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Friday, October 22, 2021

Grafton Fire Chief candidate withdraws

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

GRAFTON — The town of Grafton has restarted its search for a Fire Chief after the candidate to which the Select Board had extended an offer of employment withdrew from the process.

“While this development is a setback in the process, I am confident that we will find the right fit for the men and women of the Grafton Fire Department,” said Evan Brassard, Grafton Town Administrator.

Following a Select Board meeting earlier this month, the Board had extended an offer of employment to Chief Michael Thurz of Glastonbury, Conn., according to a town statement. The following day via email to the Town Administrator, Chief Thurz responded to the offer by withdrawing from the process.

“I want to thank you and the Board for the opportunity to interview for Fire Chief. However, after our meeting last night, and my own personal deliberation, I am removing my name for consideration,” Chief Thurz stated in his response, according to the town. “The decision is personal, and not a reflection of you, the Board or the Grafton community. My apologies for the inconvenience that this has caused, as the situation needs to be a good fit for all involved.”

The Select Board and Town Administrator’s Office are working together to “restart the process and find the best candidate to fill this position,” the town continued.

In other news, Grafton is also accepting applications for the position of Office Manager, under the general direction of the Fire Chief. This position is responsible for the provision of administrative, book-

Turn To **CHIEF** page **A12**



Nick Ethier photos

Uxbridge’s Samantha Jones pushes the ball past an incoming Auburn player.

Surging Spartans overpower shorthanded Auburn

BY NICK ETHIER
SPORTS EDITOR

UXBRIDGE — Over the first four weeks of the high school field hockey season, Uxbridge High’s varsity team compiled a sterling record of 8-0, outscoring its opponents by a score of 57-2. That’s why head coach Kelly Rosborough was pleased with how her team performed in the fifth week when they played Division 1 Doherty High, a strong Division 3 team in Nipmuc Regional, and fellow Division 4 foe Sutton High, who were undefeated.

“We came off a big week last week. We had Doherty last Wednesday. We were down zero to two in the first quarter and came back to tie it, 2-2,” said Rosborough. “They’re a solid team and have some real quality players. The other three quarters of the game we completely outplayed them. I love how they came back because we haven’t been in that situation this season

Turn To **SPARTANS** page **A16**

New National Park signs installed in Whitinsville



Photo courtesy Carol Dandrade

Blackstone River Valley National Historical Park unveiled new interpretive signs in Whitinsville on Oct. 12. Pictured left to right: Eric Breittkreutz, Superintendent of Blackstone River Valley National Historical Park; Adam Gaudette, Northbridge Town Manager; Dick Moore, Board Chair of Blackstone River Valley National Heritage Corridor; Jeannie Hebert, President of Blackstone Valley Chamber of Commerce; Senator Ryan Fattman; Representative David Muradian; Senator Mike Moore; and Devon Kurtz, Executive Director of Blackstone River Valley National Heritage Corridor. Not pictured is Congressman Jim McGovern, who attended electronically.

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

NORTHBRIDGE — With three new interpretive signs, the industrial story of Whitinsville is being celebrated.

“Over the past two centuries, American life has been transformed in every way by the forces of industry pioneered right here in the Blackstone River Valley,”

said Congressman Jim McGovern, who helped unveil the new signs — which he described as “beautiful tributes to our past” — at a recent ribbon cutting ceremony.

The signs, installed by the Blackstone River Valley National Historical Park, help tell the story about the historic district of Whitinsville

Turn To **SIGNS** page **A16**

Douglas library offers book clubs for kids, adults

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — Since restarting its in-person programming, the Douglas-based Simon Fairfield Public Library has seen an incredible turnout for story times and kids’ book clubs.

Library Director Justin Snook said that while the children’s programs have been “booked” solid, the library is also offering “fun” programs and book clubs for adults.

“If you’re looking for a bit of socialization, try one out,” Snook said. “Book clubs are not scary formal affairs where you have to criticize the reading and then provide some kind of profound exegesis that will stand up to academic rigor. You can do that if you want, but book clubs are really just get-togethers that use the book as a vehicle to start a conversation that can go anywhere.”

The library has several offerings coming up in November.

“The Greatest Book Club Ever” will be meeting on Thursday, Nov. 4, at 6:30 p.m. to talk about “Dead Until Dark” by Charlaine Harris.

“This is the first book in the series that the HBO series ‘True Blood’ is based upon,” Snook said. “This

Turn To **LIBRARY** page **A12**

Brown Medicine’s Tammaro, of Uxbridge, wins Daley Founder’s Award

PROVIDENCE, R.I. — Brown Medicine, a primary care and sub-specialty medical group practice with over 200 physicians in multiple patient care locations across Rhode Island, announces that Dominick Tammaro, M.D. of Uxbridge, has been awarded the 2021 Dema C. Daley Founder’s Award by the Association of Program Directors in Internal Medicine (APDIM). It is the highest honor that is awarded to a member of the Association of Program Directors in Internal Medicine (APDIM) in recognition of their status as an educator, innovator and leader.

The Founder’s Award was presented to Dr. Tammaro during Academic Internal Medicine Week 2021. An



Dominick Tammaro, M.D.

internist with Brown Medicine’s Division of General Internal Medicine, he serves as internal medicine residency director and professor of medicine with The Warren Alpert Medical School of Brown University, of which Brown Medicine is affiliated. The award recognizes Dr. Tammaro for his outstanding contributions to undergraduate and graduate medical

education and for his contributions to the national Internal Medicine Program Director community.

In 1984, Dr. Tammaro received his Doctor of Medicine degree from The Warren Alpert Medical School of Brown University. He completed his residency at Saint Vincent Hospital/University of Massachusetts (Worcester) in 1988, followed by a chief resident year during which he developed his interest in graduate medical education. He subsequently joined the faculty at Brown University where he has been involved in residency education ever since. As Internal Medicine Residency Director since 1991, he

Turn To **TAMMARO** page **A15**

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‘The Return of the Bald Eagle’ comes to Sutton Historical Society

On Tuesday, Nov. 2, at 7 p.m., the Sutton Historical Society will host Bill Reid, Chief Ranger of The Last Green Valley, for a presentation entitled, “The Return of the Bald Eagle.” The Last Green Valley is a National Heritage Corridor covering 35 towns in Eastern Connecticut and South-Central Massachusetts with a rich history in a surprisingly rural landscape. With 84 percent forest and farm, The Last Green Valley is the last swath of dark night sky in the coastal sprawl between Boston and Washington DC. Information on this National Heritage Corridor can be found at thelastgreenvalley.org.

