

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

SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS

Friday, November 6, 2020



Courtesy

JACK O'LANTERN DRIVE THRU AT OLV

Our Lady of the Valley School families were in for quite a show last Friday evening. Jack-O'-Lanterns lined the school parking lot for visitors to drive through and enjoy! Everything from spooky to funny to even timely carvings brightened everyone's evening. And families came prepared for this event dressed in costumes and decorating their cars.

DOT announces temporary on-ramp closure at Exit 2

UXBRIDGE – The M a s s a c h u s e t t s Department of T r a n s p o r t a t i o n (MassDOT) is announcing a temporary on-ramp closure on Route 146 northbound at exit 2 in Uxbridge. This work will take place from now until 5:30 p.m. on Monday, Nov. 9.

During the Route 146 northbound on-ramp closure, traffic looking to enter Route 146 northbound will be directed to continue westerly on Chocolog Road and turn left onto Route 146 south-

- The Uxbridge, N. Smithfield, setts R.I.).

Appropriate signage, law enforcement details, and advanced message boards will be in place to guide drivers through the work area.

Drivers who are traveling through the area should reduce speed and use caution.

All scheduled work is weather dependent and may be impacted due to an emergency.

For more information on traffic conditions, travelers are encouraged to: a route to hear real-time conditions.

Visit www. mass511.com, a website that provides real-time traffic and incident advisory information, and allows users to subscribe to text and email alerts for traffic conditions.

• Follow MassDOT on Twitter @MassDOT to receive regular updates on road and traffic conditions.

Download MassDOT's GoTime mobile app and view realtime traffic conditions before setting out on the

Douglas reports increase in Covid cases

BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

DOUGLAS — After nearly five months of relatively little activity aside from periodic clusters of Covid-19 cases, officials said Douglas has recently experienced a noticeable increase in Covid-19 positive test results.

"Douglas, over the last three to four weeks, has experienced a noticeable increase in Covid-19 positive test results," Douglas officials said. "At first, it appeared that we were looking at another set of clustered cases. Over the past week, however, we have noted a greater diversity of locations of cases, increasing cumulative numbers of active cases, and shorter time periods in between reports of new cases."

At press time, Douglas officials had reported 13 active cases.

"A 14th person who has been part of the active case reports for several days has passed away. The thoughts and prayers of Town staff are with the family," the town reported. "More than half of the active cases in town have now been identified as a family group living in several locations."

Douglas remained "yellow" on the state's community level data-reporting map, with an average daily incidence rate per 100,000 of 6.84. Neighboring town Webster was marked in the "red" category. The Web site indicated that the map had last been updated on Oct. 29.

"We are taking several proactive steps to stay ahead of trends. The Fire Station is re-initiating screening of all who enter the building. All medical calls will be treated as potential Covid-19 exposure. Ambulance 2 therefore will be staffed to address the time constraints created by the

Turn To COVID page A6

Bay State Trail Riders offering photography session as fundraiser



bound, and reverse direction at exit 1 (Route 146A,

road. Dial 511 and select

Face shields donated to Uxbridge Public Schools



BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

UXBRIDGE — One local engineering company is on a mission to help the community during the Covid-19 pandemic. Since April, Blackstone Valley Engineering Company has been manufacturing and donating face shields to local businesses and first responders. Now, the group has donated 750 face shields to the Uxbridge Public Schools.

The face shields donated will help protect Uxbridge's staff and students throughout the Uxbridge district during this time of Covid-19, district officials said.

The Marlboroughbased company offers "personal, rapid response, engineering services for early stage, start-up medical device companies," according to the company website. The company has been in business on a small scale since April of 2002, building "happy customers along the way."

The owners of

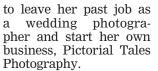
Blackstone Engineering Company-Edward Danis of Uxbridge and Dave Peter Bellingham—were driven to help the community at the peak of the Covid-19 in April. The company used their manufacturing know-how to scale up a die cutting process for face shields that could turn out shields in the order of 100s per hour, according to a statement. Initially, the company donated their product to local hospitals, the Uxbridge Fire and Police Departments, Whittier Rehabilitation Facility in Falmouth, local dentists, hair salons, and Uxbridge's Hannaford's Supermarket.

"Thank you to Blackstone Valley Engineering Company of Marlborough for donating 750 face shields to the Uxbridge Public Schools," Uxbridge district officials released in a statement. "Uxbridge Public Schools is thankful for this generous donation and the support received from Blackstone Valley Engineering Company."

"The abundance of generosity from our area businesses continues to humble the men and women of the Uxbridge Police Department," police said in April after receiving their donation of face shields.

DOUGLAS — Thanks to a generous donation by Bethani Chadbourne of Pictorial Tales, Bay State Trail Riders Association, Inc. (BSTRA) is offering tickets for sale to the general public to win a Gift Certificate for a choice of an Equine Photography Session or an Individual or Family Portrait Session. The Gift Certificate is valued at \$200 and includes to up to 20 minutes for the session, 6 digital images, a \$50 product credit, an online gallery to download your images, and a 25 percent discount on all products after the \$50 credit. Additional time and images are available as add-on purchases if desired. The \$50 credit can also be used for custom holiday cards.

Chadbourne is a fully licensed Massachusetts based photographer specializing in equine and human portraits, seniors, events and more. As a horse owner herself, Chadbourne is particularly interested in and feels a special passion for her equine subjects. It is that passion for horses that drove Chadbourne



Chadbourne said, "If you are a horse owner like myself, you understand the enveloping love one has for their horse. Your relationship is unique and I want to capture your horse's unique characteristics and your special, authentic bond. Being able to pause these moments in time allows me to create a memory you can physically hold or decorate your home with which will last for generations."

Chadbourne's past experience as a wedphotographer ding enables her to capture special moments when she is photographing an individual or family. Whether you choose the Equine Session or the Individual or Family Portrait Session, your images will capture that special moment you will always cherish.

Tickets for this Opportunity Drawing are reasonably priced – 5 tickets for \$10, \$15 tickets for \$20, 35 tickets for \$40, 55 tickets for \$60, 75 tickets for \$80 or 100 tickets for \$100 -- and they are conveniently available for purchase online through Dec. 15 or through the mail as long as they are received by Dec. 15. For more information, mail in order form, or to make an online ticket purchase, visit www.bstra.org/support/raffle.

The drawing takes place on Dec. 16 and a video of the drawing will be published on BSTRA's Facebook Page. The winner does not need to be present for the drawing and will be notified.

Since 100 percent of the proceeds from tickets sales goes towards funding local trail projects, this fundraiser offers everyone an opportunity to make a difference to trails in State Forests their communiin BSTRA has a large ty. \$55,000 trail and parking lot expansion project scheduled for the Douglas State Forest, as well as a connector trail creation and bridge improvement project in the Upton State Forest, and a project for

Turn To FUNDRAISER page A6



BVCC announces Annual Meeting & Awards Ceremony

REGION — The Blackstone Valley Chamber of Commerce is proud to present our 42nd Annual Meeting & Awards Ceremony, presented by UniBank, on Thursday, Nov. 19 at 8 a.m. and for the first time ever, presented virtually to our Members and friends of the community.

Through our partnership with Venly, Inc., our Keynote Speaker is Major General Thomas E. Murphy, Director of Protecting Critical Technology Task Force, Office of the Secretary of Defense, the Pentagon, Arlington, Va.

The awards portion of the presentation will focus on the incredible and hardworking Members who have shown leadership in the areas of community giving, economic development, and business expertise. Our deserving award recipients this year are:

Gerry Gaudette Extra Mile Awar Tim Hare Harbro Motors/Track Chair

Community Leadership Award Blackstone Valley Education Hub

Cornerstone Award Medline Industries

MacArthur Community John Commerce Award **Riverdale Mills** Volunteer of the Year Award InThink Agency

"2020 has been a year of firsts, and our Virtual Annual Meeting, is no exception", said Jeannie Hebert, President and CEO of the BVCC. "Cyber security is a top of mind subject, one that affects us all. We are so pleased to boast Major General Thomas Murphy, as our keynote this year and quite proud to say

he is originally from the Blackstone Valley, and still has family here.'

