their academic programs."

An Assumption education prepares students to succeed in a continuously changing world and for jobs that do not yet exist. Steeped in the liberal arts tradition, students studying at Assumption are exposed to a broad range of disciplines in the humanities, sciences, and social sciences as they explore fundamental questions characteristic of the liberal arts, while also learning best-practices and developing valuable communication and critical-thinking skills, traits sought after by employers in nearly every industry. A combination of classroom theory and hands-on learning through internships, participation in community service, or one of the more than 60

on-campus clubs and organizations help students develop into leaders who will make a difference in the communities in which they live and work.

For more information, visit [assumption.edu](http://assumption.edu).

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

## News from Beginning Bridges

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

UXBRIDGE — 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 virtual early literacy story times, outdoor story walks, a Culture Club 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 event. Links can be accessed on our website or contact Emily Murray at [Emurray@smoc.org](mailto:Emurray@smoc.org).

Wednesdays, virtual Alphabet Story Time, every Wednesday at 10:00am: It's all about the Alphabet!

Thursdays, virtual Monster Mayhem, 1/7 to 2/11 virtually at 11:00am: Playful exploration of childhood emotions and fears! Ages three to five.

Mondays, Tuesdays, Fridays, Virtual-Story-Time, I'll Read to You, Will you Read to Me?, choose a 1:1 Story Time and enjoy 30 minutes of reading together via Zoom.

Tuesdays, Music Together, Jan. 12-March 30 virtually at 10 a.m.: Ages five and under, 30

minutes of music, movement, fun and learning with Vicki DeMott of Music Together.

Wednesdays, Culture Club, Jan. 11-April 7 virtually: Ages three and up, please join us in celebrating children all over the world through literature, music, art and images.

Mondays, Yoga for Children Ages 3+, Jan. 25 virtually at 12:30 p.m.: The principles of Yoga teach children kindness, sharing, compassion, mindfulness and awareness.

Thursday, Ask the Expert... a Q&A Session, 1/28 virtually at 7:15 p.m.: Workshop with Jill Vetstein.

Monday – Jan. 25 until Friday, Feb. 5, Hearts of Kindness, curb-side pick-up of art materials every Mon. & Thu. 11 a.m.-7 p.m. and Tue. & Wed. 11 a.m.-5 p.m. at Uxbridge Free Public Library; Drop-off completed hearts anytime in the book box by the back door of the library

Thursday, Story Walk, Feb. 18 (rain date Friday, Feb. 19), enjoy a self-guided Story Walk at West Hill Dam.


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**Donna**  
**Age 16**

**Hi! My name is Donna and I'm very athletic!**

Donna is an athletic girl of Caucasian decent. She is incredibly articulate and insightful. Conversation comes easy to Donna. She also has the ability to let her sense of humor shine through in her conversations. Donna has a warm demeanor and is described as having the ability to "light up a room with her personality." She is very polite and always shows her caring nature towards others. Donna is very energetic and loves to participate in athletic activities, especially basketball, soccer, and working out. Aside from her activities and hobbies, she has a great love for all animals. She hopes to be a veterinarian one day so she can spend all her time around animals! Donna is also a BIG fan of Dominican food, music and good shoes. Donna is always appreciative of people who spend time with her. She loves connections with adults, they are very meaningful to her and she holds these relationships as very special. Regardless of her age, Donna is still wishing for a forever family to come into her life.

Donna is legally freed for adoption. She very much wants to be adopted. She welcomes the idea of moving out of state if it's the right family for her. Her social worker believes that a family with at least one female parent would be of benefit to Donna. Additionally, it is recommended that Donna be the only child in the home or the youngest child in a home with much older children. Donna responds well to nurturing behaviors and clear communication styles. The ideal family would encourage Donna's many aspirations, support her hobbies and positively influence her potential.

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

## WHITINSVILLE SOCIAL LIBRARY

17 Church St.  
Whitinsville, MA 01588  
[www.northbridgemass.org/WSL](http://www.northbridgemass.org/WSL)  
(508) 234-2151  
Follow WSL on Facebook and Instagram

As of November 12, Whitinsville Social Library is reclosed to the public due to the increase of COVID cases in Northbridge. The Library is offering Parking Lot Pick Up Monday through Saturday. Place items on hold in the online catalog, wait for a notification that it's ready, and give the Library a call at 508-234-2151 to schedule a contactless pick up window. Not sure what you'd like to read, watch or listen to? Fill out the Library Sampler form on our website and staff will pick out something for you!

**Friends of the Library Meeting**  
Tuesday 1/26 at 6:30  
Discuss fundraising ideas in the time of coronavirus and plan ahead for the future. To request a link to this virtual meeting email [friendsWSL2019@gmail.com](mailto:friendsWSL2019@gmail.com).

**Cookbook Club: Spice Up Winter**  
Join us virtually this winter for our Cookbook Club's exploration of spices. We provide registrants with a sample of the spice via Parking Lot Pick Up. Try the spice at home and then join other food enthusiasts to talk about what you made, what you want to try, and what you thought of the spice.

**Spices and Meetings:**  
Thursday 2/4 at 12 - bharat  
Thursday 2/25 at 12 - Chinese five spice  
Thursday 3/18 at 12 - garam masala  
Sign up at [www.tinyurl.com/EventsAtWSL](http://www.tinyurl.com/EventsAtWSL) to receive a sample of the

spice, information on its history, usage, and recipes. Once you've registered you will receive a link via email to that spice's meeting on Zoom.

**Take & Make: Valentine's Day Kids Craft**  
Pick up Wednesday 2/10 from 10-1 or 2-6  
Each kit contains supplies to create two Valentine's Day cards. We provide supplies like cardstock, stickers, and some lovely card ideas. All you need is scissors and glue. Reserve your child's card kit at [www.tinyurl.com/EventsAtWSL](http://www.tinyurl.com/EventsAtWSL). Be sure to select a window to pick up your kit on 2/10 when you sign up.


**Ten Year Club: The Song of Achilles**  
Wednesday 2/17 at 6:30  
Join us as we discuss the best sellers from ten years ago. Whether you read the book when it was first released in 2011 or want to read it now, let's talk about it! We'll discuss the book itself and how it's held up ten years later. The first meetings will take place via Zoom. Copies of The Song of Achilles by Madeline Miller are available for Parking Lot Pick Up, electronically in Overdrive, or patrons may place on hold in the catalog or by giving the Library a call.

Sign up at [www.tinyurl.com/EventsAtWSL](http://www.tinyurl.com/EventsAtWSL) to get the link to attend the book discussion.

## Declan Chapman named to Fall 2020 Honors List at Pomfret School

POMFRET, Conn. — Declan Chapman of Douglas, from the Class of 2022, was named to the Fall 2020 Honors List at Pomfret School. To achieve this level of distinction, Declan earned a grade point average of at least 3.330 and received no grade lower than a B.

Founded in 1894, Pomfret School is an independent college preparatory school for boarding and day students in grades 9 through 12. We also offer a postgraduate year. Set on 500 acres in the celebrated Last Green Valley of Northeastern Connecticut, our mission is to cultivate a healthy interdependence of mind, body, and spirit in our students. We offer 8 academic disciplines, more than 100 elective courses, 25 athletic options, and numerous opportunities to participate in community outreach and service programs.



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February 2021 Virtual 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, February 4th at 18th at 6:00pm 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 Running Girl Eats – Thursdays -- February 11th, March 11th and April 8th at 6pm Join Sarah Roy, from Running Girl Eats Nutrition Coaching, for a 3-part series. Sarah will be discussing the relationship between the top 3 health issues Americans face today: type 2 diabetes, high blood pressure, and high cholesterol. She will discuss why these diseases are on the rise, specifically what contributes to each disease, and how to naturally - through lifestyle changes- heal your body, no medicine required. Sarah will be making a few easy and delicious recipes that contain simple to find ingredients for each workshop. This class is sponsored by the Uxbridge Board of Library Trustees and will be broadcasted on the Library's Facebook page.

and Iggy on Facebook Live for songs, rhymes, stories, and more! Best for ages 0-4.

Virtual PJ Story Time - Thursday, February 25th at 7:00pm

Join us on the last Thursday of the month on Facebook Live with cozy picture books! Best for all ages.

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.

\*Virtual SAT Prep Webinar - Monday, February 1st at 6:30pm

Hannah Sieber, owner of TriTutoring LLC, will guide you through the basics of SAT studying. Get some tips and tricks for attacking the test! This webinar is suitable for both parents and students. Please visit our Calendar to register. Brought to you by the Library Board of Trustees.

\*Virtual Teen Meditation - Monday, February 1st at 7pm

It's hard to deal with life sometimes. That's why we meditate! Amy Rutledge will guide us through different meditation techniques such as mindfulness, loving-kindness, creative visualizations, and affirmations to cultivate self love, self worth, confidence, compassion, focus, concentration, stress, and anxiety relief. Visit our Calendar to register. Best for ages 13 and up. Brought to you by the Library Board of Trustees.