Chief Ranger Reid’s presentation will showcase how our country’s majestic national bird (*Haliaeetus leucocephalus* as it is named scientifically) is benefitting from enhanced protection and innovative efforts to boost its wild population in Southern New England. He will speak about bald eagles and the work to increase their ecological success within our region. With bald eagle sightings throughout Sutton, this presentation should prove quite interesting to our citizens.

This free event is open to all members and the general public of all ages. The Sutton Historical Society, Inc. is a 501(c)3 organization. We are always seeking new members and gladly accept donations. Membership forms and information about our organization and programs can be found at our website suttonhistoricalsocietyinc.org.



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body may be suffering from a soft tissue injury.

According to Delaware Integrative Healthcare, bone injuries garner significant attention because broken bones and fractures can be very serious. But soft tissue injuries, when left untreated, also can be troublesome and jeopardize individuals’ athletic pursuits.

Verywell Health defines soft tissue injuries as trauma to any muscle, skin, tendon, or ligament in the body. Injuries may result from overuse or acute trauma, which is an external force applied to the body. Common examples of soft tissue injuries are lacerations, abrasions, contusions, sprains/strains, bursitis, and tendinitis.

Strains are injuries to muscles or tendons and sprains are injuries to ligaments, which are elastic bands of tissue that connect and stabilize bones. Both strains and sprains are common soft tissue injuries. Bursitis and tendinitis also are common. Bursitis is an inflammation of the bursa, a fluid-filled sac that provides a cushion between the bones and muscles or tendons. Tendinitis is an inflammation of the tendons, which connect muscles to bones.

Many minor (Grade 1) soft tissue injuries that involve muscles, tendons and ligaments may heal when injured



persons follow the protocol known as R.I.C.E., which is an acronym for Rest, Ice, Compression, and Elevation. R.I.C.E. is widely recommended for these types of injuries. However, more serious soft tissue injuries may take extended time to heal. Some of these injuries also may lead to permanent changes in muscles, tendons and ligaments, causing certain body parts to cease functioning how they used to. That may be the case with Grade 2 (moderate) or Grade 3 (severe) injuries. Further medical attention may be needed and physical therapy may be prescribed.

The Ace Physical Therapy & Sports Medicine Institute says soft tissue injuries account for most of the injuries that outpatient physical therapists treat. A therapist will analyze the type

of injury and the pain or impairment it is causing to develop a rehabilitation program. Physical therapists often perform various treatments geared toward reducing swelling and inflammation. Manual therapies to help restore normal motion also are part of soft tissue treatment plans. Stretching and strengthening exercises may be incorporated to improve endurance and repair soft tissue. Orthotic therapy may be needed to correct certain imbalances, advises Algonquin Chiropractic Center. Physical therapists also can educate patients about how to strengthen the body to help reduce risk for future injuries.

Soft tissue injuries are common and usually can resolve with rest. Guided physical therapy may be prescribed for more severe cases.

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Discern'd Cannabis Purveyors Appoints HR Director



courtesy photo
Discern'd Cannabis Purveyors Human Resources Director Erin Luna.

GRAFTON — Discern'd Cannabis Purveyors — a retail operator opening this winter that's committed to educating consumers about the benefits of

cannabis and sourcing the highest-quality product — is pleased to announce that Erin Luna has been appointed Director of Human Resources & General Manager. She is the first person to occupy that position.

Luna comes to Discern'd with over 15 years' experience in human resources management. Previously, she was HR Director at Cultivate Holdings in Uxbridge, where she supervised HR operations for a start-up cannabis dispensary with 300+ employees. She also has prior experience working in the medical field. Luna is a certified Senior Professional in Human Resources (SPHR). She received a Bachelor's Degree from Assumption University in Worcester.

"Erin has a proven understanding of the importance of employees and culture in driving business success — as demonstrated by her many accomplishments at another cannabis establishment when it was being launched," says Discern'd Chief Executive Officer Allan Villatoro, MBA. "Here at Discern'd, we take pride in having the best trained, most passionate employees in the

industry — and I consider Erin to be a perfect example of that dedication to excellence. We're extremely excited — and extremely lucky — to have her join our team."

"Once fully operational, Discern'd will be a fantastic resource for Central Massachusetts," says Luna. "The company's founders have a vision of introducing scores of uninformed individuals to the benefits of cannabis — and I have no doubt that their vision will come to fruition. I look forward to helping Discern'd achieve the tremendous success we all confidently anticipate."

About Discern'd Cannabis Purveyors: Located off Massachusetts Turnpike exit 96 (Millbury/Rte 122) in Grafton, Discern'd Cannabis Purveyors occupies 2,383 square feet of interior space at the rear of a two-story building. To help mitigate traffic congestion, there are parking spaces for more than three times the anticipated volume of customers. For more information, contact Allan Villatoro at info@discerndcannabis.com.



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.

St. Peter's Parish prepares for upcoming Holiday Bazaar

St. Peter's Parish in Northbridge will be holding its annual Holiday Bazaar on Saturday, Nov. 6 from 9 a.m. to 3 p.m. in the Parish Hall, 39 Church Avenue, Northbridge. Come out with your family and friends to enjoy the day! We will have all of your favorites: White Elephant Table, Craft Tables with beautiful handmade items, handmade quilts. There will also be tables filled with raffles (you never know what will be there!) and the famous silent auction and gift basket raffles. Stay and enjoy a bite to eat with all of our "Old-Time" favorite foods being served. If you would like more information please contact the parish office at (508) 234-2156 or email: parishoffice@stpeterrockdale.org.