Please note: this is an exclusive presentation due to a directive from the Department of Defense (DOD) and will not be rebroadcasted. It will not be recorded or shared publicly following the presentation. You must purchase a ticket ahead of time for viewing.

For sponsorship and registration information, visit www.blackstonevalley.org.

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.



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.

Douglas Cultural Council seeking funding requests

DOUGLAS — The Douglas Cultural Council announces today that proposals to receive funding to support community-oriented arts, humanities. and science programs are due Monday, Nov. 16 by 11:59 p.m.

According to Council spokesperson Daina Harvey these grants can support a variety of artistic projects and activities in Douglas -- including exhibits, festivals, field trips, short-term artist residencies, or performances in schools, workshops, and lectures.

The Douglas Cultural Council is part of a network of 329 Local Cultural Councils (LCCs) serving all 351 communities in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences, and humanities every year. The state Legislature provides an annual appropriation to the Mass Cultural Council, a state agency, which then allocates funds to every community.

While the total amount of funding available will be contingent upon the Mass Cultural Council's FY 21 state budget appropriation, last year the Douglas Cultural Council distributed \$6,200 in grants. Previously funded projects include: Summer reading program at the library, events at the Douglas adult Social Center, and free concerts at the Douglas Orchard and Farm.

Council, contact Daina Harvev at dharvey@holycross.edu Application forms and more information about the Local Cultural Council Program are available online at www.mass-culture.org.

For specific information about COVID-19 related considerations, please

culturalcouncil. org/covid-19-resources/guidancefor-local-cultural-councils-andtheir-granteesin-response-tocovid-19/.

For local guidelines and complete information on the Douglas Cultural

visit https://mass-



Serving the towns in the **Blackstone Valley**



Police investigate fatal shooting in Franklin **BY KIMBERLY PALMUCCI**

FRANKLIN — A 26-year-old man was shot and killed last week in Franklin.

Police said they are investigating after initially responding to a 911 call reporting a male party—now identified as Deandre Akeem Scott, 26, of Attleboro-who had suffered a gunshot on Elwood Street.

"Initial officers rendered first aid to the victim along with paramedics from the Franklin Fire Department. The victim was transported to Milford Regional Hospital where he was pronounced deceased," police released in a statement.

According to reports, Franklin Police detectives, along with detectives from the Massachusetts State Police assigned to the Norfolk County District Attorney's office, are actively investigating and process-

ing the scene at this time.

"We do not believe there is any danger to the public, and that the suspect or suspects, knew each other," Franklin Chief of Police Thomas J. Lynch said. "This is the first incident of this type in Franklin since 1997. Franklin remains a safe community, and the public should have no worries in sending their children to school today."

Due to the ongoing active investigation, police said no further details will be released at this time. Investigators are "in the process of interviewing witnesses, collecting evidence and attempting to identify any suspect(s). The investigation is in its initial phase and more information will be released when available."

"Franklin Police will update when it is appropriate to do so," they said in a statement.

Email Us!	Thanksgiving 11am to 5pm, served in the Grand Hall
What's On Your Mind? We'd Like	 Server Serve (Chefs Manned Buffet) Tables Are Set 8ft Apart (Social Distancing) Non-Contact Infrared Thermometer on Entering Mask Required While Standing
to Know.	Adult: \$29.95 (plus tax & tip) Child 6-12: \$16.95 (plus tax & tip) Child 2 - 5: \$9.95 (plus tax & tip)
Email us your thoughts to:	See the menu at www.maxwellsilvermansbanquet.com
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news	FREE VALIDATED PARKING
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From You!	Trust Your Neighbors StonebridgePress.com





To all of our valued Park n Shop customers:

It is with mixed emotions that our families announce that as of November 1st, The Park n Shop Supermarkets will all be under new ownership, Mr. Kevin Meehan, of Mendon, MA.

We would like to take this opportunity to express our sincere thanks to all of our customers for supporting us at the Dudley location for over 60 years, the Auburn location for over 38 years and the Blackstone location for over 20 years.

The original market was founded by Alex Pappas in Webster, over 100 years ago, and the family business has spanned 5 generations. Alex Pappas' philosophy was always to treat his customers like family and to assure employees always treated them with the utmost respect. Our parents, Charlie and Helen Pappas continued with this same practice. We hopefully have carried on with that tradition.

Throughout the years our customers have become our friends and we will sincerely miss the relationships that have been cultivated.

At this time we also would like to publicly thank our many employees, both past and present, who are and have been dedicated, hardworking and exceedingly loyal to us. Words alone do not begin to express our gratitude to them.

We would also like to recognize the local Police Departments, Fire Departments, Board of Health and all Selectmen. We have always had an excellent relationship with them and feel very fortunate to have had their support over the years.

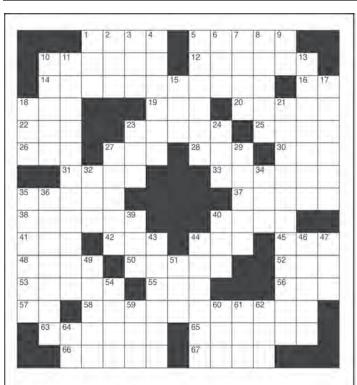
Throughout the many years, we have enjoyed supporting local youth groups of all kinds, as well as many other local organizations. It is our understanding that the new owner has a stellar reputation of supporting local organizations as well.

In closing, we cannot emphasize enough how grateful we are to have had the opportunity to serve, and been part of, these wonderful communities for so many years.

Kevin Meehan and his staff have our very best wishes and we hope you all will give them the chance to be a great success.

Warmly,

Chuck and Ginny Pappas and family Gerry and Sandi Kunkel and family



CLUES ACROSS

- 1. Upright post on a boat 5. Sentimental person 10. Native American tribe 12. Wear away 14. Where you're going 16. Doctor 18. Popular Chinese dialect 19. One point east of due south 20. Northern sea duck 22. Note 23. Wives (law) 25. Trigonometric function 26. A way to communicate (abbr.) 56. Shed tears 27. Swiss river 28. No (Scottish) 30. Commercials 31. Large instrument
- 33. __ Chantilly, __ de Menthe 35. Small, saclike cavities

CLUES DOWN

- I. More (Spanish) 2. A subdivision of a play 3. Japanese title 4. More jittery 5. Fabric 6. Luke's mentor _-Wan 7. Cleaving tool 8. Ancient city of Egypt 9.36 inches 10. Farewell 11. Second to last 13. Improved by critical editing 15. Defensive weapon (abbr.) 17. Fancy attire 18. Farrow, actress 21. Completely opposed 23. Supervises flying 24. Pouch 27. True firs
- 29. Mistake

C

40. Famed track star Usain 41. Secure web connection (abbr.) 42. Rob of energy 44. Paving material 45. Cool! 48. Tip of Aleutian Islands 50. Indicates silence 52. Water in the solid state 53. Security interests 55. Popular hoopster Jeremy 57. Low frequency 58. Harmful bacterium 63. Common language: lingua ____ 65. Standards of perfection 66. They consist of two parts

37. High and thin in tone

38. Treat extremely well

- 67. A detailed description of design
- 32. Computing platform (abbr.) 34. Snakelike fish 35. Greatly horrify 36. Despicable person 39. Tell on 40. Ballplayer's tool 43. Central Brazilian town 44. Court game 46. Land 47. "The Partridge Family" actress
 - Susan
 - 49. Retract a statement
 - 51. Data executive
 - 54. Capital of Yemen
 - 59. Portable computer screen material
 - 60. Electronic data processing
 - 62. Resinous substance

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cial" is all above plus FREE bag of chips for \$20! We have raffles Includes gift cards and prizes! Tickets are 6 for \$5 This is a Drive Up Event and masks are required Thank you!