\*Virtual Bedtime Yoga - Monday's, February 8th and 22nd at 6:30pm

Wind down with Lindsey and some stories as we read, relax, and do some yoga over Zoom! Visit our Calendar to register. Best for ages 6 and up.

\*Virtual Lava Cake Mug Meals - Wednesday, February 10th at 5pm

Join us and Chef Julie on Zoom to make an ooey gooey treat!! Visit our Calendar to check out the ingredients list and register! This program is best for ages 8 and up. Brought to you by the Library Board of Trustees.

\*Virtual Trivia Night with The Trivia Brothers - Wednesday, February 17th at 7pm

The Taft Public Library and Uxbridge Free Public Library are super excited to present...The Trivia Brothers! The Trivia Brothers have managed to squeeze the same zany, light-hearted trivia fun into a package small enough to fit on your computer screen! You will need TWO DEVICES in order to enjoy the optimal experience - a computer (to join the Zoom meeting) and a smart phone or tablet (to play the game). Teams can be comprised of individual or multiple players. Recommended team size is 3-6 players. Visit our Calendar to register! Brought to you by the Taft Public Library and the Uxbridge Library Board of Trustees.

\*Birds StoryWalk - Thursday, February 18th at 10am

Beginning Bridges CFCE, West Hill Dam, and the Library are partnering for even more wintry fun in the outdoors!



## 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.

Learn about birds and enjoy reading Birds by Carme Lemniscates while walking. Please visit our Calendar to register for a ten-minute slot, as registration is required. Brought to you by the Uxbridge Cultural Council and taking place at West Hill Dam.

\*Middle School Book Club - Tuesday, February 23rd at 4pm

If you're looking for fun books and graphic novels to read, this is your book club! Join us for the first meeting to get to know one another and choose our first book. Monthly meetings will be on the last Tuesday at 4pm. To receive the Zoom link, email Lindsey at lcentrella@cwmar.org.

\*Virtual Mac and Cheese Mug Meals - Wednesday, February 24th at 5pm

Warm up with a cozy classic! Visit our Calendar to check out the ingredients list and register. Best for ages 8 and up. Brought to you by the Library Board of Trustees.

\*Virtual Fortnite Tournament with One Up Games - Thursday, February 25th at 7pm

Fortnite Tournaments have been taken to the next level! See how you measure up against other local battle royale competitors in our FREE Private Custom Matchmaking Tournament, courtesy of One Up Games, Uxbridge Free Public Library and Epic Games! Play right from the comfort of your own home on your own Xbox One / Series X, PlayStation 4 / 5, Nintendo Switch, or PC! Participants must have their own gaming platform, online connection, and a copy of the game. Visit our Calendar to register. Brought to you by the Library Board of Trustees.

Letters to Librarians

Have you ever had a pen pal? Do you wonder what the librarians have been up to? Email Lindsey at lcentrella@cwmar.org to join our Letters to Librarians pen pal program!

\*Do you miss LEGO club?? We sure do! Email Lindsey at lcentrella@cwmar.org if you'd want to join a virtual LEGO club at the library!\*

Check our website and social media for additional programs as the month unfolds!

### TRIBUNE ALMANAC

— REAL ESTATE —

#### BLACKSTONE

\$730,000,229BlackstoneSt,Pickering, DavidS,andPickering,ValerieA,to Mcqueston,MarkW,andMcqueston, Courtney. \$480,000,67GlensideDr,Derose,Robert W,andDerose,BridgetK,toPoch, WilliamS,andCarmichael,AnnM.

#### DOUGLAS

\$260,000,5RobinDr#5,Giampietro, JamieJ,andGiampietro,RobinL,to Boza,Allison,andFelisberto,Thulio. \$240,000,5KerneyRd,Serafin,Justin, andSerafin,Jennifer,toAnderson,Eric, and Jerome, Meghann. \$112,500,832NWMainSt,Wiegele, GeorgeL,andWiegele,JoanneR,to Ohara,TimothyM,andOhara,SarahM.

#### NORTHBRIDGE

\$465,000,232WashingtonSt, Otoole,Steven,andOtoole,Cindy,to Mccormick, Daniel E. \$435,000,522HighlandSt,Graffman, RossA,andGuistina,JanineF,toLe,Tien. \$418,000,217SandTrapCt#217, StephenDewire2015RET,andDewire, Stephen,toRyan,Gloria,andRyan, Robert. \$369,900,1863ProvidenceRd#1863, DCMConstructionCorp,toRonci,Curtis M,andRonci,Sharim. \$367,500,132IvyLn,Tessier,BruceA,to Pierre-Victor, Martine. \$330,000,185PrescottRd,Mitchell, LindaI,toFerreira,Gilson J,andDacruz-Ferreira, L M. \$175,000,189HeritageDr#189,Hill, NancyE,toPandolfino,StevenA, and Pandolfino, Suzanne. \$125,000,26CSt#26,Progin,Gregory, toShackett,PatriciaA.

#### UXBRIDGE

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# Nichols College students named to Fall 2020 Honors List

DUDLEY — Many hard-working students at Nichols College in Dudley, Mass., have achieved Dean's List or President's List honors during the fall 2020 semester. The Dean's List and President's List give recognition to those students who achieve high grades during a single semester. In order to be included on the Dean's List, a student must have a minimum grade point average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester. Students whose semester grade point average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President's List honors. Madison Doherty of Uxbridge has achieved Dean's List honors. Rachel Forte of Douglas has

achieved President's List honors. Noelle Haas of Northbridge has achieved President's List honors. Mandy Laporte of Douglas has achieved President's List honors. Andrew McCarthy of Uxbridge has achieved Dean's List honors. Victoria McPherson of Douglas has achieved Dean's

Dean's List honors. Vanessa Slawski of Douglas has achieved President's List honors. Kiley Lafortune of Douglas has achieved Dean's List honors. Cody Rockwell of Uxbridge has achieved President's List honors. About Nichols College Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through

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

## Lasell University students share scholarship at symposium

NEWTON — Lasell University's Fall Career Readiness Symposium featured presentations of research, visual art, and more in December 2020. The Fall Symposium was made possible in part by a grant from the Davis Educational Foundation. Kaylie Silva of Douglas participated in a Lasell Student Government Association (SGA) initiative on career paths. Silva interviewed Basil Stewart, Vice President of Finance and Administration/CFO at Lasell University. Peyton Young of Douglas a fifth-year student pursuing a master's degree at Lasell immediately following their bachelor's program, presented on their experience in the 5th year program. The December 2020 event showcased the work of more than 150 students in a dynamic digital format, a triumph for flexible teaching and learning amid COVID-19. The December 2020 event was reimagined to celebrate and showcase the ties between career preparedness and Connected Learning, thanks to a three-year grant from the Davis Educational Foundation. All Symposium presentations focused on four of the National Association of Colleges and Employers' (NACE) career-readiness competencies: Global and Intercultural Fluency, Professional and Work Ethic, Leadership, and Career Management. "The Fall Career Readiness Symposium showcased student work and experiences, especially ways in which students have applied Connected Learning to develop their careers through internships," said Provost Eric Turner. "The event highlighted competencies in leadership and global/intercultural fluency with an emphasis on ways our students lead and serve by example." For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.

### CLUES ACROSS

1. Ancient kingdom near Dead Sea
5. 2014 Winter Olympics host
10. Soft fabric
12. Covered in flowers
14. Works at a college or university
16. Keeps us cool
18. Corpuscle count (abbr.)
19. Similar
20. Birthplace of Muhammad
22. They \_\_
23. Preamble to a book
25. Southern China people
26. Hair product
27. The woman
28. Partner to cheese
30. One point north of due east
31. Round Dutch cheese
33. Be in awe of
35. Christmas song
37. Emits coherent radiation
38. Something that is ccmparable to another
40. Monetary unit
41. The cutting part of a drill
42. Resinlike substance secreted by certain insects
44. Touch lightly
45. Toyota SUV
48. \_\_ and Andy, TV show
50. Made less dangerous
52. Assets under management (abbr.)
53. Nostrils
55. Moved quickly
56. Thai isthmus
57. TV personality Roker
58. Honors anew
63. Rags
65. One who obtains pleasure from inflicting pain or others
66. Marketplaces
67. Dark brown or black

### CLUES DOWN

1. Nowhere to be found (abbr.)
2. Not new
3. Brew
4. Stain with mud
5. Chief or leader
6. Luke Skywalker's mentor \_\_-Wan
7. Type of sauce
8. Sharpens
9. Priestess loved by Zeus
10. Jean Henri \_\_, French entomologist
11. Regulates supply of fuel
13. Disturbing and horrifying
15. Equal (prefix)
17. Hosts film festival
18. Tattered piece of clothing
21. Rich desserts
23. Unique motor (abbr.)
24. Disfigure
27. Chemical substance
29. Slang for famous person
32. Department of Labor
34. The A-team rode around in one
35. Beach cabin
36. Living things
39. Gun (slang)
40. Disconsolate
43. Stroke gently
44. Actress Richards
46. "Cletus Hogg" actor
47. Returned material authorization (abbr.)
49. Brazilian mountain range
51. Upset
54. One with supernatural insight
59. Insecticide
60. Taxi
61. "Much \_\_ about nothing"
62. Cannister
64. Popular clothing retailer