Northbridge Middle School students experience STEM Careers

Northbridge Middle School sixth, seventh and eighth grade students were invited by Access TCA and the Blackstone Valley Education Foundation (BVEF) to attend a STEM field trip at Millbury High School on Oct. 14. As part of developing an understanding of advanced manufacturing, BVEF works with the Blackstone Valley Chamber of Commerce to connect area companies with middle school students through hosting manufacturing day events. NMS teachers Lisa Gogolinski and Betsy Wermuth have brought students to Dell, Waters, EMC, Lenze and Saint-Gobain over the past few years for such events. This year's



Northbridge Middle School students were recently invited to Millbury High School by Access TCA to attend a STEM field trip.

host, Access, did an outstanding job with an engaging day of manufacturing for the students.

The team at Access began the day by explaining manufacturing and discussing exactly what they do at the Whitinsville mill facility. The branding agency shared how they develop trade show booths with a team of people. They utilize artists, graphic designers, electricians, construction managers and engineers to create a dynamic booth to be shipped and assembled at trade shows nationwide. Using a talented group of representatives as guides, Access then challenged students to work in small groups to design a NMS booth vision board. Throughout the small group activity, the leaders reviewed the Engineering Design Process, discussed criteria and constraints all while creating a feasible design.

Students were brought on a virtual tour of the facility and got to see all the departments and parts of the company. The day ended with a panel of Access answering the students' questions about everything from the employees' educations to their interests that led them to pursue STEM careers. While the day was busy and challenging, the students returned excited and eager to share their experiences.

Students created a collaborative slideshow to highlight the day's events and reflect on what they had learned. This slideshow will be used in the STEM and technology classrooms to showcase the variety of options available in the STEM fields.

Email Us!

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news@stonebridgepress.news

TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$460,000, 133 Farm St, Macdonald, Ellen M, to Hancock, Jason W, and Hancock-Major, Melinda.
\$391,000, 22 Bellingham Rd, Tse, Ken L, to Frederick, Jacob.
\$283,000, 133 Blackstone St, Williams, Franklin K, to Chalas, Lynn.
\$269,000, 188 Main St, Wison& Watson LLC, to Tokarski, Jason S.
\$225,000, 12 Edgewater Dr, Daprato, Alfred, to Allan, Michael, and Allan, Diana.

DOUGLAS

\$ 369,900, 1204 Main St #3, Big Daddy RT, and Wambolt, Craig, to Namiro, Badria, and Kayemba, Sam M.
\$335,000, 629 Devenwood Way #629, Hart, James G, and Hart, Mary E, to Fayth-Kantowitz, Heather.
\$285,000, 445 Berlin St #7, Marshall, Andrew, and Marshall, Daylene, to Lowe, Rebecca.

NORTHBRIDGE

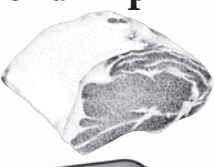
450,000, 9 Chapin St, Benedict, Kerry, to English, Anne M.
\$272,000, Ball St #2, Fawcett, Cynthia L, and Webb, Joseph H, to Mattei, Michael R, and Mattei, Katie P.

UXBRIDGE

\$830,000, 2 Barbaras Path, Adams FT, and Adams, David R, to Oconnor, Ashley, and Oconnor, Tyler.
\$537,240, 17 Jackson Dr, Pulte Hm Of New Eng LLC, to Sarno, Joseph C, and Sarno, Lisa A.
\$445,000, 3 Knowlton Cir #3, Baits, C J, to Felaco, Bruno C. A.

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HAMMERHEAD CARPENTRY

Northbridge’s Coffey named Rising Star by Super Lawyers



Courtesy photo

Ashley Coffey, of Northbridge

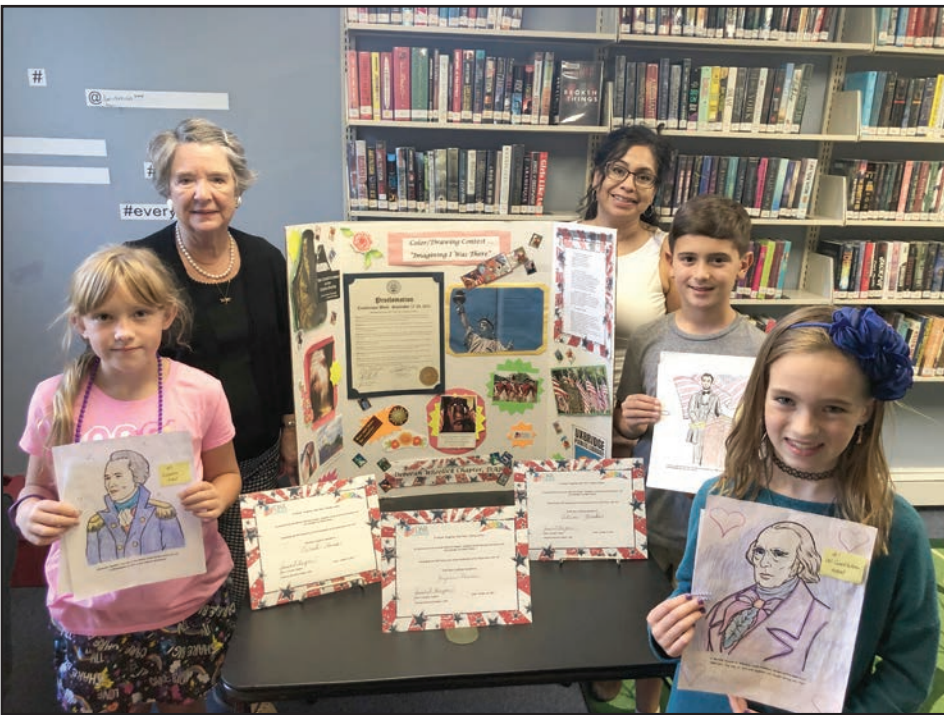
Ashley Coffey of Northbridge, an associate in the Land Use and Environmental Law Group and the Public and Municipal Law Group at Mirick O’Connell, has been selected to the 2021 Massachusetts Rising Stars list. Each year, no more than 2.5 percent of the lawyers in the state are selected by the research team at Super Lawyers to receive this honor. Ashley represents entities buying, selling, financing, and leasing commercial real estate. Super Lawyers, part of Thomson Reuters, is a rating service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement. The annual selections are made using a patented multiphase process that includes a statewide survey of