12/\$10

- **Blood Pressure Clinic**
- Every Tuesday from 9 A.M. 10 A.M.
- Held outside In front of the Millbury Senior
- Center under the Awning

Masks required along with social distancing!

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SENIORS

ORTHBRIDGE

www.northbridgemass.org/council-on-aging

Monday - Thursday 8:30 a.m. - 3 p.m., Friday

The Senior Center will be closed on

The Senior Center is now open to the public

for 1 on 1 appointments. The schedule for these

appointments is Monday through Thursday

10:00-2:00 and Friday 10-12:00. Call the Center

to make an appointment. If an appointment is

needed outside this schedule, we can certainly

The Senior Center bus is available if you

need a ride for groceries, prescriptions, in town

medical trips, etc. Please call us 24 hours in

advance and we will put you on the schedule.

We have a limit of four passengers on the bus

at a time, and we clean and sanitize in between

trips. Masks should be worn at all times on the

bus, they will be provided by the driver if you

Aqua Exercise has returned to the Whitin

Community Center on Mondays. The time has

changed to 1:30. There are new protocols at the

Community Center for check-in so give your-

SENIOR

Saturday, November 14th 11 A.M. – 1P.M.

Choices are Homemade Chicken Soup \$3

Hot Dog \$2 and Jar of Jam \$5, Raffle tickets

Items can be sold separately or OUR "2020 spe-

Support your local Senior Center!

Wednesday, November 11th in recognition of

508 - 234 - 2002

NIOR (

Phone:

8:30 a.m. - 1 p.m.

Veterans Day.

fit you in.

don't have one.

MILLBURY

"Grab and Go"

FUNDRAISER!

self a little more time before the class. Wear your bathing suit to the Community Center as the locker room protocol has changed. \$3/class. Call the Senior Center if you would like to join and we will put you on the list.

Friends of Northbridge Elders Raffle. Grand prize is a 55" Samsung Smart TV, 4K High Definition. \$10/ticket or \$20 for 3 tickets. Drawing to be held on Wednesday, November 18th, need not be present to win. Call the Senior Center for tickets.

Zoom Fitness Classes. Fitness instructor Judy Noel will do live Zoom classes for Sit and Stretch on Mondays at 9:30, Low Impact Aerobics on Wednesdays at 10:30 and Stretch and Strengthening on Fridays at 9:30. If you would like to participate in any of these classes, call Kelly at the Center to get set up.

Tai Chi on NCTV. For those of you with no access to a computer, Ron Allen, our Tai Chi instructor has started an instructional series on Northbridge Community TV for introducing Tai Chi. His shows air Sundays at 8:30am, Mondays at 4:30pm, Tuesdays at 1:30 pm, Thursdays at 6:30pm and Fridays at 4:30pm.

The Senior Center is looking for volunteer drivers to take seniors to out of town medical appointments. Drivers can decide which days and times they are available. This important program helps seniors get to doctor's appointments, cancer treatments and surgeries. We reimburse for mileage. If you would like to volunteer for this very important program, call the Senior Center.

The Senior Center is in need of Meals on Wheels volunteers. Could you spare a few hours a week to bring a hot meal to our seniors in town? Call Bill at the Center to discuss how you can help with this valuable program.

Millbury Senior Center

CENTER FALL EXERCISE IN THE GARDEN

The center is closed at this time, but all are welcome to continue lite exercise in the garden on

Monday and Fridays 9:30 - 10:15 A.M. Weather permitting & social distancing is a

must!

- Grab & Go Meals"
- Lunch meals will be available to be picked up daily at the front door, 11:30 A.M.
- Menu is available on Town Website, www.townofmillbury.org
- Or our Millbury Senior Center Facebook page A 48 hour reservation is required
- For more information or reservations call us at 508-865-9154

The Senior Center is closed to the Public.

While the building is not open to the public the Food Pantry at the Millbury Senior Center is available from 9am to 1pm Monday thru Friday by calling 508-865-9247 for an appointment our food

> pantry is fully stocked at this time tell us what you need and you can pick it up or we will deliver it.

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

61. "Matt Houston" actor Horsley 64. Rural delivery

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24-HOUR EXPERT BURNER SERVICE • 508-753-7221

able for your transportation to Doctors appointments or if you need to go to the drug store for your prescriptions, we will take you there. If you don't have a mask, we will give you one.

Also if you are in need of a home delivered meal give us a call and we will set you up to get one delivered to you.

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

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

COVID

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resulting cleaning protocols."

Town officials reminded Douglas residents of the challenges posed by a "very contagious virus that often does not cause noticeable or major symptoms, especially in younger people.'

"Wearing masks and maintaining physical distance from other people are frequently mentioned by various information. Hand washing is also a critical component in controlling the spread of any infectious condition.3

The Baker-Polito Administration recently provided an update on a series of initiatives that will keep supporting the residents of the Commonwealth to stop the spread of Covid-19, and ensure the state's readiness status heading into the fall and winter.

Led by the Covid-19 Command Center, the Administration outlined inter-departmental programs that have been built or expanded since the start of the pandemic in March, all of which strengthen the Commonwealth's ability and capacity to respond if Covid cases in Massachusetts increase.

This includes: one of the most "robust testing networks" in the nation; a first-in-class contact tracing network; investments and strengthened initiatives to provide appropriate care for older adults and staff at long-term care facilities (LTCF); hospital preparedness plans; PPE stockpile investments; health and safety requirements to protect teachers and students as schools re-open; and a cautious phased approach to resume business activity.

"The Emergency Operations Center joint command staff has met regularly once a week over the last five months to maintain situational awareness and prepare for future public outreach and potentially, operational involvement, with regard to each phase of the reopening as well as vaccination distribution," Douglas officials said. "We have also addressed compliance with federal and state reimbursement programs related to the pandemic response.³

BSTRA's trail improve-

ment projects, includ-

ing hikers, dog walkers,

equestrians, mountain

bikers, runners, cross

country skiers, and fam-

ilies out enjoying nature.

people are using trails of

our State Forests for rec-

reation and fitness due to

Covid-19, they can see the

significance of trails as

a local resource and the

importance of our trail

Paresky. "Participating

in this fundraiser is their

chance to make a positive

difference to the trails

right in their own com-

said

improvements,"

munity.'

"Now that a lot more

Linda M. Bousquet, 68

3ITU A



MANCHAUG-Linda M. (Boucher) Bousquet, 68, of Main St. passed away on Sat. Oct. 24, 2020 at UMass University Campus surrounded by her loving family, after a courageous battle with cancer. She is survived

by her husband of 48 years, Theodore J. "Ted" Bousquet.

She is also survived by 2 sons, Christopher M. Bousquet and his wife Heather of Manchaug, and Corey J. Bousquet and his wife Kristin of Whitinsville; 2 grandchildren, Brandon



and Brianna Bousquet; and an aunt FUNDRAISER Nancy Beauregard of Northbridge, and several nieces and nephews. She was predeceased by 2 brothers, Donald and James Boucher.

Born in Northbridge on March 28, 1952 she was daughter of the late Wallace munity will support us and Barbara (Bonyer) Boucher. She was a resident of Manchaug the past 47 years. Primarily a homemaker, caring for her family, Linda worked part time at the Balmer School in Northbridge as a Lunch Aide for 14 years, was a tutor for the Southern Worcester County Educational Collaborative in Webster, and also for the former Fair retail store. She was a parishioner of the former St. Anne's Church in Manchaug where she also taught Catechism, and she enjoyed traveling, camping, painting, ceramics, and snowmobiling.

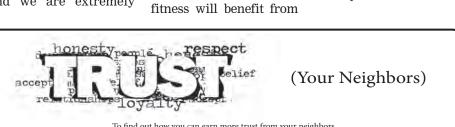
The services for Linda will be private. In lieu of flowers, donations in Linda's memory may be made to: Salmon VNA Hospice, 37 Birch St., Milford, MA 01757, where the family would like to extend a special thank you to all the girls including Jane, Claire, Marie and Jill for all their loving care and support. To leave a condolence message for her family please visit: http://www. Jackmanfuneralhomes.com

grateful for her support."

continued from page A1

trail improvements at Grafton's Pell Farm.