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			M	O	A	B		S	O	C	H	I	
	F	A	I	L	L	E		A	B	L	O	O	M
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				M	A	R	T	S			E	B	O

## SNHU announces Fall 2020 President's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2020 President's List. Eligibility for the President's List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester. Hannah Cusson of Whitinsville Sal Ante of Uxbridge Ryan Paul of Uxbridge Emily Roberts of Uxbridge Southern New Hampshire University (SNHU) is a private, non-profit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

## Taft Early Learning Center accepting registrations for preschool lottery

UXBRIDGE — The Integrated Preschool Program at Taft Early Learning Center is designed to meet the needs of children who are developing within normal limits, as well as children who have been identified with special needs. Classes are taught by a teacher trained in Early Childhood Education. The public school calendar is followed. Parents provide their own transportation. The preschool program offers a variety of half-day and full-day classes for three- and four-year-olds. Lottery cards are available online at Uxbridgeschools.com or picked up at the Taft office between 9 a.m. and 2 p.m. starting Feb. 22-26. If your child is selected, you will be contacted and a \$50 non-refundable deposit is required to hold the spot.

Application Deadline: Friday, Feb. 26

Children will be selected by lottery to fill the openings in each class on Wednesday, March 3. Successful applicants will be notified by mail in late March. An orientation program for parents and students will be held prior to the start of Preschool. Please email Christine Veneziano, cveneziano@uxbridge.k12.ma.us or call with any questions 508-278-8643.

## Pomfret School announces Fall 2020 Head of School Scholar Honors

POMFRET, Conn. — Students named to this list earned a grade point average of 4.00 and received no grade lower than an A- for the Fall 2020 Term. Jackson Medeiros of Douglas Justin Medeiros of Douglas Erin Wiehn of Northbridge Founded in 1894, Pomfret School is an independent college preparatory school for boarding and day students in grades 9 through 12. We also offer a postgraduate year. Set on 500 acres in the celebrated Last Green Valley of Northeastern Connecticut, our mission is to cultivate a healthy interdependence of mind, body, and spirit in our students. We offer 8 academic disciplines, more than 100 elective courses, 25 athletic options, and numerous opportunities to participate in community outreach and service programs.

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EDITORIAL

# Take your Vitamin D

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, with winter brings a challenge with shorter days and the ability to absorb the much needed vitamin.

During a trek to the top of a mountain last week, we met a doctor who went on to explain how, during winter months, the Vitamin D the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the Northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of Vitamin D.

It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D, and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays seem to have come and gone in a flash. We are just two weeks away from what many call the longest month of the winter, the dreaded February. Usually temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer.

# OPINION

Opinion and commentary from the Blackstone Valley and beyond

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

Gertrude Bell, Queen of the Desert. I wager you have never heard of the brilliant, brave woman who travelled to the Middle East in the 1890's virtually by herself in a camel caravan, sleeping in tents, risking robbery and death, in a region no British soldier or diplomat would enter. She set out with her silk gowns and china tea service into the wilds of the Bedouin desert, a lone English woman in the violent, male-dominated world of the Middle East.

Her claim to fame? An explorer, diplomat, and archeologist, Bell is credited with exploring and mapping Arabia and, based on her unique perspective from her travels and relationships with tribal leaders throughout the Middle East, she drew the boundaries of today's Iraq. Highly esteemed by both British and Arab officials, she was an advisor to no less than Winston Churchill.

Bell was born in 1868 in England to a well-to-do family. Because her mother died when she was only three, she formed a close relationship with her father. He believed in her, a critically important asset to any woman.

Bell attended Queen's College, London, and later Oxford University. She was the first woman to earn a first class honors degree in Modern History at Oxford.

In 1892, Bell traveled to Tehran, Persia, to visit her uncle, the British ambassador. Over the next few years, she climbed mountains in Switzerland (she was also an ace mountain climber), and studied the Ottoman languages, becoming fluent in Arabic, Persian, French and German.

In 1899, she again went to the Middle East, travelling in Palestine and Syria. She met with Bedouin chieftains who thought she was a Queen. Granted she was no ordinary woman, an upper class British adventurer, and carried herself as if she were a queen (something every woman should do). She was undaunted by travelling by camel caravan to unexplored regions in the Arabia of the 19th century. She became thoroughly educated in the culture and land of Mesopotamia.

Bell travelled across Arabia 6 times in the next 12 years. In 1913, she accomplished an arduous journey, travelling 1,800 miles from Damascus to the dangerous Ha'il, then to Baghdad and back

to Damascus. She was detained (arrested) by a chieftan, (a merciless killer, and general bad guy). He held her captive for nearly a year when she finally negotiated her release.

She was the only woman representing Britain in the Middle East. Oh, the

British all-male diplomacy officers were green with jealousy and red with rage so Gertrude experienced a great deal of sabotage. Nevertheless, she worked with Lawrence of Arabia during World War I and wrote "Self-Determination in Mesopotamia", a scholarly paper that won her a seat at the 1919 Paris Peace Conference.

All this, at a time when most people - even today - said women could do nothing and must remain in the home.

At the 1921 Cairo Conference in Egypt, she met with Winston Churchill and established the Iraqi boundaries. She advocated for King Faisal to become Iraq's king. The people of Mesopotamia called her "Queen" in Persian.

In 1922, King Faisal named her the Director of Antiquities and she worked to keep important artifacts in Iraq. The Iraq Museum opened in 1926. Bell spent the last year of her life working on the museum, cataloging items found at Ur and Kish, two ancient Sumerian cities.

Top of Form

Bottom of Form

How could a woman do this in 1892?

In 1913? The British were notoriously against women even voting in 1912. Winston Churchill worked with Bell because he knew that she knew the land, the people, spoke their language and had worked with them for over 20 years. He knew the she knew what would work to unite the Arab people at that point in time.

This is a must-read story about what Bell accomplished in the Victorian Age when women could do nothing. Or could they do something? In her book, "Queen of the Desert," Janet Wallach describes the incredible journey of life that Bell embarked upon in 1892. Could you be this brave? Could you match Gertrude's hard work, travel by camel, meet with tribes in the desert, win their friendship, and draw the boundaries of nations?

## LETTERS

Extra! Extra! Read All About It!

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

But first, you have to write us!

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

Or e-mail your letters to the editor at [news@stonebridgepress.news](mailto:news@stonebridgepress.news).

You'll need to provide your name and place of residence, along with a phone

number, so we can verify the letter is yours.

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

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

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

So, what are you waiting for? Start writing!

## Readers Reveal their Favorite Tips and Tricks

The holidays are over and we're all looking forward to a better 2021! Meanwhile, readers took time out this month to share their favorite ideas to make life a little easier! Read on for the latest round of hints from readers:



TAKE  
THE  
HINT

KAREN  
TRAINOR

\*\*  
Some like it hot; some, not so much. This reader's quick and easy flavor fix gets it just right:

If you like ketchup or hot sauce on your eggs or any other dish, but find the ketchup too mild or the hot sauce too spicy try mixing them together for the perfect combo!

Annie Wuelfing  
East Brookfield, MA

\*\*  
This space saving tip repurposes a kitchen tool in the bathroom:

I have a hint for the paper. I actually use this one and want to pass it along.

In the bathroom, to hold the spare toilet paper rolls for future use, I use a kitchen paper towel roll holder. I find that three rolls of toilet paper can be stored on this smaller version of the larger stand up one that many people use.

The smaller version provides just enough storage for future rolls and is small enough to be hidden out of the way.

MC  
Sturbridge, MA

\*\*  
Want perfect pasta? This reader's technique perfects "al dente" and saves energy in the process:

Here is an energy-saving hint with pasta: Bring the salted water for the pasta to a full boil, add pasta and stirring gently, boil 1 to 2 minutes only. Turn off the burner, cover the pot and leave on the burner for 2-3 minutes longer than the usual pasta cooking time. Test pasta; if needed, recover and leave an additional 1-2 minutes.

2nd pasta hint: before draining pasta always save a half cup or so of the pasta cooking water. If added to your pasta recipe near the end of cooking, the pasta water will make the sauce silkier and sauce will adhere to the pasta better. With pasta casseroles, it can also be used to loosen up any leftovers in the pan for later use!

Virginia Brousseau  
Willington CT

\*\*  
Old fashioned Mason jars are back in active duty with a myriad of new uses, and this reader shares her favs:

It seems someone else had shared about the tops from parmesan cheese fitting Mason jars, boy do they ever, pint and quart size alike, the fit.