lawyers, an independent research evaluation of candidates and peer reviews by practice area. The result is a credible, comprehensive and diverse listing of exceptional attorneys. The Super Lawyers lists are published nationwide in Super Lawyers Magazines and in leading city and regional magazines and newspapers across the country. Super Lawyers Magazines also feature editorial profiles of attorneys who embody excellence in the practice of law. For more information about Super Lawyers, visit SuperLawyers.com. About Mirick O’Connell Founded in 1916, Mirick O’Connell is a full-service law firm with offices in Worcester, Westborough and Boston. Mirick O’Connell combines leadership and depth of experience to

bring innovative solutions to the issues facing its diverse client base. The firm serves clients throughout New England, the United States and abroad. Our clients comprise, for example, public and private corporations, banks, credit unions, insurance companies and other institutions, innovative start-ups, school systems, municipalities, non-profits and individuals. The firm’s principal practice groups include Business, Construction Law, Creditors’ Rights, Bankruptcy and Reorganization, Family Law and Divorce, Health Law, Intellectual Property, Labor, Employment and Employee Benefits, Land Use and Environmental Law, Litigation, Personal Injury, Public and Municipal Law, and Trusts and Estates.

US Constitution ‘Lives Thru Art’ in Uxbridge

For the past several years, the Deborah Wheelock Chapter, Daughters of the American Revolution, and the Uxbridge Free Public Library have co-sponsored the “Imagining I Was There” coloring contest, celebrating the signing of the US Constitution in 1787. Children, ages 5 to 10, are invited to color a variety of historic scenes chosen by the library staff: significant anniversaries, famous people and places. Still popular post-pandemic, the contest occurs annually during Constitution Week, Sept. 17-23. This year several dozen children took home pictures, and about a dozen participated by returning the finished product for judging by the children’s librarians, headed by Asst. Director Sonya Campbell. Jane F. Keegan, Regent, Deborah Wheelock Chapter, was delighted to award special DAR American History certificates to the three “Imagining I Was There” winners who colored Alexander Hamilton and James Madison, both of whom “fathered” the Constitution, and Abraham Lincoln whose leadership during the Civil War ensured the Constitution would live in a ‘united’ states. Compliments of the library, second and third place winners received tickets to Worcester’s EcoTarium while the first place winner received tickets to tour the USS Constitution (Old Ironsides) at the Charlestown Navy Yard. The mission of the Daughters of the American Revolution, founded in 1890, is to promote education, historic preservation, and patriotism through volunteer projects and programs in local communities world-wide. With membership at a million plus over 131 years and almost 200,000 active in Today’s DAR, Daughters “Rise and Shine” as never before. We welcome new member inquiries so contact us at DeborahWheelockDAR@gmail.com.



Courtesy photo

Pictured, from left, are Sarah Jones, age 9, daughter of Bernie and Hayden Jones; Jane F. Keegan; Sonya Campbell; Tatum Burke, age 8, son of Sarah and Kessik Burke; and Brynn Power, age 10, daughter of Kerie and Aidan Power. The families reside in Uxbridge.

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69 70

CLUES ACROSS

1. Break
7. Ruled Russia
13. Having several lobes
14. Walked around proudly
16. Atomic #77
17. Largest living land animals
19. The Great Lakes State
20. A type of toast
22. Partner to feather
23. Bristlelike
25. Bowfin
26. Distributes
28. Hairlike structure
29. Sino-Soviet block (abbr.)
30. Where wrestlers work
31. Blood relation
33. A great deal
34. Round Dutch cheese
36. Move further away from
38. Type of wrap

40. Furies
41. Removes from the record
43. Young salmon
44. Feline
45. Skin decor
47. Disfigure
48. They ___
51. Formal term for “on”
53. Weight of precious stones
55. Traveled rapidly
56. Long-winged aquatic bird
58. Prickly husk
59. Expressed pleasure
60. Exclamation of surprise
61. Most irritable
64. Virginia
65. Optimistic
67. Humorous works
70. Emerges

CLUES DOWN

1. Wives of a polygamous man
2. Where hurt ballplayers land
3. Single-celled animal
4. Rhythmic pattern
5. One from Utah
6. A group of seven
7. Refrains from inflicting
8. Light brown
9. Humanistic discipline
10. Emits coherent radiation
11. It says who you are
12. Roundworm
13. Group of Native Americans
15. Makes wider
18. Headgear
21. One who sets others free
24. Form of communication
26. A Brit’s mother
27. Title of respect
30. Famed modernist painter
32. One-time province of British India

35. Prosecutors
37. Motor vehicle
38. Non-religious
39. Native Americans of Colorado and Wyoming
42. Pouch
43. Touch gently
46. Chose
47. Actress Tomei
49. Former Broncos coach Dan
50. Icelandic poems
52. More decent
54. Grillmasters use it
55. Self-immolation by fire rituals
57. Expression of annoyance
59. ___ Spumante (Italian wine)
62. Consumed
63. Body part
66. Thus
68. Rupee

PUZZLE SOLUTION

	S	E	S	I	H	V		D	E	L	H	O	S	
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OR send to Blackstone Valley Tribune
P.O. Box 90, Southbridge, MA 01550

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Douglas Historical Society

raffle winners announced

The Douglas Historical Society’s 275th Anniversary of Douglas Raffle winners were drawn at the Douglas Octoberfest on Saturday, Oct. 2. The Douglas Historical Society made \$2,600 through raffle ticket sales and all winners were from Douglas! Sarah O’Toole won the third prize of the Town Seal wall hanging. Frank Iadarola won the \$275 commemorating the town’s 275th anniversary and Carol Gogolinski won the Memorial Day Weekend 2022 at Wallis Cove Cabins. Understanding how much goes into maintaining the historical landmark of the E.N. Jenckes Store Museum, Frank generously turned his prize money back to the Douglas Historical Society. Carol requested that her weekend be booked by a customer and that the amount be donated to the Douglas Historical Society in 2022. The Society thanks all who bought tickets and urges everyone to look out for another raffle with fabulous prizes next year!