"We hope the comby participating in this Opportunity Drawing. They will be getting chances to win something really special for themselves or a gift for someone else, while helping community trails," said Lynn Paresky, BSTRA's Fundraising Director. "We wouldn't be able to offer such a wonderful prize if it wasn't for the generosity of our Sponsor, Pictorial Tales, and we are extremely



BSTRA believes that

trails are important

assets to the community,

and it has been their mis-

sion to help create, main-

tain and preserve trails

for community use since

1973. With an extensive

track record of depend-

ability, credibility and

accomplishment, BSTRA

is a good choice to receive

local support. Since 1989,

BSTRA has put more

than \$630,000 into trails

within State Forests and

Parks within 34 towns in

Massachusetts. A wide

variety of user groups

who enjoy the trails for

outdoor recreation and

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FRANK G. CHILINSKI PRESIDENT & PUBLISHER BRENDAN BERUBE EDITOR

Editorial

"There are many kinds of strength"

On Nov. 22, 1963, President John F. Kennedy was en route to give a speech in Dallas, Texas. He was assassinated before reaching his destination. Already written, was a speech he was to deliver at the event.

Here we are 57 years later, reading his words that call for unity and peace. We have taken portions of out due to space, however our hope is that this decades old speech will translate into 2020.

The speech reads as follows:

"This Nation's strength and security are not easily or cheaply obtained, nor are they quickly and simply explained. There are many kinds of strength and no one kind will suffice.

"Ignorance and misinformation can handicap the progress of a city or a company, but they can, if allowed to prevail in foreign policy, handicap this country's security. In a world of complex and continuing problems, in a world full of frustrations and irritations, America's leadership must be guided by the lights of learning and reason — or else those who confuse rhetoric with reality and the plausible with the possible will gain the popular ascendancy with their seemingly swift and simple solutions to every world problem.

"There will always be dissident voices heard in the land, expressing opposition without alternative, finding fault but never favor, perceiving gloom on every side and seeking influence without responsibility. Those voices are inevitable. But today other voices are heard in the land — voices preaching doctrines wholly unrelated to reality, wholly unsuited to the sixties, doctrines which apparently assume that words will suffice without weapons, that vituperation is as good as victory and that peace is a sign of weakness.

"We cannot expect that everyone, to use the phrase of a decade ago, will 'talk sense to the American people.' But we can hope that fewer people will listen to nonsense. And the notion that this Nation is headed for defeat through deficit, or that strength is but a matter of slogans, is nothing but just plain nonsense.

"Above all, words alone are not enough. The United States is a peaceful nation. And where our strength and determination are clear, our words need merely to convey conviction, not belligerence. If we are strong, our strength will speak for itself. If we are weak, words will be of no help. "I have spoken of strength largely in terms of the deterrence and resistance of aggression and attack. But in today's world, freedom can be lost without a shot being fired, by ballots as well as bullets. The success of our leadership is dependent upon respect for our mission in the world as well as our missiles – on a clearer recognition of the virtues of freedom as well as the evils of tyranny. "Finally, it should be clear by now that a nation can be no stronger abroad than she is at home. Only an America which practices what it preaches about equal rights and social justice will be respected by those whose choice affects our future. Only an America which has fully educated its citizens is fully capable of tackling the complex problems and perceiving the hidden dangers of the world in which we live. And only an America which is growing and prospering economically can sustain the worldwide defenses of freedom, while demonstrating to all concerned the opportunities of our system and society. 'My friends and fellow citizens: I cite these facts and figures to make it clear that America today is stronger than ever before. Our adversaries have not abandoned their ambitions, our dangers have not diminished, our vigilance cannot be relaxed. But now we have the military, the scientific, and the economic strength to do whatever must be done for preservation and promotion of freedom. "The strength will never be used in pursuit of aggressive ambitions — it will always be used in pursuit of peace. It will never be used to promote provocations - it will always be used to promote the peaceful settlement of disputes. "We, in this country, in this generation, are — by destiny rather than by choice — the watchmen on the walls of world freedom. We ask, therefore, that we may be worthy of our power and responsibility, that we may exercise our strength with wisdom and restraint, and that we may achieve in our time and for all time the ancient vision of 'peace on earth, good will toward men.' That must always be our goal, and the righteousness of our cause must always underlie our strength. For as was written long ago: 'except the Lord keep the city, the watchmen waketh but in vain.'

Do you recall the protest song of the 1960's by folk singer Pete Seeger: "Where have all the flowers gone?" Its most important line may be "where have all the young men gone...gone for soldiers every one, when will they ever learn?" This was sung

during the Vietnam War. The protest song of today could be: "Where have all the journalists gone?" And

the refrain today would be: "Gone to On Air Talent, every one."

Before I retired in 2016 and left the Boston work world, I would frequently walk the Boston Common and in doing so discovered, to my dismay, eager Emerson College students who were "studying journalism." A young woman would be standing with a microphone, dressed to the hilt, full make up on, while her male counterpart would be behind the camera zeroing in on that

inexperienced face. They were engaged in "journalism" or what is more accurately called staging "my close up" or studying to become "On Air Talent." Today, everyone wants to be On Air Talent. Surprisingly, this requires no journalistic skills. It mostly requires beauty or handsomeness, good make up, a dazzling smile, fashionable clothes, a producer coach, reading a script that some lower minion - equally educated - has written, and most importantly, a snarky attitude for those whose political opinions do not match your own. It's part of the job description of On Air Talent to mock those with whom you disagree. It matters not whether you actually have any knowl-

A MOMENT IN HISTORY BEVERLY GUDANOWSKI UXBRIDGE

edge of the subject at hand. It only matters that you have an opinion.

Objectivity? A laughable concept.

For example, Emerson College offers a degree in journalism. Here is the college's own description of the degree program: "Develop a convergent multimedia approach to storytelling and reporting in our number 1 ranked program." Note that reporting is listed second to storytelling. For that an approach to "storytelling" - a parent will pay \$49,000 a year. \$49,000. And storytelling it is, all too often.

For a brief time, there were actually college degrees in journalism. Why, I have one myself! But if you research the current slew of self important On Air Talents, you will see a history degree here and a political science degree there. And these degrees prepare them to investigate and ask unpleasant questions or to have an opinion? I suggest it is the latter.

No one wants to be a real journalist anymore. That involves sitting in boring public meetings, taking notes, asking unpleasant questions that makes your interviewee squirm, and then writing them up for tomorrow's newspaper. Or like Nelly Bly, getting yourself committed to an insane asylum (that's what mental health facil-

LETTERS TO THE EDITOR

ities were called in the 1880's), and then exposing the bad conditions.

Opinion and commentary from the Blackstone Valley and beyond

In the good old days (circa early 1970's) when I was a reporter, the editors and older reporters were so entertaining. They hated everyone and were suspicious of any and all politicians. They frequently had started in the mail room and worked their way up to reporter, copy editor, and editor. Their job was to investigate, write, smoke, and drink, in that order.

In the book, "A River Runs Through It," Norman Mclean describes the true life of a journalist in Helena, Montana, in the early 1920's. Newspapermen (few women were in the field then) were scrappy and could write well. And they hated everybody and trusted no one. They mercilessly hunted down stories and corrupt politicians. Oh, for the good old days, for that innate suspicion of any government official or politician. And they still are "politicians" for most Congressmen and Senators have done nothing other than sit in public office for years and years. And we pay them for that? Term limits work well for the Presidency. Why not for all the others?

Well, as Benjamin Franklin said to an American woman as he was leaving the last of deliberation day at the Constitutional Convention of 1787 when asked if the new United States of America would be a republic or a monarchy: "A republic, Madam, if you can keep it!'

The death of iceberg lettuce



I think we've heard enough about politics for a lifetime. I know I have, so I think it's important to talk about something totally different but almost as important ...

It was here, then gone. It was everywhere, then vanished off our plates.