My new use that works great is for ice tea for adults! Paper straws (no plastic) or pasta large noodle straws fit in the sprinkle side opening. Straws stay upright and larger flip/pour side of the lid once affixed to your beverage jar for the day, opens so you can refill easily. Just pour in more tea, soda, fruit juice etc. with very little or no touching! Each person opens their own flip-side for a refill!

Color code the straws, one color per person, or add those wine glass charms with a ribbon or pipe cleaner to the outside of your Mason Drink Glass!!!

Also, heavy enough and flip-pour side large enough opening to add ice by hand or hold beneath the ice dispenser if you have one!

Quart size Mason jars are heavy and stay upright on your stove top when cooking chili, soup or other messy dishes. It's the perfect place to stow a ladle or large spoon. It stays upright, collects drips into the jar and is easy to locate.

Mason jars are cheap at hardware stores, etc., work like a charm and clean up in a dishwasher - one more way they are COVID sanitize friendly!

Here are a couple of other tips:

The top of vegetable oil bottle equals one tablespoon. It sanitary to use it as a measure right into pan and reseal the bottle.

My trick each year putting the Christmas Tree and lights away: I have elongate spools or winders and I always wind the non-plug end onto the winder first. Note the very first bulb in the string (end away from the plug) is the "blinker" the set comes with. I plug the string in to test in one more time before winding the remainder on, with the plug last left exposed. Makes next year easy, plug in and test before stringing the whole tree and if one is burnt out or knocked loose, the blinker bulb moved over one at a time lets me test and repair a strand before placing on the tree.

Viola Bramel  
Northbridge, MA

\*\*  
Win Dinner for Two at the Publick House

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

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

## Remote work may offer financial benefits



FINANCIAL  
FOCUS

DARREN  
PARENT

During the COVID-19 pandemic, many of us have been forced to work from home. But once we've moved past the virus, many workers may continue working from home. More than one-third of companies with employees who started working from home now think that remote work will stay more common post-pandemic, according to a Harvard Business School study. This shift to at-home work can affect people's lives in many ways - and it may end up providing workers with some long-term financial advantages.

If you're one of those who will continue working remotely, either full time or at least a few days a week, how might you benefit? Here are a few possibilities:

Reduced transportation costs - Over time, you can spend a lot of money commuting to and from work. The average commuter spends \$2,000 to \$5,000 per year on transportation costs, including gas, car maintenance, public transportation and other expenses, depending on where they live, according to the U.S. Bureau of Economic Analysis and the U.S. Census Bureau. If you are going to work primarily from home, you should be able to greatly reduce these costs.

Potentially lower car insurance premiums - Your auto insurance premiums are partially based on how many miles you drive each year. So, if you were to significantly reduce these miles by working from home, you might qualify for lower rates.

Lower expenditures on lunches - If you typically eat lunch in restaurants or get takeout while at work, you could easily be spending \$50 or more per week - even more if you regularly get coffee drinks to go. By these figures, you could end up spending around \$3,000 a year. Think how much you could reduce this bill by eating lunch at home during your remote workday.

Lower clothing costs - Despite the rise in "casual dress" days, plenty of workers still need to maintain appropriate office attire. By working from home, you can "dress down," reducing your clothing costs and dry-cleaning bills.

As you can see, it may be possible for you to save quite a bit of money by working from home. How can you use your savings to help meet your long-term financial goals, such as achieving a comfortable retirement?

For one thing, you could boost your investments. Let's suppose that you can save \$2,500 each year by working remotely. If you were to invest this amount in a tax-deferred account, such as an IRA or your 401(k) or similar employer-sponsored plan and earned a hypothetical 6 percent annual return for 20 years, you'd accumulate more than \$97,000 - and if you kept going for an additional 10 years, you'd have nearly \$210,000. You'd eventually pay taxes on the amount you withdrew from these accounts (and withdrawals prior to age 59½ may be subject to a 10% IRS penalty), but you'd still end up pretty far ahead of where you'd be otherwise.)

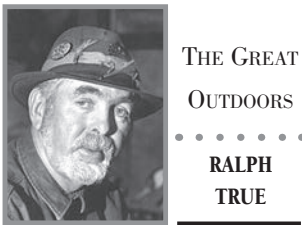
You also might use part of your savings generated by remote work to help build an emergency fund containing a few months' worth of living expenses. Without this fund, you might be forced to dip into your retirement accounts to pay for something like a major home repair.

Becoming an at-home worker will no doubt require some adjustments on your part - but, in strictly financial terms, it could lead to some positive results.

*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](mailto:Darren.parent@edwardjones.com).*



# Just when you thought the ice was ready...



THE GREAT OUTDOORS  
.....  
RALPH TRUE

Just when we think we are going to have safe ice, Mother Nature decides to take it all away with a good rainstorm and mild temperatures. With only five weeks left for making safe ice locally, ice fishing is going to be another short season. Trying some fishing on the Cape ponds with Rod & reel is a good way to get out & do some fishing. Some of the ponds that are a short drive from the valley include Hamblin Pond, Cliff Pond, and Mashpee Pond. They are heavily stocked with trout in the spring & fall.

Hamblin Pond is a favorite of mine, and has provided some great

trout fishing all season long. Fishing at the beach area at Hamblin, is the best, and launching a small boat or Kayak is easy. Be sure to wear your life preserver if you are fishing from a boat. The beach area has a slow shallow draft, and wearing a good pair of waders can have you right into some impressive trout, which consist mainly of Rainbow & Brook trout. Shiners and grubs are the ideal bait for catching trout, not to forget the Power Bait line.

Massachusetts Wildlife recently signed a conservation restriction in the towns of Shutesbury, Pelham, & Leverett. The 2,038-acre parcel of property will ensure that the land will be open to the public, for all outdoor activities for many years to come. The land is known as the Walter Cowsls ,Jones Working Forest.



The latest report on the Massachusetts 2020 deer harvest for 2020, came close to breaking the 2018 deer harvest record, with archers again having the highest number of deer harvested. The numbers are as follows: Youth deer hunt 120, Paraplegic hunt 2, Archery 6,552, Shotgun 4,855, Primitive arms, 2,802, for a state total of 14,331. The numbers are preliminary, and could change a bit.

Unfortunately, the cross-bow bill did not pass again last year.

This writer reported on the planned increase in the saltwater fishing license for 2022 in Mass. & raising the free license to 70 years old. Increases in the regular hunting and fishing license are also on the table for 2022. I understand that there will be a virtual meeting for license holders on zoom or some other site, for those that may have any comments on the planned increases in the coming weeks. Stay Tuned!

The Uxbridge Rod & Gun Club membership chairperson Janice Neitz has set up a Venmo account for membership renewal this year because of the pandemic. You can e-mail her at [uxbmembership@gmail.com](mailto:uxbmembership@gmail.com) if you have any questions. The club has also set out new application forms at the club that can be picked up any day. They need to be filled out and mailed or brought to the club with your check. Your 2021 membership can be picked up the following week.

The pond Chairman, Ed Gervis, reported that the pond will be stocked with trout this Friday. Depending on the ice condition of the pond, fishing may or may not start the same day. Be sure to check the

signs at the pond ,that show the pond is open or closed. Stay off of unsafe ice! Many clubs in the valley will not be stocking there pond this year because of unsafe ice. The spring derbys are still being planned!

Steelhead fishing in upstate New York was a bit slow, but started to pick up this week, according to Fat Nancy's Tackle Shop in Pulaski, N.Y. You need to be in top physical shape to do any type of fishing at this time of year, especially fishing on the Salmon River. For those that can make a trip to New York to fish for Steel Head, the rewards are great. This week's picture shows local legend, Dan Southwick with a nice steel head caught on an earlier trip.

Take A Kid Fishing & Keep Them Rods Bending!



GARDEN MOMENTS  
.....  
MELINDA MYERS

# Testing leftover seeds for viability

The beginning of a new year finds many gardeners preparing for the growing season ahead. Clearing space to start seeds indoors, inventorying seeds and supplies, and ordering seeds, plants, and more are usually part of the process.

While organizing, you may uncover seeds from past seasons. Do not discard these just yet. When seeds are stored properly, many can last from one to five years or more.

Seeds stored in a cool location like the refrigerator in an airtight container maintain their viability best. But even those stored in less-than-ideal conditions may surprise you. Older seeds may still sprout once they pass their average life expectancy, but you are likely to see a reduction in the success rate.

The type of seed also influences how long seeds can be stored and remain viable. Start by checking the expiration

date on the seed packet. Onions, parsley, and parsnip seeds usually last one year. Corn, okra, and peppers two years; beans and peas for three years; tomatoes, turnips, beets, chard, and watermelon four years; and Brussels sprouts, cabbage, muskmelons, radishes, and spinach last for five years.

The same principles apply to saved flower seeds. Marigold and zinnia seeds can maintain good viability for two to five years; ageratum, nasturtium, sunflowers, and yarrow for three to five years; monarda four years, and calendula for four to six years.

But the longer you grow plants, the more likely you are to push the limits. This often results in unexpected success or valuable insight for future gardening endeavors.