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Rams rebound from loss, take care of Tantasqua



Northbridge quarterback Ryan Boyce throws a pass up and over the reach of Tantasqua defender Liam Hubacz.



Tim Labrie of Northbridge fights for extra yardage after catching a pass versus Tantasqua.



Northbridge's Matthew Wildman breaks a tackle while carrying the ball.



Collin Falconer of Northbridge drags Tantasqua defenders with him on a return.

NORTHBRIDGE — Although the Northbridge High varsity football team may have lost its first game of the season a week prior (Friday, Oct. 8 to Grafton

High, 28-20, in overtime), the Rams didn't let that setback phase them early on when hosting Tantasqua Regional at Lasell Field on Friday night, Oct. 15.

Northbridge scored 21 first quarter points and tacked on a bit more later, as they surged past the winless Warriors (0-6) by a 36-0 final.

Collin Falconer (1-yard run), Matthew Wildman (6-yard run) and Ryan Boyce (13-yard run) had the first quarter touchdowns. Then, in the second stanza, Boyce rushed in another score, this time from 2 yards out. The Rams also added a safety nearing halftime.

Boyce then connected with Tim Visbeek on a 36-yard scoring strike to close out the scoring in the third quarter. Joe Maxim was 4 for 5 kicking extra points for Northbridge.

MILLBURY SENIOR CENTER ACTIVITIES LIST

FLU CLINIC
At the Millbury Senior Center
Tuesday, Oct. 26
From 9 to 11 a.m.
Masks required along social distancing!

For an appointment and to register call the Senior center at (508) 865-9154

Must bring Insurance Cards when you come in for your shots!

SENIOR WORK – OFF PROGRAM

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

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

In return for voluntary

service at a town department

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

MILLBURY SENIOR CENTER ACTIVITIES!!

LIGHT EXERCISE CLASSES

Mondays and Fridays 9:30 – 10:15 a.m.

WII BOWLING

Mondays at 12:30 p.m.

MAHJONG

Mondays at 12:45 p.m.

TAI CHI

Tuesdays 9:30 - 10:30 a.m. (class is \$3)

BLOOD PRESSURE CLINIC

Every Tuesday from 9 – 10 a.m.

SOCIAL BINGO

Wednesdays at 1 p.m.

Bring your pennies!

DULL MENS CLUB

Thursdays at 10 – 11 a.m.

No reservations required for any of our activities! If you would like Lunch ahead of time a 48-hour reservation is required. Call the center at (508)865-9154

Lunches are served Monday through Friday at noon at the Senior Center.

The menu is available on the town website, www.townofmillbury.org or our Millbury Senior Center Facebook page. A 48-hour reservation is required.

Millbury Senior Center Transportation

Transportation is provided for Millbury Senior Residents

Monday through Friday from 9 a.m. to 3 p.m.

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

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

Rides are free until Jan. 1

For more information or to schedule transportation call the center at (508)865-9154

“MEMORY CAFÉ”
Please join us Oct. 26, 2-3:30 p.m.

A Memory Café is a

monthly gathering for people with memory loss/challenges and their care partners. It is a time to socialize, make new friends, and have a good time. Fourth Tuesday of each month, refreshments will be served. We are also looking for volunteers to assist with this program! Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP (508) 865-9154!

Millbury Friendly Visitor Program

Our Friendly Visitor Program is now being provided by telephone. Volunteers call clients to check in with them, chat and hear a friendly voice.

For more information on

coordinating a Friendly visitor, call the center at (508) 865-9154.

S N A P APPLICATIONS (Food Stamps)

Our appointments are on Tuesdays and Thursdays, 10 a.m. – 2 p.m.

Call for an appointment and required documentation (508) 865-9154

“This project has been funded at least in part with Federal Funds from USDA. This institution is an equal opportunity provider. The SNAP Logo is a service of the U.S. Department of Agriculture. USDA does not endorse any goods, services or enterprises.”

Upcoming events for Beginning Bridges CFCE

Beginning Bridges CFCE supports parents as their children's first, best and most important teachers in the communities of Mendon, Northbridge, Upton and Uxbridge. We are a non-profit, family support organization that provides free comprehensive services. Currently our programs include weekly indoor and outdoor early play/literacy story times, outdoor story walks and many activity suggestions on our webpage. We also sponsor parent education programs, offer the Ages & Stages Developmental Questionnaire and can connect families to resources. Our goal is to support parents as they guide their children to reach their optimum potential. We work with many community partners who share the same goal of strengthening our

communities. Funding for the Coordinated Family & Community Engagement Grant (CFCE) is provided by the Massachusetts Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC-Childcare/Head Start).

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

Mondays to Fridays, Parent Child Playgroups, contact Ms. Emily to be placed on waitlist

Wednesdays, 10/20/21 to 06/22/22, Music and Movement with Deb Hudgins, 10:30 at Whitinsville Social Library.

Tuesdays, 10/5/21 to 06/14/22, Music and

Movement with Deb Hudgins, 10:30 to 11:00 am at Upton Town Library.

Starting Wednesday 11/22, MOM's Club Playtime, 9:30-11:00 am at Uxbridge Play Center. Connect with other parents while your children experience a group setting for peer play in a safe, fun and developmentally appropriate setting.

11/22, 12/21, 2/2/22/ & 6/9/22
Thursdays, 11/4/21 to 06/02/22, Coffee and Conversations, 9:30 to 10:30 am at Taft Public Library, 29 North Ave in Mendon, join us for an informal drop-in playtime where families will be able to build social connections, learn about early childhood development and family friendly resources. Please bring your own coffee and snacks.