I was always a big salad eater. Give me a pile of iceberg lettuce drenched in thousand island dressing and I was satisfied. Add red onion, bacon bits and boiled egg and I was delighted. I could easily make a meal of a salad. The all-important base to this delicious dish was lettuce ... real lettuce ... the only lettuce ... iceberg lettuce. I miss it. Who took it and where

did they put it? Why is it gone?

Finding a salad of iceberg lettuce these days is like searching for the Holy Grail. I know it exists but for some reason, it's now hidden away. Instead, we are left with what looks like inedible debris, discarded when weeding a garden. As if someone decided to keep the weeds and discard the produce, iceberg has disappeared. Thistle, twigs, and a little bark thrown in for texture has replace the traditional lettuce. But weeds? That's not a salad. And what is Kale anyway? Arugula schmugula! I wasn't asked if I wanted it. One day I had a plate full of beautiful iceberg lettuce, and the next day, unattractive greens that taste worse than they look took its place. How do we reverse this trend? Who hatched this dastardly plot?

While lamenting the disappearance of my beloved iceberg lettuce, someone said, "It's gone because it was nothing. Do you know iceberg lettuce has negative calories? It takes more calories to digest and burn them in our bodies than they provide!"

That's a negative? Really? You mean by eating iceberg lettuce you can lose unwanted pounds without dieting? I thought most people ate salad because they wanted to lose weight. And if iceberg has negative calories, how does that make it bad? Doesn't that make it a desired miracle food? For me, iceberg is a tasteless delivery system that moved dressing from my plate into my mouth. It was there to add bulk and make me full, while transferring dressing, bacon, and other delightful treats onto my tongue. But now, I'm stuck with a bitter and fibrous mixture of unidentifiable leaves that add calories and interfere with the tastes that I love. You can't pour enough dressing on this stuff to kill the bitter taste.

A sad sign

To the Editor:

I was driving though the center of Uxbridge on Saturday morning and saw the Trump and Biden supporters on each side of the road. I looked over at the Biden side, and there was a man holding up a sign that read "F**k Trump" for everyone to see. I rolled down my window to get his attention, and when he looked over, I told him he was really classy, a class act for sure. I hope the Uxbridge police did something about it. As for that man holding the sign up, if

you have any children, they don't stand a

chance with you as their father and role

FYI Tips

model.

Sometimes simple tips and hints are the most valuable, especially when it comes to your health and well being. Since most of us are always on the lookout for ideas that make life a little easier (especially during these stressful times), this week's column will focus on an array of tried and true FYI tips.

Remember to Drink Coffee!: A cup of Joe can jog your memory, especially if you're over age 65! In a study, memory performance declined significantly between AM and PM in seniors who

and PM in seniors who didn't drink coffee or drank decaf. Those who had a cup of the high octane stuff showed no such effect!

**

H20 FYI: Hydrogen peroxide is a thrifty alternative to pricey products. Did you know 3% hydrogen peroxide can be used as an effective foot bath for athlete's foot? Soak feet in one pint of hydrogen peroxide mixed with one gallon of warm water for a half hour each night.

Great Grapes: Having a bad day? If your anger has you biting people's heads off, instead bite into a fresh apple handful of grapes! These fruits are rich in pectin, which can reverse the effect anger has on the body, and helps your system return to normal! Carpal Tunnel Relief: If you have symptoms of carpal tunnel, it could be the way you use your computer mouse or pad. Relieve symptoms by using your



fingers instead of your wrist to control the movement - think piano lessons! And if you are using a mask, try grasping it with the thumb and pinky - it takes the strain off the wrist.

Fat Burning Boost: ! Did you know you can give your body a fat burning boost by increasing your intake of oils like cod liver oil or evening primrose oil? These substances 'link' with the fat in your body and help digest the fat better.

Mighty Minis: Hate working out? The good news is, research suggests that health benefits can just as great from several mini workouts. In fact, exercising as little as ten minutes three times a day has proven to improve cardiovascular health when performed as few as three days per week. Tea tip: The virtues of a cup of tea go way beyond taste! A study conducted by Harvard University found that those who drank one or more cups of black tea per day had more than a 40 percent lower risk of having a heart attack compared to non-tea drinkers.

ANDREW WESGAN

DOUGLAS

Wonders of Walking: Walking to "digest your meal" is more than an after dinner pastime. Studies show when you walk within 30 minutes after eating you can increase the amount of calories you burn by as much as 30 per cent! But be sure to avoid caffeinated beverages before you walk. They cause thirst and a loss of bodily fluids.

Ice is nice: Did you know drinking ice water can give your diet a jump start. It boosts metabolism, cushions joints, and keeps skin hydrated.

BION: Here are a couple of "believe it or not" headache remedies that are gaining attention! The next time you get a headache, don't reach for an aspirin. Instead try drinking a couple of glasses of Gatorade to ease the pain - headache suffers claim it really works!

Or take a tip from folks who swear dabbing a bit of Ben Gay on your forehead, temples and the back of

Turn To **HINT** page **A9**

I can still buy iceberg in my produce department and do, but when dining out, I want iceberg.

So, tonight, I'm in Iowa City, Iowa for my cancer immunotherapy tomorrow at the Holden Cancer Center. Arlene and I stepped out to a restaurant that was highly recommended. There wasn't much on the menu that caught my eye. I ordered a gyro sandwich. Normally it's a lamb and beef combination with onion and tomato, covered in Tzatziki sauce on pita bread. It's a simple sandwich that I think is hard to mess up ... but it happened. It came as a wrap that was stuffed full of various greens looking more like the above noted garden weeds. I had two bites and pushed it aside. It was awful. Like most unwanted vegetation, these weeds apparently are pervasive. They are spreading out of salads bowls and are becoming infested in sandwiches. What next? In our ice cream?

Someone must stop the madness before it's too late.

I've learned in life that fads and styles come and go and are usually cyclical. If so, I'm eagerly awaiting the return of real lettuce. I'm hoping for the best. My fingers are crossed. Is it coming back? Will it ever?

I can only hope ... #SaveIcebergLettuce!

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.

Archers bring down some big bucks

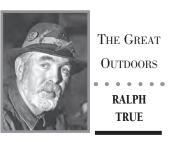


Art Syms with his son Mikee and dog Sky after a pheasant hunt at the Whitinsville Fish & Game Club last weekend.

Archery deer hunters are starting to harvest some impressive bucks, as shown in this week's column with Cheryl Weed and her 11-point buck, taken in Rhode Island, as the rut kicks into high gear. Numerous big bucks have also been spotted by hunters that failed to get a good shot, and passed the deer up in hopes of seeing him again. Making a bad shot will often result in a lost deer, which is the last thing any ethical deer hunter wants. Unfortunately, not all archers are a Robin Hood, and do make bad shots even though they thought they had a good shot, that would result in a harvested deer. Unfortunately, legislature the and Massachusetts Fish & Wildlife failed the sportsmen again this year, without the passage of a crossbow bill.

It is a no brainer! Almost every state now has a crossbow bill, allowing any licensed hunter to use the extremely accurate device for harvesting deer and wild turkey. Sportsmen try to prevent wanton waste, but often make a bad shot through no fault of their own. Allowing sportsmen to use a crossbow to harvest deer and wild turkey in an ethical way, should be the number one priority of Massachusetts Fish & Wildlife, but they fail to make the proper decisions when it comes to passing a Cross Bow bill in Massachusetts.

Every year, the Massachusetts Sportsman's Council and the Massachusetts Worcester County League of Sportsmen hold an annual banquet to recognize top legislators and Fish & Wildlife officials for their untiring efforts to pass legislative bills that are in the sportsmen's interest. Hopefully, one or two of them will be recognized for their effort in pas-



sage of a crossbow bill in Massachusetts at this spring's annual banquet. It is long overdue and is the right thing to do!

Local sporting goods stores that are barely holding on to the small Bait & Tackle shops that deal in the sale of bow hunting equipment would also benefit from the passage of a bow hunting bill in Massachusetts. The increased revenue could save them from going out of business. Sportsmen with disabilities are allowed to use a crossbow in Massachusetts, and it is time to allow any licensed hunter to use one. Come on, guys, let's get it done!