When in doubt use this quick-and-easy test to see if your seeds will sprout. Place ten seeds on a damp paper towel. Roll up the towel with seeds inside, place in a plastic bag and store in a warm location.

After a week or so, unwrap the paper towel and check the seeds for sprouting. If nothing has happened, rewrap the

seeds and wait a few more days.

If all the seeds have sprouted, you have 100% germination and can plant the seeds as recommended on the package. If only half the seeds sprout, for example, you will need to plant the seeds twice as close together to compensate for the lower germination rate.

The sprouted seeds can be planted indoors or out depending on the time of year, available space, and your climate.

If none of the seeds sprout, consider breaking out the glue and getting the family involved in turning these leftover seeds into works of art. Select a variety of sizes, shapes, and colors to create your masterpiece on wood or heavyweight card stock. Large seeds like beans, peas and corn are easy for crafters of all ages to handle. Use tweezers for finer seeds that add detail and texture to your creation.

Testing seeds now can help you save money when placing your seed order. You can focus your planting budget on new seeds and supplement with your existing inventory.

Melinda Myers is the author of



Older seeds may still sprout, but it is likely there will be a reduction in the success rate.

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

# Reach across the aisle in the spirit of Lincoln

I don't think I'll find many that will disagree that our nation is in turmoil. From an election that a large minority of our friends and neighbors feel was stolen, to an assault on our nation's Capital, the concern about what will come next is eerie.

There has never been a more important moment than now for both sides, red and blue, liberal and conservative, to consider the attitude and wisdom of Abraham Lincoln ...

"With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds ..."

We are on a dangerous path, only a few steps away from a point of no return. Let's not take those last few steps.

Can it begin now, with us?

We need a peaceful transfer of power without any hitches and we need a new administration that enters office in the spirit of Abraham Lincoln.

"With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds..."

Yes, our nation is wounded. Anything less than this attitude carries the potential of lighting a powder keg. It's a matter of choice at this moment. President-Elect Joe Biden can calm his supporters and move forward with malice towards none and with charity for all. Extremists on the side of the left are using words like, 'purge' and 'punishment' when talking about those on the right who supported President Trump. Make no mistake about it, President Trump has acted like a petulant child in the weeks leading up to the attack on our Capital. His careless words were and are dangerous.

I implore us all, red or blue, liberal or conservative, to abandon the violent and angry rhetoric and come together as friends and neighbors. We may see the world differently ... but we are still friends and neighbors.



POSITIVELY SPEAKING  
.....  
GARY W. MOORE

I was taught a valuable lesson by my former, Pastor, Dr. Dan Boone. I was CEO who was at odds with a business competitor. We both attended the same church and the aggressive businessman within me was screaming, "Go in for the kill" and I easily could have. I had a clear advantage, and I could have ended my competitor's business. Over lunch, My pastor said, "Oh, I'm wondering if you'd do me a favor."

I assured him that I would. He then told me of a local business that was in trouble and asked, "Will you pray for Tom and Mary? (not real names)" "There business is in trouble and a failure will cause them to lose everything." He was of course talking about my competitor.

I gave my word and prayed for them daily. My attitude changed.

I found a way that my success would not cause their failure. I have never regretted the decision to back off. My prayers for a competitor created compassion and an invaluable realization.

Life isn't a zero-sum game. For one side to win the other doesn't have to lose. I'll admit that I didn't vote for President-Elect Joe Biden, but now he's first on my daily prayer list.

Even if you were a candidate, your success in life didn't depend on this election. Your personal happiness wasn't destroyed or created by who won or lost. Your happiness is a choice. If you are angry and miserable, it is because you chose to be so.

I happened upon a delightful movie on Netflix this week. "Full Count" is a story of a young athlete's success that was unfairly stolen from him and how he deals with his future. After many twists and turns he comes to a life changing realization. "Life isn't going to make you happy. Your happiness is going to make your life." Lots of wisdom

in those words.

So, what's my point? The election is over. On January 20, 2021, a new administration will take office. Let us stop being Biden or Trump supporters and be supporters of our country and each other. For those of you who pray, I'm asking you to join me in praying for peace and unity.

First, let's pray for the health of our new President and administration, let's pray for wisdom to move our country successfully forward and for compassion for, and from, our new leadership.

Let's also pray for President Trump and his supporters. Pray that he will come to terms with his loss and move forward the rest of his life using his influence for the good of all. I pray he takes a lesson from the example set by former President Jimmy Carter.

If you're not a praying person, set aside what anger you feel for your fellow citizens. Extend kind thoughts and words for all regardless of which candidate they supported. If your candidate won, rejoice ... but please

do not think of revenge or getting even. If your candidate lost, pray for the success of the new administration.

Do not allow your joy to turn into vindictiveness nor let your disappointment turn to violence. We can do better ... and will.

Only our adversaries benefit by our division and failure, while the entire world benefits from the unity and success of the United States of America. Don't allow the actions of extremists on either side to extinguish the beacon of democracy.

Will you join me in prayer and positive words and actions?

May God continue to bless the United States of America.

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](http://www.garywmoore.com).

# ALL WE KNOW IS LOCAL ~ StonebridgePress.com





# OBITUARIES

## Nicholas J. “Nick” Hendriks, 45



OXFORD- Nicholas J. “Nick” Hendriks, 45, passed away on Sat. Jan. 16, 2021 at St. Vincent’s Medical Center with his loving family by his side. Nick leaves his son Jacob Hendriks of Woonsocket; his mother, Marsha Hendriks of Oxford; his sister, Stacey Piercey of Douglas; one grandchild; 2 nieces, a nephew and many friends. He was predeceased by his father Marinus J. Hendriks on January 16, 2018. Born in Worcester, MA on Feb. 1, 1975, Nick grew up in the Manchaug

section of Sutton and graduated from Sutton High School, Class of 1993. He was a big fan of NASCAR racing, and loved his Boston Bruins. Nick had a great sense of humor and could always make you laugh. He had a passion for art and was a talented painter. His family is left with a heavy heart, and will miss him deeply and forever. As to his wishes, there will not be services at this time. Donations in his memory may be made to St. Jude Children’s Hospital, 501 St. Jude Pl, Memphis, TN 38105. To leave a condolence message for his family please visit: <http://www.Jackmanfuneralhomes.com>

## Edward Prior



WHITINSVILLE- Edward Prior died on December 18, 2020. He was born in Whitinsville on March 17, 1935 to John and Josephine Stanovich. Ed leaves his wife, Carole and two daughters; Karen, wife of James Pockey of Douglas and Pamela, wife of David Pierce of Whitinsville. His son, Michael David, died in 2015. He leaves 3 grandchildren; Justin Christopher Pierce of Shrewsbury, Matthew David Pierce of Oxford, and Meghan Richmond of Oxford. He also leaves two brothers;

Frank Stanovich of Chagrin Falls, Ohio and Joseph Stanovich of Northbridge. Ed was predeceased by four brothers; Raymond Stanovich and John Stanovich, both of Uxbridge, William Prior of Florida and Joseph Prior of Northbridge. He also was predeceased by 3 sisters; Pauline Paquette and Eleanor Tancrell, both of Uxbridge and Mary Clouart of Douglas. He attended Northbridge High and Worcester Junior College. He served in the United States Air Force from 1953 – 1957. He was an accomplished artist and photographer and he enjoyed fishing, gardening, birdwatching and had a love for nature. He was a wonderful husband, father and grandfather and will be missed by many. There will be no services at this time. In lieu of flowers, memorial contributions may be sent to Wounded Warrior Project, PO Box 758516, Topeka, Kansas, 66675-8516. Carr Funeral Home, 24 Hill St., Whitinsville, is assisting the family. To share a memory or condolence, please visit [www.carrfuneralhome.com](http://www.carrfuneralhome.com)





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# Blackstone Valley Chamber hosting presentation by Larry Lucchino

WHITINSVILLE — Join the Blackstone Valley Chamber for a one hour session with Larry Lucchino and Janet Marie Smith on Tuesday, Jan. 26 from 12:30 to 1:30 p.m. The session is a free live zoom webinar. Larry Lucchino is Chairman and Principal Owner of the Worcester Red Sox. Janet Marie Smith serves as Executive Vice

President of Planning & Development for the Los Angeles Dodgers. You will learn about the magic behind “Building a Ballpark” and the powerful relationship between Lucchino and Smith that has built iconic ballparks, and what the dynamic duo has planned for Worcester. Presentation will take place via zoom. Registrants will receive

a link one day prior to event. The mission of the Blackstone Valley Chamber of Commerce is to promote the economic vitality of the Blackstone Valley, meet the needs of the Chamber’s business members, while providing leadership on issues which impact the economy and quality of life in the Valley.

# Jaden Mozart named to SNHU Dean’s List

MANCHESTER, New Hampshire — Jaden Mozart of Douglas has been named to Southern New Hampshire University’s fall 2020 Dean’s List. Eligibility for the Dean’s List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the semester. S o u t h e r n New Hampshire

University (SNHU) is a private, nonprofit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH.

Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

*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

## LEGAL NOTICE MORTGAGEE’S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Richard P. Lofly to Mortgage Electronic Registration Systems, Inc., as mortgagee, acting solely as a nominee for IndyMac Bank, F.S.B., dated May 12, 2006 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 38967, Page 279 (the “Mortgage”), as affected by a Land Court Judgment dated June 26, 2018, and recorded at said Registry of Deeds in Book 59173, Page 102, which equitably assigns the mortgage to Wilmington Trust, National Association, as Successor Trustee to Citibank, N.A., as Trustee for Bear Stearns ALT-A Trust, Mortgage Pass-Through Certificates, Series 2006-4 of which mortgage Wilmington Trust, National Association, as Successor Trustee to Citibank, N.A., as Trustee for Bear Stearns ALT-A Trust, Mortgage Pass-Through Certificates, Series 2006-4 is the present holder by Assignment from Mortgage Electronic Registration Systems, Inc., as nominee for IndyMac Bank, F.S.B. to IndyMac Bank, FSB as Trustee under the Pooling and Servicing Agreement Series BSALTA 2006-4 dated July 20, 2007 and recorded at said Registry of Deeds in Book 42172, Page 22, and Assignment from Mortgage Electronic Registration Systems, Inc., solely as nominee for IndyMac Bank, FSB to Citibank, N.A., as Trustee for Bear Stearns ALT-A Trust 2006-4 dated July 23, 2010 and recorded at said Registry of Deeds in Book 46416, Page 361, and Order of the Land Court Judgment dated June 26, 2018 recorded at said Registry of Deeds in Book 59173, Page 102 which equitably assigns the mortgage to Wilmington Trust, National Association, as Successor Trustee to Citibank, N.A., as Trustee for Bear Stearns ALT-A Trust, Mortgage Pass-Through Certificates, Series 2006-4, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 145 Hazel Street, Uxbridge, MA 01569 will be sold at a Public Auction at 3:00 PM on February 11, 2021, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit: The land with the buildings thereon, at 145 Hazel Street, Uxbridge, Worcester County, Massachusetts, situated on the north side of Hazel Street containing one acre, more or less and described as follows: Beginning at the southwesterly corner of the premises at land

now or formerly on one Tommey; Thence N. 2 degrees 15’ W., twenty (20) rods with the land of said Toomey to the northeast corner thereof; Thence S. 71 degrees E., Eight (8) rods to stake and stones; Thence southerly with a line parallel with the first line, twenty (20) rods, more or less, to the northerly line of said street; Thence westerly with said street, eight (8) rods, more or less, to the place of beginning. For title reference see Deed recorded herewith, Book 38967 Page 278. For mortgagor’s title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 38967, Page 278. The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession. Terms of the Sale: Cashier’s or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee’s attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA 01851 or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication. Other terms to be announced at the sale. Wilmington Trust, National Association, as Successor Trustee to Citibank, N.A., as Trustee for Bear Stearns ALT-A Trust, Mortgage Pass-Through Certificates, Series 2006-4 Korde & Associates, P.C. 900 Chelmsford Street Suite 3102 Lowell, MA 01851 (978) 256-1500 Lofly, Richard P., 15-022588 January 15, 2021 January 22, 2021 January 29, 2021

## (SEAL) COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket No. 21 SM 000001 ORDER OF NOTICE

TO: Lynn Marie Phelan and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): U.S. Bank National Association, as Indenture Trustee on behalf of and with respect to Ajax Mortgage Loan Trust 2019-E, Mortgage-Backed Securities, Series 2019-E claiming to have an interest in a Mortgage covering real property in Uxbridge, numbered 2 Carriage Path, Unit No. 2, of the Juniper Hill Condominium, given by Francis J. O’Connor and Christine M. O’Connor to Fleet National Bank, dated April 19, 2004, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 33658, Page 112, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant’s/Defendants’ Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before 2/15/2021 or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act. Witness, GORDON H. PIPER Chief Justice of this Court on 1/4/2021 Attest: Deborah J. Patterson, Recorder January 22, 2021

**NOTICE OF  
MORTGAGEE’S SALE  
OF REAL ESTATE** Premises:57 Quaker Street, Northbridge, Massachusetts By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Meaghan C. Walsh f/k/a Meaghan C. Skaggs to Mortgage Electronic Registration Systems, Inc., as Nominee for HSBC Mortgage Corporation and now held by Wilmington Trust, National Association, not in its individual capacity, but solely as trustee for MFRA Trust 2014-2, said mortgage dated May 7, 2007, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 41142 at Page 235, as affected by Home Affordable Modification

Agreement dated March 27, 2013, and recorded with said Deeds in Book 51337, Page 171, as affected by an Assignment of Mortgage dated August 25, 2010, and recorded with said Deeds in Book 46231 at Page 5, as affected by an Assignment of Mortgage dated July 29, 2013, and recorded with said Deeds in Book 51337 at Page 383, as affected by a Confirmatory Assignment of Mortgage dated June 15, 2016, and recorded with said Deeds in Book 55674, Page 199, as affected by and Assignment of Mortgage, dated July 24, 2015, and recorded with said Deeds in Book 54121 at Page 276, as affected by an Assignment of Mortgage dated April 1, 2016, and recorded with said Deeds in Book 55202 at Page 40, as affected by an Assignment of Mortgage dated May 3, 2019, and recorded with said Deeds in Book 60546 at Page 383, of which mortgage the undersigned is the present holder, for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on February 12, 2021, at 03:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit: The land with buildinas thereon, situated in the Town of Northbridge, County of Worcester, Commonwealth of Massachusetts, situated on the easterly side of Quaker Street, and being shown as Lot #2 on a plan of land entitled, “Land of Roy C. Peterson, Northbridge, Mass., April 23, 1977, scale: 1”= 60’, John R. Andrews, Jr. Registered Land Surveyor,” which plan is recorded with the Worcester District Registry of Deeds in Plan Book 438, Plan 30, to which a more particular description may he had. The description of the property contained in the mortgage shall control in the event of a typographical error in this publication. For Mortgagor’s Title see deed dated October 21, 2004, and recorded in Book 34909 at Page 77 with the Worcester County (Worcester District) Registry of Deeds. TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described. TEN THOUSAND (\$10,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer’s or cashier’s check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid by a certified check, bank treasurer’s or cashier’s check within forty five (45) days after the date of sale. January 22, 2021 January 29, 2021 February 5, 2021



# UXBRIDGE SENIOR CENTER

36 South Main St.

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

## DIRECTOR NEWS FOR FEBRUARY 2021 NEWSLETTER

Here’s some interesting senior information that you may find helpful:

### Property Tax Exemptions for Adults Age 65 and Older

An exemption relieves a taxpayer from the legal obligation to pay the full amount of their local property tax.

In most cases, a homeowner does not repay an exemption.

Exemption programs typically provide between \$500 and \$1,000 per year in property tax relief to the adult who meets the town’s specific income and asset requirements

Qualifications vary, but generally relate to age, ownership, residency, disability, income or assets. You may be eligible for an exemption if you fall into any of these categories: • Legally blind person • Veteran with a service-connected disability • Surviving spouse of a service member, national guard member or veteran who died from active duty injury or illness • Surviving spouse • Minor child of a deceased parent • Senior citizen age 70 and older (65 and older by local option) More detailed information about the qualifications for each exemption may be obtained from your board of assessors. For the exact eligibility requirements, check with the Uxbridge Tax Assessor, Ken O’Brien, at 508-278-8600.

The Massachusetts “CIRCUIT BREAKER” TAX PROGRAM is for qualifying persons age 65 or over whose property tax (or 25% of rent) exceeds 10% of their annual gross income. You may be eligible even if you receive a property tax exemption through your city/town. Whether or not you owe taxes, you may be eligible for cash or a tax credit of up to \$1,150 this tax year - even if you did not file Massachusetts state income tax forms. This benefit equals the amount that your property tax (plus 50% of your Water and Sewer Bill\*) or 25% of your rent exceeds 10% of your income up to a maximum benefit amount that varies by year. To obtain the benefit, you must file for the 2020 tax year beginning in January 2021. You may also file retroactively for any benefits you could have qualified for in the past three years. Please call the Mass. Department of Revenue Customer Service at 1-617-887-6367 for information and forms. Or visit <https://www.mass.gov/guides/personal-income-tax-for-residents> or go to: <https://www.mass.gov/service-details/senior-circuit-breaker-tax-credit>

Need help filing your income taxes? Go to <https://www.mass.gov/orgs/massachusetts-department-of-revenue> for Self Help Resources to help you with your taxes.

The Center is working with the local BOH on vaccinations for COVID for our seniors. More information will be forthcoming once available. Please call the senior center or Uxbridge BOH at 508-278-8600 for more information. Please reference the enclosed chart of vaccination time phases from mass.gov and the Department of Public Health.