Gators earn SWCL Golf Team Championship; Millbury's Sousa top individual

LEICESTER — On Tuesday, Oct. 12, Leicester Country Club played host to the Southern Worcester County League Golf Championship. There, Grafton High prevailed as the team champion, edging Millbury High.

Both the Gators' and Woolies' top four golfers combined to shoot 315, but the tie-breaker came on the fifth golfer, where Grafton's was lower:

The team results are as follows:

1. Grafton, 315 (396)
2. Millbury, 315 (413)
3. Auburn, 330
4. Tantasqua, 337
5. Uxbridge, 359
6. Northbridge, 370
7. Quaboag, 386
8. Leicester, 388
9. David Prouty, 407
10. Oxford, 411
11. Bartlett, 424

The top 10 individuals are as follows:

1. Nathan Sousa, Millbury, 76
2. Ryan Schiappa, Grafton, 77
3. Will Pielt, Northbridge, 78
4. Dominic Maynard, Grafton, 79
4. Mark Monfreda, Millbury, 79
4. Nick Viens, Grafton, 79
7. Carter Burnett, Grafton, 80
7. Blake Samuelson, Millbury, 80
7. Jaden Palumbo, Millbury, 80
7. Cooper C'Miel, Auburn, 80

Hiring? Reach More Local Applicants

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Phone: (508) 909-4105

Help Wanted

NOVEMBER PROGRAMS AT UXBRIDGE FREE PUBLIC LIBRARY

Uxbridge Free Public Library
15 North Main Street,
Uxbridge, MA 01569
www.uxbridgelibrary.org
Hours: Monday and Thursday: 10 a.m. – 8 p.m., Tuesday and Wednesday: 10 a.m. - 5:30 p.m., Saturday: 9 a.m. – 2 p.m.
November 2021 Programs
Need WiFi? Borrow one of our hotspots! The library is now lending mobile hotspots that provide on-the-go internet access using the T-Mobile network. Visit our website or call (508) 278-8624 x100 for more information. And as always, check our website for the most up-to-date listing of programs!
Adult Programs
Gentle Flow Yoga — Mondays, Nov. 1, 8, 15, 22, and 29 at 7 p.m.
Join Michelle Forest, a 200HR registered yoga teacher, for a gentle yoga class at the library! Michelle's gentle yoga class combines creative and balanced movements which connect to a theme to help you deepen your practice. Beginners are encouraged and always welcome to attend! All attendees should arrive 15 minutes early to sign a waiver before their first class. Registration is required, please visit our website calendar to register. This class is sponsored by the Board of Library Trustees.
Cardmaking Hands-On Workshop — Thursday, Nov. 4 at 6:30 p.m. and Saturday, Nov. 6 at 10 a.m.

Learn about the paper craft of making greeting cards for family and friends with our staff member, Susan. Go home with a couple of your own unique creations. Registration required, please visit our website calendar to register.
Mindfulness is the energy and continuous practice of being aware and awake to the present moment. In this hour-long workshop, they will practice mindful sitting meditation, mindful walking meditation, and mindful breathing in the tradition of Thich Naht Hanh. Registration is required, please visit our website calendar to register. This program is sponsored by the Board of Library Trustees.
Senior Center Book Club — Tuesday, Nov. 9 at 1 p.m.
The Senior Center Book Club will be resuming in-person sessions. We will be discussing The Light of Luna Park by Addison Armstrong. Print copies can be placed on hold and will be available at the Library and the PopUp Library at the Senior Center. The e-book and audiobook are also available through the Libby app.
Historical Fiction Book Club — Tuesday, Nov. 16 at 3:30 p.m.
Step back in time to learn about the past through the eyes of fictional (and sometimes not so fictional!) characters. This is a chance to start with a brand new

book group, meet some new friends and discover more wonderful books! Our director Chris will lead a discussion on A Gentleman in Moscow by Amor Towles. Print copies can be placed on hold and will be available at the Library. The e-book and audiobook are available through the Libby app.
PopUp Library at the Senior Center — Thursday, Nov. 18 at noon
Coming now to the Uxbridge Senior Center... is the PopUp Library! Stop by during the lunch meal program to sign up for a library card, browse an assortment of books, and learn what your librarians are up to! Please contact the Senior Center at (508) 278-8622 to reserve your lunch for these dates.
Virtual Bookies Book Club — Monday, Nov. 29 at 6:30 p.m.
Zach will lead a discussion on Atonement by Ian McEwan. This acclaimed 1930s-era novel was adapted into a 2007 film starring Keira Knightly and James McAvoy. Copies will be available at the circulation desk and can also be accessed on the Hoopla app. Patrons interested in participating should email zparrish@cwmar.org for a link to the Zoom session.
Youth Programs
Baby Storytime Ages 0-18 months (Mondays at 11 a.m.) and Toddler Storytime Ages 18 months-3 years (Wednesdays at 11 a.m.)
Weekly Storytimes are fun for you and your child

by engaging in songs, rhymes, stories, and movement. This encourages language development, social skills, and listening skills. Join us for some fun! Please visit our Calendar to register.
Take-Home Crafty Wednesdays
Get crafty and creative with your kids every Wednesday! Stop by the library to pick up a new Take-Home craft kit each week.
Music and Movement — Thursdays, Nov. 4 and 18 at 11 a.m. All ages welcome!
Join Deb Hudgins as she leads a fun-filled, theme-based program with songs, rhymes, dancing and more! Please visit our Calendar to register. This will be held at the McCloskey School Gymnasium. Brought to you by the Library Board of Trustees.
Little Lotus Yoga — Mondays, Nov. 1, 8, 15, 22 at 4 p.m., Ages 6+
Join Lindsey Centrella to practice yoga postures and mindful activities which will help you relax, lessen anxiety, and teach young ones to find their calmness. The library will provide yoga mats, however you are welcome to bring your own! This will be best for ages 6 and up. Registration is required; please visit our Calendar to register. Brought to you by the Library Board of Trustees.
Magic: The Gathering Club — Mondays, Nov. 1, 8, and 15 at 6 p.m. Ages 12+
Magic is a fantasy trading card game of strate-