Pheasant hunting was great until this past snow-

Cheryl Weed with her 11-point buck.

storm made hunting conditions crazy. This past Saturday made spotting a flushed pheasant almost impossible for both man & dog. Fortunately, things improved as the bright sunshine melted the snow from the trees, making visibility and hunting a lot better. The state will be stocking birds right up to Thanks giving and reports of some impressive birds being stocked this year, was good news for local bird hunters. This week's picture shows Art Simms of Uxbridge with his son Mike, pheasant hunting at the Whitinsville Fish and Game Club last week. Art owns a Pointing Griffon breed dog named "Sky" for hunting birds. The dog is four years old, and is doing some amazing things in the field. Solid points are always a great thing to watch in the field.

fishing Tautog remained very good in both Massachusetts & Rhode Island with some bait shops running out of crabs, which is the top bait for catching tautog this time of year. There were still many seabass being caught in Rhode Island waters as of this past week.

Trout fishing at locally stocked waters have numerous anglers catching some nice trout, with reports of some impressive brown trout in the 18-inch class being caught at Wallum Lake in Douglas this past week. A few smallmouth bass were also reported at Wallum Lake. With the weather warming up this week, it will be a great time to get some last-minute fishing in before it really gets cold.

Ice fishing cannot be too far away, at least that is what many anglers are hoping for. The last few years of ice fishing were extremely poor, but things may get better this year. At least that is what many anglers are planning on. A day on the ice with family and friends doing some ice fishing

and gathering around a fire eating some venison, is a good way to enjoy the outdoors. Chasing some flags as they pop on ice fishing gear signaling a bite, will keep you warm, and landing that big one is a good way to get some exercise.

With the cold weather on our doorstep, it would be wise to have a talk with your young family members about staying away from ice covered rivers and ponds. Every year, some family loses a family member after falling through thin ice. It is never too early to have the discussion about the dangers of thin ice.

Practice social distancing and wear a mask whenever possible. It is going to get worse before it gets better, but we Americans have gone through hard times before, and we will survive this threat to our health and our future.

Take A Kid Fishing & Keep Them Rods Bending!

HINT

continued from page A8

your neck relieves a headache fast!

Win Dinner for Two at the Publick House

Your tips can win you a great dinner

ing 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, 01550. Or email KDRR@aol. MA Hints are entered into a drawing com. for dinner for two at the historic Publick House Inn. Protect your family from long-term care costs



for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not invent-



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Maxxon Age 11

kind boy of Caucasian and Hispanic descent. He is generally easy-going and calm. His favorite activities include riding his bike, playing with trucks, and watching television. Maxxon is fascinated with broadcasting and radio. He also enjoys interacting with adults and loves music, especially classic rock. Maxxon has a good sense of humor and will often surprise everyone with a funny joke out of nowhere.

Maxxon is currently attending a therapeutic school with extra supports. He is doing well overall in school and gets along with his peers. Maxxon is diagnosed with Autism Spectrum Disorder

(ASD) but is very high functioning. He can do his own daily care and hygiene, and with a little adult support is comfortable accessing his community.

Legally freed for adoption, Maxxon is eagerly awaiting his forever home. His social worker believes that he will thrive in a nurturing family of any constellation, with or without other children in the home. Maxxon has an Open Adoption Agreement and an adoptive family must be willing to help him visit with his birth father three times a year. Maxxon also has two half-sisters in Massachusetts who he would like to remain connected to. Maxxon can be placed outside of Massachusetts but must be within driving distance of the central part of the state.

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 617-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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Are your pocket watches valuable?

We often come across pocket watches when handling local estates. Some can be worth as little as a dollar while a rare one could sell for millions. In this column, I'll offer a brief history on pocket watches and some information on evaluating your pocket watches.

A German locksmith named Peter Henlein is credited with inventing the pocket watch in the early 1500's, according to Britannica. The early watches were large and didn't keep very accurate time. An article in the Atlantic quotes a passage from Alexis McCrossen's book "Marking Modern Times: A

History of Clocks, Watches, and Other Timekeepers in American Life." She writes that in the 1700's "people want to start carrying the time around with them; they're not content just to look at the public clocks in whatever village or town they might end up in." Improved timekeeping became a necessity. In 1843, elections in Pottsville, Pennsylvania were disputed because the towns people didn't synchronize their clocks and the time to close the polls was disputed, according to the Smithsonian Magazine. The Atlantic reported that



ANTIQUES, Collectibles & Estates wayne tuiskula

the "advent of the railroad, factories, and electricity, and the standardization of time zones in Europe and the United Statesincreased demand around the world for watches." Factories in Waltham, Mass. and elsewhere produced watches to meet the demand. The Atlantic reported that "on July 9, 1916, The New York Times puzzled over a fashion trend: Europeans were starting to wear bracelets with clocks on them." It wasn't much longer before this "fashion trend" reached the United States and wristwatches became more popular than pocket watches.

An important factor in pocket watch valuation is the material that the case is made from. The most valuable cases are typically made from gold. Most gold cases produced in the United States were 14-karat or 10-karat. James Boss invented gold-filled cases, which were created from sheets of gold bonded to another metal. Gold filled cases have much less gold than solid 10-karat or 14-karat cases, but they have more gold than gold plated cases, which have only a small percentage. Cases were also made from sterling silver (0.925 percent silver) and coin silver (nine tenths of a percent). Cases marked silveroid, silverine and oresilver contain no actual silver.

After a train collision in 1891, the railroads created pocket watch standards in 1893 which required watches to have at least 17 jewels. Watches needed to be accurate within 30 seconds per week. The Santa Fe Railroad later increased the minimum to 19 jewels. Usually, the more jewels in a pocket watch, the greater the accuracy and value. Additional factors affecting value are the age and condition of the watch.

Recent auction results show average gold-filled 17 jewel, 19 jewel and 21 jewel pocket watches selling in the \$100 range. An older key wind gold-filled Waltham watch in excellent condition brought \$850 in October. A 14-karat gold watch by the Columbus Watch Co. in its presentation box with a fob (chain) fetched \$2,000 last month.

Some pocket watches bring even greater sums at auction. A rare A. Lange & Sohne 18-karat 1903 gold German watch with an enamel dial and enamel design on the case sold for 440,000 (\$513,00 U.S.) in 2016 and a Patek Philippe Grande Complication 44 jewel 18-karat gold went for 520,000 (\$607,000 U.S.) in 2014. Another Patek Philippe sold even better in 2014: The Henry



Graves Supercomplication sold for \$24 million. I'm sure the winning bidder will never be late for any appointments.

We have a pocket watch collection, along with gold estate jewelry, sterling silver, art, a Red Cross poster collection and many other antiques and collectibles from New England estates in our online auction ending November 17th. Visit www.centralmassauctions.com for a link to this online sale.

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

Gardening gifts that provide years of enjoyment



Courtesy — Gardener's Supply Company Bird cage planters add whimsy to outdoor or indoor décor while providing a unique place to display air plants, seasonal plants and more.

The popularity of gardening is at an all-time high and people are discovering its many benefits. Some want to grow safe and nutritious food, others are boosting the beauty of their landscape, and many are turning to gardening to relieve stress. With the holidays right around the corner, it's the perfect opportunity to support new and experienced gardeners with a thoughtful garden-related gift.

Help small space gardeners expand their growing space and reduce maintenance with self-watering elevated cedar planters. Elevated gardens add garden space to a balcony, deck or patio while raising the garden bed to a comfortable and easily accessible height. The self-watering system makes gardening easy with proper, less frequent watering to ensure success.

Do the same for indoor plant enthusiasts with stylish terrariums, plant stands, and lighting features. Terrariums are still popular, creating a decorative means for providing the moisture and humidity tropical plants need. Copper and rot resistant mango wood terrariums (gardeners.com) add a new and decorative twist to this traditional growing system.