Thank you and stay safe,  
Lisa  
Virtual programs will be aired on Local Cable Channel 192 Tuesday – Thursdays, 9:30am & 5:30pm also 10:00am & 6:00pm. You can also check out our Facebook page and YouTube channel.

New Zumba Gold Continues ~ Thursdays, February 4th, 11th, 18th, 25th and last class is March 4, 2021 ~ Interested individuals should call the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. Sessions will be sent via email to participants. Thank you to the Uxbridge Elderly Connection for sponsoring this!

Monday, February 15, 2021 – Closed in observance of Presidents’ Day. We will re-open on Tuesday, February 16th.

Wednesday, February 17, 2021 – Random Acts of Kindness Day – It is a day to celebrate kindness and the whole pay it forward mentality. “Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.” (Scott Adams). Kind words and actions can seem so small, but their effects are truly endless.

Please note:  
If the Uxbridge schools are closed due to snow, the home delivered meals will not be delivered.  
If there is a snow day on Tuesday, the lunch will be delivered on Wednesday.  
If there is a snow day on Thursday, the lunch will be delivered on Friday.  
Call 508-278-8622 if you have any questions.

The Uxbridge Senior Center in collaboration with the UHS Student Council and the National Residence Hall Honorary Bridgewater State University Campus are offering FaceTime and Pen Pal Programs for seniors. This will also include students from Taft Elementary School and local senior volunteers!

With the long winter months upon us, seniors will become more socially isolated. If you would like to join this group, just call the Senior Center at 508-278-8622 to sign up. Let us know if you prefer FaceTime or the Pen Pal Program.

Uxbridge Senior Center On The Move - Videos will be posted every Monday at 10:00 am! Get ready to join Sally 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 &



THIS POPULAR WINTERTIME SPORT IS A GREAT AEROBIC ENDURANCE ACTIVITY THAT HELPS INDIVIDUALS BURN CALORIES.

ANSWER: SKIING

YouTube after 2:30 pm.

1st and 3rd Wednesdays – Feb 3rd & Feb 17th @ 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 Wednesday (For This Month Only) Feb 10th @ 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 – Feb 11th & Feb 25th @ 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.

Every Thursday – Virtual Crafts with Sally posted on the Uxbridge Senior Center Facebook page and YouTube after 2:30 pm.

Every Friday @ 1:00 pm – Live Facebook Pictionary with Sally! Come play along with Sally & Gail. Tune in to the Uxbridge Senior Center Facebook page.

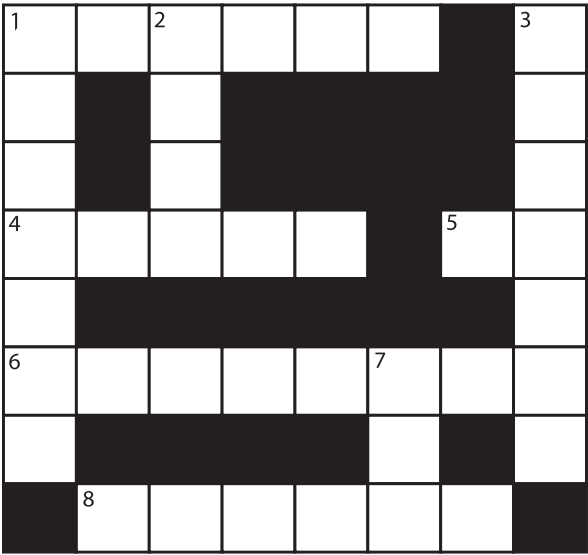
Medical Transportation is now accepting appointments. Call 508-278-8622 to schedule your rides.

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\\_Rlq99rucmFH-UO7VFBw](https://www.youtube.com/channel/UCNh_Rlq99rucmFH-UO7VFBw)  
<https://www.uxbridgetv.org/schedule/192>

## Crossword Puzzle



### ACROSS

- Downhill sport
- Very breezy
- Scary film and book
- In the north
- A bit cold

### DOWN

- Frozen precipitation
- Type of metal
- Blades on ice
- Snakelike fish

## THIS DAY IN...



## HISTORY

- **1921:** THE REPUBLIC OF TURKEY COMES OUT OF THE REMNANTS OF THE OTTOMAN EMPIRE.
- **1945:** FRANKLIN D. ROOSEVELT IS SWORN IN FOR AN UNPRECEDENTED FOURTH TERM AS U.S. PRESIDENT.
- **1980:** THE UNITED STATES BOYCOTS THE OLYMPICS IN MOSCOW THIS YEAR.



## COAST

move easily without using power



**ENGLISH:** Coat

**SPANISH:** Abrigo

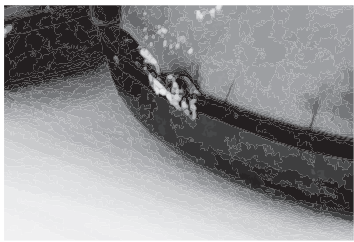
**ITALIAN:** Cappotto

**FRENCH:** Manteau

**GERMAN:** Mantel



SNOWBOARDING WAS FIRST INTRODUCED AS A WINTER OLYMPIC SPORT IN 1998 DURING THE GAMES IN NAGANO, JAPAN.



Can you guess what the bigger picture is?

ANSWER: SNOW TUBE



**CRYPTO FUN**

Determine the code to reveal the answer!

Solve the code to discover words related to winter. Each number corresponds to a letter. (Hint: 26 = I)

**A. 5 1 3 14**

Clue: White precipitation

**B. 16 21 26 8 8 6 24 18**

Clue: Strong snow storm

**C. 2 24 26 25 26 18**

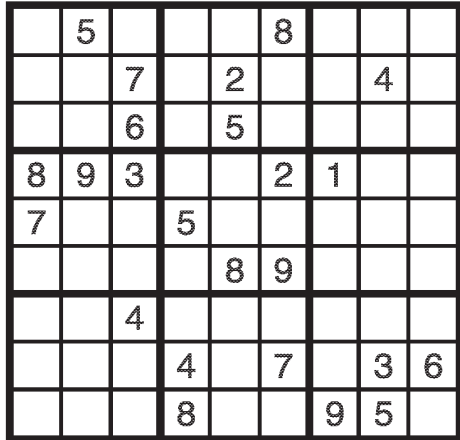
Clue: Very cold

**D. 26 7 4**

Clue: Frozen water

Answers: A. snow B. blizzard C. frigid D. ice

## SUDOKU

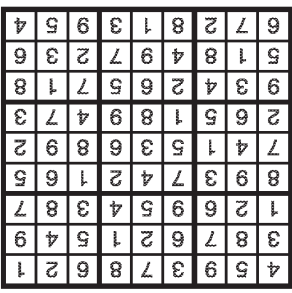


### Fun By The Numbers

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

### Here's How It Works:

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





ANSWER:






# REAL ESTATE







**Jules Lusignan**




**T.A. King**




**Maureen Cimoch**





**Ellen Therrien**



**John Kokocinski**



**Adrienne James**



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## Listings Always Needed – We’re Always Busy Selling!



**ON DEPOSIT**



**NEW LISTING**

**WEBSTER LAKE** – 7 Cedar Drive! Middle Pond! 8 Rm English Tudor across the street from w/Direct Waterfront Lot – Full Lake Access! Offering the Option of an In-Law Apartment or Plenty of Room for Family & Friends! Entry Foyer enters from 3 Sides w/locked door access into the house, stairway to the lower level in-law and the convenience of a Half Bath! The 1st Floor features Applianced Kit w/Breakfast Bar, Open Floor Plan – Frp/col Beamed Cathedral Ceiling Great Rm (Dining & Living Rms), Comfortable Bdrm & Hall Full Bath w/Laundry! Upstairs to the Spacious Master w/Master Bath & Slider to Lake View Deck! Additional Bdrm w/Built-ins! Lower Level with 2nd Kitchen, Open Dining & Living Area w/Brick Hearth, Full Bath & Possible (4th) Bdrm! Central Air! Huge Carport! Detached 3 Car Garage! Lakefront Lot w/Deck, Concrete Patio & Boat Dock! Take Advantage of the Low Interest Rates & make this House Your Home! Summer’s Just Around the Corner! **\$489,900.00**

**WEBSTER** – 6 Nicholas Circle! 8+ Rm Center Hall Colonial! 1.22 Acres! Sought After Neighborhood! Great Commuter Location Accessible to Many Major Routes! Spacious Stainless Steel Applianced Cabinet Packed Eat-in Kitchen & Formal Dining Rm! 23 x 24 Frplace Family Rm w/Cathedral Ceiling & Slider to the Huge Deck! Front to Back Living Rm! 1/2 Bath w/Laundry Closet! The 2nd Floor You’ll Find the Comfortable 12X17 Master w/Walk-in Closet & Full Bath w/Linen Closet! 2 Additional Bedrooms plus an Office/Nursery/Bedroom all w/Ample Closets! 2nd Full Bath off the Hall w/Linen Closet! 2.5 Total Baths! Lower Level Ideal for Storage or Future Expansion! 2 Car Garage w/Electric Openers w/Dble Door Entry to the Basement for Moving Larger Items aka Boys Toys! 2 Z Oil Heat, 2 A/C, Separate Oil Water Heater! Irrigation! Don’t Delay! **\$418,900.00**