gy, wit, and luck! Suitable for ages 12+. Come play casual games and build decks. All skill levels are welcome! Bring your own cards or receive a starter pack from Chris of Great Stories Comics and Gaming store who will facilitate the ongoing program. If you would like to be added to the email list for Magic Club updates, send an email to Sonya at scampbell@cwmar.org. Meets the first three Mondays of the month in the Reading Room.
Teen Book-In-A-Bag — Ages 13+ Pick-up Nov. 1-15
“Book in a Bag” is a teen subscription book program. Each month teens can sign up for the program where they will know the theme of the month chosen for the books, which will be checked out for one month, and placed in their choice of a tote or drawing backpack, theirs to keep, with motivational posters, Zentangle art or a Gaming poster inside. This month's theme is substance abuse and its impact on families. Please visit our Calendar to register or email Sonya at scampbell@cwmar.org to join!
DIY Unfinished Wood Hexagon Box Art — Thursday, Nov. 4 at 6 p.m., Ages 8+
A natural wooden box is a blank slate to express your creativity using various mediums: paint, decoupage, stencils, stickers, glitter, and more! Come join us for some fun in the YA room. Please visit our Calendar to register.

Turkey Coaster Craft Art — Saturday, Nov. 13 at 11 a.m., Ages 6+
A fun and useful craft for kids to actually use to place their drinks on for the holidays! Made from foam and corkboard. Please visit our Calendar to register.
Fall Sand Art Program — Thursday, Nov. 18 at 6 p.m., Ages 6+
Celebrate Fall with these fun sand art crafts: peel, sprinkle with colorful sand, and add to your decorations for Thanksgiving! Please visit our Calendar to register.
Build-a-Series Program — Saturday, Nov. 20 at 11 a.m., Ages 6+
Learn carpentry skills from a local carpenter, Eric Dutton, who will be teaching a workshop on how to build a small treasure box which the youth will have an opportunity to paint and decorate. All materials will be provided so all you need to bring is a hammer and yourself. Please visit our Calendar to register.
Baypath Educates presents Safe Animal Handling in November! All Ages welcome
Ever wonder why a dog does what it does? Learn their language so you can communicate better and how to be smart and safe to avoid dog bites. Registration is required. Please check our Calendar for updates as the date and time for this program are TBD.

FALL EVENTS AT WHITINSVILLE SOCIAL LIBRARY

Music and Movement with Deb Hudgins
Wednesdays from 10:30-11 a.m.
Come join us on the front lawn of the library for Music and Movement with Deb Hudgins! Miss Deb is back with her Preschool Music & Movement Program performing in-person outdoors at the Whitinsville Social Library. Bring a blanket to sit on the grass and join in on the fun! There will be plenty of singing, dancing, games, stories and fun for everyone! This program is for ages 1-5, weather permitting. Registration is required. Register at: www.tinyurl.com/EventsAtWSL
Outdoor Storytime
Every Monday and Thursday starting in October 10:30-11 a.m. Join Miss Heather on Thursday mornings outside on the front lawn of the library! Bring a blanket to sit in the grass as we read books, sing rhymes and dance to some fun music. Let's have some fun reading and singing together! Each week a different craft will be available

at the end of the program, stay outside on the front lawn to craft with Miss Heather or take your craft home to put together in your own time! This program is for children ages 1-6, weather permitting. Registration is required. Register at: www.tinyurl.com/EventsAtWSL
Outdoor Yoga
Wednesday, Oct. 27, 5:30 p.m.
Join yoga instructor Pam for free sessions of gentle yoga on the library's front lawn. Best for teens and adults. Wear comfortable clothing that you can move in and please bring two beach towels, or a yoga mat and a beach towel. Dress for the weather. This event will be cancelled if it is raining or too cool so please sign up to be notified.
Ed the Wizard's Alchemy Laboratory
Saturday, Oct. 23, 11 a.m.
Ed the Wizard's Alchemy Laboratory will appear at the Whitinsville Social Library on the front lawn! Mixing real science with magic, patrons will learn and help perform magical transfigurations, vanishes,

and other amazing feats using everyday household items. This program is for families of all ages. Please bring a blanket or something to sit on in the grass. This program is supported in part by a grant from the Northbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Registration is required. Register at: www.tinyurl.com/EventsAtWSL
Halloween Costume Parade
Saturday, Oct. 23, noon
Time for some Halloween fun at Whitinsville Social Library! Come to the library dressed in your favorite costume to go on a costume parade and trick-or-treat around the library! At 12 p.m., listen to Miss Heather read a fun Halloween book on the front lawn of the library, then we will line up to go on a parade and trick-or-treat around the library. This program is for ages 0-12. Registration is required. Register at: www.tinyurl.com/EventsAtWSL

Cookbook Club: No-Recipe Recipes
Thursday, Oct. 28, noon
Read “The New York Times Cooking No-Recipe Recipes” by Sam Sifton. Pick up a copy of this cookbook at the library, make a dish, and then join us at the library to discuss the cooking techniques. Please register.
Tween and Teen Graphic Novel Book Club
Thursday, Oct. 28, 3 p.m.
Join us for a discussion of the graphic novel “The Okay Witch” by Emma Steinkellner. Request the book in our online catalog and copies are available at the Library's front desk. The meeting is taking place outside on the library's front lawn. If you have one, please bring a chair: Sign up to be notified if the meeting needs to be rescheduled due to poor weather.
Adult Craft Kit Pick Up
Thursday, Oct. 28, 10 a.m. to 8 p.m.
Sign up to reserve a kit containing materials to create pumpkin decor

out of an old book. Pick up your kit on the Holds Shelf during business hours.
Fiction Book Club
Tuesday, Nov. 2, 6 p.m.
Read the spooky haunted house mystery “Home Before Dark” by Riley Sager. Copies of the book are available at the library. Ebooks may be available through Overdrive. Future book titles for this book club will be selected at this meeting.
Memoir Book Club
Wednesday, Nov. 17, 6 p.m.
Join us in a discussion of mathematician Katherine Johnson's memoir “My Remarkable Journey”. Copies of the book are available at the library. Please register.
Library hours:
Monday-Thursday: 10 a.m. - 8 p.m.
Friday 10 a.m. - 5 p.m.
Saturday 10 a.m. - 2 p.m.
Closed Thursday Nov. 11 for Veterans Day



PAW of the WEEK

Sweet Faye is looking for her happy forever. This beautiful terrier mix female is between 10-11 years old and looking for a loving home to spend her senior years in. If you're looking for an easy going walking buddy who loves kids, dogs, and cats, look no further! Faye also enjoys car rides, boat rides, and hanging out at local breweries. She's a good time gal who will make an awesome companion! For more information or to apply to adopt, please visit www.PawfectLifeRescue.org.