Plant stands allow your favorite indoor gardener to maximize any

available space. Shelves filled with greenery help improve indoor air quality, reduce stress, and can elevate one's mood. New modern metal plant stand designs add a modern vibe to the indoor garden display.

When space is at a premium, give the gift of vertical gardening accessories. Birdcage planters provide a unique way to display tropical or seasonal flowers. Lower them to tabletop level to use as a centerpiece or decorative element in seasonal indoor displays.

Don't overlook the cooks in your life that may be intrigued by moving their garden indoors. Keep them stocked with fresh herbs and vegetables. Increase their growing space and need-



ed light with a gift of energy efficient LED grow lights in
an attractive stand like the Oslo customizable LED Grow Lights.
For those with very limit-

ed space, consider an organic kitchen caddy planter kit. A windowsill or countertop herb garden is a great way for anyone to add garden-fresh flavor to winter meals.

Make gardening a fun and accessible experience with the help of a deep seat kneeler that when flipped over, converts. Or add storage and mobility with a Deluxe Tractor Scoot with Bucket Basket. The handle allows you to easily take your tools and garden scoot with you to every corner of your landscape.

And don't forget the stocking stuffers. Who doesn't need extra plant tags, ties and gloves? Consider replacing the stocking with a colorful Tubtrug. These flexible lightweight tubs are perfect for harvesting garden produce, collecting weeds or transporting anything from one space to another.

The gift of gardening provides lifelong benefits. Supporting family and friends with useful tools and equipment can increase their gardening enjoyment and success. And don't forget to add a few of your favorite garden related items to your gift list. You'll eliminate the stress and guesswork for the giver and you both will appreciate a gift that provides years of function, beauty and memories.

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

MYERS izable I Grow Lig For those v very lin space, consider an orga then caddy planter kit dowsill or countertop h den is a great way for a

LEGALS

NOTICE OF PUBLIC HEARING

In accordance with the provisions of M.G.L Ch 40A, Section 11, and Chapter 173, Section 48 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on **Thursday, November 12, 2020 at 6:45 P.M.** BY VIA ZOOM **Join Zoom Meeting**

https://zoom.us/j/93058568076?pwd=K1hLQUFQcVh YaEtxQmphS2hscGVkQT09

1 929 205 6099 US (New York) Meeting ID: 930 5856 8076 Passcode: 823517

to consider the petition of Cora Lane Group LLC regarding a Lot# 254 on Hill Street, Whitinsville, MA 01588 for a Variance (16-V-20) for 6' width requirement to build a single family home. Article X, Table of Area Regulations 173--48, of the Town of Northbridge Zoning By-laws. The property, shown on Assessor's Map 7 as Parcel 254 is located in a residential -1 zoning district and is owned by St. Camillus Whitinsville Properties, LLC.

The purpose of this hearing is to provide an opportunity for public comment. Anyone wishing to be heard regarding thi.s matter should attend said meeting at the time and place designated. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during normal business hours.

Thomas Hansson, Chairman Northbridge Zoning Board of Appeals October 30, 2020 November 6, 2020

NOTICE OF PUBLIC HEARING

In accordance with the provisions of M.G.L Ch 40A, Section 11, and Chapter 173, Section 48 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on **Thursdav**, **November 12, 2020 at 6:35 P.M. BY VIA ZOOM**; Jain Zoom Monting

https: zoom.us/j/93058568076?pwd=K1hLQUFQcVhYaEtxQmphS2hscGVkQT091 929 205 6099 US Meeting ID: 930 5856 8076 Passcode: 823517

to consider the petition of Joshua Nadeau & Elizabeth Hubert regarding 20 Haringa Ave, Whitinsville, MA 01588 for a Variance (15-V-20) for an existing shed & deck located within the side and front set back, Article VI, Table of Area Regulations 173 - 19, Note 7 of the Town of Northbridge Zoning By-laws. The property, shown on Assessor's Map 24 as Parcel 12 is located in a residential -3 zoning district and is owned by Elizabeth Hubert. The purpose of this hearing is to provide an opportunity for public comment. Anyone wishing to be heard regarding this matter should attend said meeting at the time and place designated. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during nonn,al business hours.

Thomas Hansson, Chairman Northbridge Zoning Board of Appeals October 30, 2020

November 6, 2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO20P2086EA **CITATION ON PETITION FOR** FORMAL ADJUDICATION **Public Administrator** Estate of: Richard G. Lewis Date of Death: 01/30/2019 To all interested persons: A Petition for Formal Determination

of Heirs has been filed by Formal Determination termination of Heirs requesting that the Court enter a formal Decree and Order and for such other relief as re- (SE quested in the Petition.

The Petitioner Requests that:

Vincent A. Vilkas of Shrewsbury MA be appointed as Public Administrator of said estate to serve With Personal Surety on the bond in an supervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 11/17/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS

UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: October 23, 2020

Stephanie K. Fattman, Register of Probate November 6, 2020

(SEAL)

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT 20 SM 001649 ORDER OF NOTICE

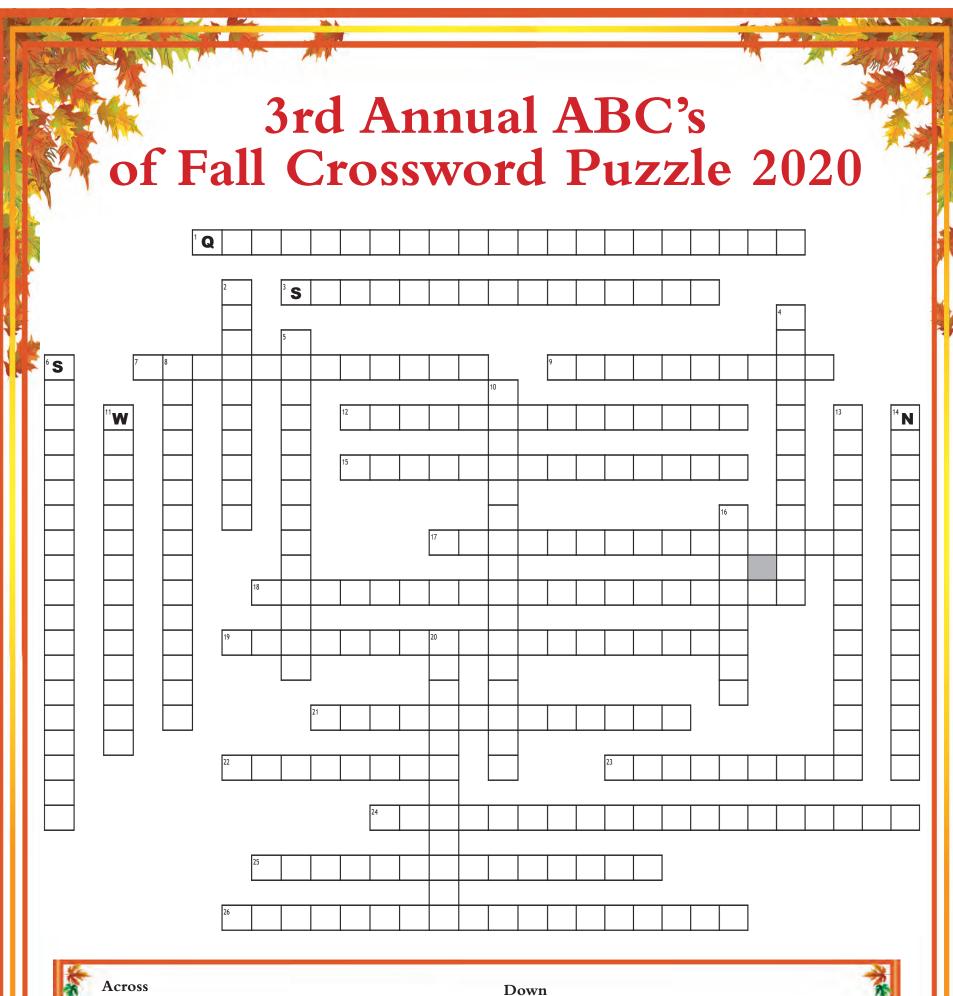
TO: Charles L. Erickson and Deborah F. Erickson