**WEBSTER LAKE** – 124-2 Gore Road! 1.68 Acres! Private Retreat Lot with 320’ of Road Frontage and 200’ of Waterfront! Located in North Pond! Beautiful Panoramic Views! Sucker Brook Cove! Lot has been split from a larger parcel! Survey, Home Rendering and Conservation Items Addressed - Order of Conditions Pending! This is the Opportunity to Build a Unique Home with Spectacular Views! Direct Lake/Boat Access! Water and Sewer in the Road! Walk to Restaurants! Surrounded by Wildlife, including Swans and Eagles! **\$175,000.00**



**SOLD**



**ON DEPOSIT**



**ON DEPOSIT**



**ON DEPOSIT**



**ON DEPOSIT**



**SOLD**

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

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

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

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



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**FEATURED PROPERTY!**



**DUDLEY - 22 ROBERTS ROAD**

Lovely 3 bedroom Ranch! Single door 2 car garage with storage! Eat-in kitchen. Fieldstone Fire-placed Living Room! 3 bedrooms, hardwood floors, Remodeled bathroom! Lower Level fieldstone walls/fireplace! In-ground pool! - 3.58 ACRES includes extra lot. **\$312,000.**



**OXFORD - 12 WINTER STREET**

Home "Sweet" Home! TOTALLY Renovated! New Roof - Updated Electrical - New Heating System!! Bedroom, 1.5 Bath - 2 Story Conventional Home. Dead-End St. Rare find, Large Lot .77 Acre - Inside - Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character! **\$281,000.**

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

**THOMPSON - 5+ ACRE WATERFRONT LAND - BECOLA ROAD**



**ON DEPOSIT**

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

**THOMPSON - 25 TERRACE DRIVE**



**SORRY, SOLD!**

Off Thompson Hill! At the end of a Dead end road well maintained & loved! Kitchen with double wall ovens, gas cook-top, granite countertops. Formal dining room, Fireplaced Living room! master, on the first floor. 4 bedrooms total! 2nd full bath -second level. 2 car garage! assisted sale **\$325,000.**

**WEBSTER - 103 UPPER GORE RD**



**SORRY, SOLD!**

Home "Sweet" Home! TOTALLY Renovated! New Roof - Updated Electrical - New Heating System!! Bedroom, 1.5 Bath - 2 Story Conventional Home. Dead-End St. Rare find, Large Lot .77 Acre - Inside - Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character **\$281,000.**

**LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS**

**Oxford** - 4 Leicester St - Approx. 8.47 ACRES! River Front-age 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.**

**Douglas-Mount Daniels** 2.5 Acres abuts Douglas State Forest! **ON DEPOSIT! \$132,900**

**OXFORD - 4 SPICEBUSH LANE**



**SORRY, SOLD!**

Ranch with lovely landscaped yard, 2 bedroom, 1 bath home, with 1/2 bedroom, 1 bath in-law attached. Fireplace with wood stove insert, in-law has a pellet stove. There is a 2 car detached garage! assisted sale **\$240,000.**

**SOUTHBRIDGE - 14 SERVANT WAY**



**SORRY, SOLD!**

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

**OXFORD - 115 CHARLTON ROAD**



**SORRY, SOLD!**

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

**WEBSTER - 20 KINGSBURY**



**SORRY, SOLD!**

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

**WEBSTER - 52 CUDWORTH ROAD**



**SORRY, SOLD!**

1.99 ACRE INDUSTRIAL ZONED LOT! GREAT OPPORTUNITY TO LIVE & WORK FROM HOME! Amazing 1790 Antique Colonial! Undergone major updates & renovations, maintaining Antique Charm! Great Room graced by an Open Hearth Stone Fireplace! Soaring Cathedral Ceilings! **\$499,900.**

*On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg*

**Webster Lake - 100 Lakeside Ave**



**SORRY, SOLD!**

**WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS!** Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind, Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining , formal dining room, media room & spacious 1st floor guest BR Suite w/ private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! **Remember, Timing Is Everything!** **\$1,075,000.**

**Lake Shirley - 647 Reservoir Rd**



**SORRY, SOLD!**

Lakefront! Lake Shirley! Modern Flare on a Lakefront Colonial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, Impala black granite, center island, 3 season porch, overlooking the lake. 1st FL bedroom suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room. Crown moulding & hardwood floors throughout, wired sound system, radiant floors. oversize 2 car garage. Additional Guest House! assisted sale **\$1,040,000.**



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Diane Luong 774-239-2937  
Maria Reed 508-873-9254  
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**Webster Lake:** Truly magnificent views from the living room, dining room and master bedroom. This is an opportunity that rarely comes along to have unobstructed , direct views on Webster Lake. Master bedroom suite offers a relaxing sitting area or ideal home office space. Easy highway access allows you to commute to Boston, Providence, Hartford .major routes include 146, 20, 290,395 and Ma. Pike. Wake up each day and experience a clear view of an incredible lake. Boat slip available. **103 Beacon Park - \$324,900**

**SZYMCZAK SELLS**



**SOLD**  
11 Paglione Drive

**SZYMCZAK SELLS**



**SOLD**  
11A Paglione Drive


**SZYMCZAK SELLS**



**SOLD**  
22 Whiting Road

## Make the move!

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**NICHOLS**  
continued from page **A1**

practice skills and develop competencies,” said Jacobs.

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“There are many diverse and intertwined real estate career paths that build on and complement each other, offering growth and the opportunity to have experience in several different aspects of the industry,” said Maryann Conrad, chair of hospitality management and director of the real estate management concentration at Nichols College. “The real estate industry is never boring, ever challenging, and always changing. This new concentration will give students an edge with real estate knowhow, licensure preparation, and practical experience.”

Details about all three programs as well as admissions information is available on the Nichols College Web site.





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### THE KINDNESS OF A NEIGHBOR

During the past holiday season, as residents at the Whitinsville Retirement Home were trying to deal with the fact that they would not be able to celebrate with their families or even see most of them, a young neighbor was working on a very kind project. Elliot came over with his family, rang our doorbell, and presented several handmade cards to our residents with words of encouragement and wishes for good health. The cards sat on the mantel in our dining room through the remainder of the holidays as a reminder that outside these walls there are nice people thinking kind thoughts and praying for us to all be okay. Our staff and residents made a banner for the fence out front to thank Elliot for his kindness. When Elliot saw the banner, his smile was priceless. I felt like sharing Elliot’s kindness as a reminder that one person can make a difference and kindness matters.



### BICYCLE

continued from page A1

Adventures we see time and again how providing access to outdoor recreation for people of all abilities has the power to improve the quality of life of people with disabilities. The OPair Wheelchair Tandem will help us to extend the opportunity to participate in cycling to people with mobility impairments and their

caregivers.”

Suzanne Buchanan, Volunteers-In-Parks Coordinator for the Heritage Corridor, has been orchestrating the adaptive recreation events with All Out Adventures, utilizing the National Park Service Volunteers-In-Parks program. With nearly all events canceled this year due to COVID-19, Buchanan worked with NNLM to find the best use of the grant

funds this year.

“This is an amazing opportunity during these unprecedented times,” Buchanan said, adding that the adaptive cycling events will highlight the beautiful resources along the Blackstone River Bikeway while lifting people’s spirits as they enjoy the ride and fresh air.

### VACCINE

continued from page A1

The department went on in their statement to “strongly recommend” that everyone aged six-months and older receive their seasonal flu vaccine each year.

Last year, state public health officials announced that influenza immunization would be required for all children six months of age or older attending Massachusetts schools.

“Every year, thousands of people of all ages are affected by influenza, leading to many hospitalizations and deaths,” said Dr. Larry Madoff, Medical Director, DPH’s Bureau of Infectious Disease and Laboratory Sciences. “It is more important now than ever to get a flu vaccine because flu symptoms are very similar to those of COVID-19 and preventing the flu will save lives and preserve healthcare resources.”

Since its introduction, State Representative Michael Soter,

R-Bellingham, said he has argued against this mandate as it did not take into account the many extenuating circumstances that people have for not receiving the vaccine annually.

“We are living amidst an already difficult year for parents, it was unfair to burden them with this mandate which disregarded the different circumstances that every family and child may have,” Soter said. “I am glad the Massachusetts Department of Public Health rescinded this mandate and listened to my requests, as well as the requests of many others.”

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# Geneva College announces Dean's List for Fall 2020

BEAVER FALLS, Pa. — Geneva College announces the Dean's List of undergraduate students for the fall 2020 semester. To be eligible for this recognition, students in traditional programs must earn a GPA of at least 3.6 while passing 12 credit hours or more.

Abigail Curran from Milford was named to Geneva College's Dean's List for the fall 2020 semester.

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