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq) **Select Portfolio Servicing, Inc.**

claiming to have an interest in a mortgage covering real property in Uxbridge, numbered 7 Surrey Drive, Juniper Hill Condominium, given by Charles L. Erickson and Deborah F. Erickson to Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Bank, FSB, dated September 13, 2007, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 41852, Page 362, as further affected by a Loan Modification Agreement dated May 20, 2016 and recorded in Book 55462, Page 20, and now held by Plaintiff by assignment, has filed with this court a complaint for determination of 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 12/07/2020 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on 10/26/2020 Deborah J. Patterson Recorder November 6, 2020

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	Brd Annual ABC'S OF THE SEASONS OCTOBER 30 Hint answers don't always include fall business name.	, FALL EDITION
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P	Address:	
7 I	Circle which paper you found this in: <i>Spencer New Leader, Web</i> Tribune, Southbridge News Daytime Phone: Email address (optional)	
(Comments:	

Please find the answers to this crossword puzzle on page 2. Enter for a chance to win a \$25 gift card to one of these ABC businesses by mailing in your completed crossword to ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550 OR scan & email or take a picture and email it to jsima@stonebridgepress.news by Wednesday, November 18. Random-drawing for winner of all correct entries to be announced in the November 27th issue. One entry per person. Please support these ABC's businesses and tell them you saw their ad in your local paper! Good luck!

¹² • Friday, November 6, 2020



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Douglas resident named to Doc Wayne board



Dr. Sade Callwood

BOSTON, Mass. Doc Wayne Youth Services ("Doc Wayne"), a Boston nonprofit that fuses sport and therapy to heal and strengthen at-risk youth, is pleased to announce that Dr. Sadé Callwood, Katherine Grover and Dushawne "Doc" Simpson have recently joined its Board. Their appointments further enhance the Board's experience, diversity and skills, and bring the number of members to 13.

Commenting on the appointments, Board Chair Christopher S. Ernest said, "Sadé, Kathy and Dushawne bring a wide range of additional

expertise to the Board. We are very fortunate to welcome leaders of their caliber." He continued, "Their perspective and input will be invaluable as we continue to expand our global reach through new programs such as The Champions Network, our online mental health training resource accessible to community leaders from anywhere in the world."

Dr. Sadé Callwood is a post-doctoral fellow and psychotherapist Commonwealth at Psychology in Boston. Her clinical work with marginhistorically alized and oppressed

individuals is influenced by her Caribbean-American upbringing. Dr. Callwood earned her Doctor of Psychology in Clinical Psychology with an emphasis in African and Caribbean mental health from William James College and completed her doctoral project on Young Black Men's Experiences of Aggressive Policing. She has extensive training in counseling centers within small private colleges, Ivy League and Big Ten universities. Dr. Callwood is thrilled to join an organization that is doing such meaningful work with youth, "a world where most things are uncertain, Doc Wayne is helping to ensure stability in health and wellbeing that our youth deserve.³

Katharine Grover, CPA, is a director in the Northeast Health Industries Assurance practice at PricewaterhouseCoopers in Boston, working with higher education, healthcare and other not-forprofit organizations. She is a Uniform Guidance expert and speaker, and a contributing author to Perspectives in Higher Education. Kathy earned her bachelor's degree in **Business Administration** from Babson College and her Master in Business Administration degree with a concentration in Not-for-Profit Management from Suffolk University. Sports has always and continues to play a very important role in her life, having been highly influenced by coaches and teammates, and learned skills pertinent to work and everyday life. "To see an organization that combines therapeutic support and sports excites me, and I hope my professional background combined with my love for sports can help support Doc Wayne's mission and make a difference in the lives of the children it supports."

Dushawne "Doc" Simpson is currently the head coach of The Pingree School's girls' varsity soccer team and the Director of Coaching at NEFC North Shore, and the former assistant coach of the Boston Breakers professional team. He began coaching for Pingree in 2011, and

led them to New England championships in both 2013 and 2014. Dushawne was not only a standout soccer player growing up in Connecticut, he was selected to the 1990 CT All-State team in soccer, basketball and track. Following his exceptional playing at Southern Connecticut State University and Salem State College, he went on to play professionally for several teams including the New Hampshire Phantoms, Connecticut Wolves and Boston Bulldogs. A true believer in the power of sport, Dushawne shared, "I've dedicated my life to sports and helping youth and I've benefited directly from those who see this as a calling. I'm delighted to be a part of the Doc Wayne organization in hopes that I can be a beacon of light for those in need."

Doc Wayne was formed by Susan Wayne in 2002 in memory of her brother Dr. Eli Wayne, a physician and a tremendous supporter of using sport as a medium for positive youth development. It became a 501(c)(3) in 2010.

About Doc Wayne

Doc Wayne delivers sport-based group/individual therapy and 1-on-1 therapeutic mentoring services for youth (ages 5-18) that face difficulties associated with mental health, chronic trauma and domestic or community violence. Engaging with kids in a gym or on a field vs. a clinical setting fosters openness and trust, enabling the development of new skills and learning teamwork, with the benefits of physical activity. Its Chalk Talk® program combines clinical work with sports, where clinicians, referred to as "coaches," travel to schools, community centers and residential treatment settings to ensure accessibility. Telehealth is being used during the pandemic and will continue thereafter in conjunction with in-person activities to expand access. Doc Wayne has been honored with the prestigious Robert Wood Johnson Foundation Sports Award, among others.

Courtesy

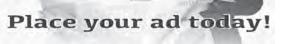


OLV HOSTS VIRTUAL TRICK OR TROT

Friends and families of Our Lady of the Valley School participated in a virtual 5K over the weekend of Oct. 24-25. Running, walking, or even biking, everyone got outside for some fresh air and some fun! Beautiful weather was also key in families being able to get outside and enjoy the beautiful autumn foliage.



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• 15 Friday, November 6, 2020

For questions about the Sutton

Cultural Council, or to become a mem-

ber, please contact Pam Nichols at

pamelaanichols@gmail.com . To apply

for a grant, please visit www.mass-cul-

ture.org. Applications are due on Nov.

16.

Sutton Cultural Council announces grant opportunity

SUTTON — Organizations, schools, and individuals may apply for local grants that support cultural activities such as community-oriented arts, humanities, and science programs in the Town of Sutton. Proposals are due to the Sutton Cultural Council by Nov. 16.

According to Council chairperson Pam Nichols, the grants can support a variety of artistic projects and activities in Sutton-- including exhibits, festivals, field trips, performances in schools, workshops and concerts.

The Sutton Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

Applications must be submitted online through the Massachusetts Cultural Council at www.mass-culture. org. Type in "Sutton" to find the local council and access the online applica-

30 Years Experienc

facebook

tion. This is also where you will find any funding priorities or additional requirements beyond the state guidelines.

Last year the Sutton Cultural Council distributed nearly \$5,000 in grants. Although last years activities were curbed due to COVID-19, the council is looking forward to the new year! Previous funded projects have included Concerts on the Common, support of the Sutton Fourth event and performances at the Sutton Library, the Sutton Senior Center and Sutton school-based programs.



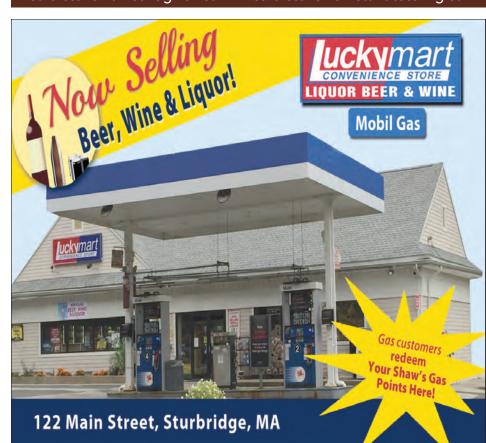
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