510 Hartford Ave West, Uxbridge, MA 01569
www.PawfectLifeRescue.org



Milford Federal Bank is proud to sponsor the Pawfect Life Rescue PAW of the WEEK!

Bring your furry friend along on your next trip to MFB for a treat from our drive-up tellers, or stop in any branch and bring home a treat from our complimentary doggy biscuit bar.



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Douglas Library Intrepid Readers book group meeting scheduled for Nov. 9

The next meeting of the Douglas Library Intrepid Readers book group, Tuesday, Nov. 9, 6:30 p.m. The Intrepid Readers, will be discussing Kai Bird's The Outlier: the unfinished presidency of Jimmy Carter; is a painting of Carter's genuine idealism and 'clear-eyed ruthlessness' behind a folksy facade, which shrewdly analyzes the forces of stagflation, deindustrialization, and U.S. imperial decline — capped by the Iran hostage crisis — that hobbled him. The result is a lucid, penetrating portrait that should spur reconsideration of Carter's much-maligned presidency.

Call the Library (508) 476-2695 for a copy of the book. New members always welcome. Homemade refreshments, inspired by the title being discussed, will be served.

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Journal of Antiques and Collectibles to host New Year’s Day show

STURBRIDGE — The Journal of Antiques and Collectibles — a national monthly magazine for dealers, collectors, and enthusiasts of antique collectibles — will be returning New Year’s Day 2022 to the Sturbridge Host Hotel & Convention Center with its New Year’s Day Antique Collectibles Show, sponsored by the Sturbridge Tourist Association and Sturbridge Antique Shops.

Managed by Weathervane Enterprises, Inc., publisher of Journal of Antiques and Collectibles, the Show will feature 50 hand-selected local and regional dealers covering 11,000 square feet with authentic, quality antiques and antique collectibles. The Antique Collectibles Show made its debut on New Year’s Day 2020, welcoming over 700 guests eager to kick off the new year with some old finds. This year’s show kicks off with optimism as we all

welcome the new year and a return to doing the things we love.

“This New Year’s Day show provides a wonderful opportunity for us to showcase some of the best and most knowledgeable local and regional dealers of antique collectibles,” says Maxine Carter-Lome, president of Weathervane Enterprises, Inc. and publisher of Journal of Antiques and Collectibles. “It’s the perfect way to spend the day as these dealers will create spaces adorned with special finds that are sure to spark memories and inquiry.”

With something for everyone, this year’s dealers offer a mix of 18th through early 20th century period items, including Primitives, Decorative Objects Folk Art, Glassware, Textiles, Vinyl Records, Books, Oil Paintings, Small Furnishings, Estate Jewelry, Coins, and so much more!

The Exhibit Hall will be open on Saturday, Jan. 1, 2022, from 10 a.m. to 4 p.m., offering guests ample time to walk the festively decorated floor and meet the dealers. In addition, a Concession Café will be open in the Exhibit Hall with beverages, snacks, and lunch options, and a Hospitality Table will provide great take-home information on future shows and antique publications. Items of interest to antique lovers will be raffled off all day on the show

floor, adding to the excitement and experience.

\$10 Admission, \$8 online (starting Dec. 1) at www.theantiquecollectiblesshow.com. For more information visit theantiquecollectibleshow.com, Follow Us on Facebook at [AntiqueCollectiblesShow](https://www.facebook.com/AntiqueCollectiblesShow), or contact Maxine Carter-Lome directly at (508) 347-1960 x402 and at weathervanepublishing@gmail.com for more information.

St. Patrick’s Church announces Halloween Recycling Event

The St. Patrick’s Church Halloween Recycling Event will take place on Saturday, Oct. 30 from 8 a.m. to 1 p.m. in the Church parking lot, 7 East Street. The profits will benefit upcoming YIA (Youth in Action) service projects. Please keep items for each station separate. For more information and electronics pricing, call (508) 234-5656 or email officesupport@mystpatrick.com. Cash preferred. Thank you for your support!

On Site Paper Shredding — 9-11 a.m. only. \$7/per copy paper size box. No x-rays; binders; binder clips; hanging folders; notebooks; plastic; cardboard or magazines.

Electronics Recycling for a fee — No batteries/light bulbs/propane tanks. All equipment must be bone dry of oils/liquids.

Bottles and Cans — Please rinse. Items must be returnable in MA.

Textile Collection — Clothing; handbags/totes; accessories; linens; shoes; blankets; window treatments, etc. No rags/rugs, toys/books mattresses or housewares. Items must be gently used (no stains), and in a condition to be resold. If you cannot make it on Oct. 30, please call office to donate.

Douglas Historical Society finds success with 275th Anniversary Donors Circle

The non-profit Douglas Historical Society raised over \$11,000 in September with the creation of a multi-level 275th Anniversary Donors Circle that acknowledged the celebration of the town’s 275th anniversary. It focused on upcoming efforts to preserve and promote the town’s history and the iconic E.N. Jenckes Store Museum located at the corner of Depot and Main Streets in downtown Douglas.

Over 45 generous donors have contributed to the fundraising effort to date. Among them, three donated at the Hiram Walker level (he was born in Douglas!), six at the Axe Mill level and 17 at the 275th Anniversary level. All were recognized on a large donor thank you board outside the Store Museum at Octoberfest.

“Contributions to our 275th Anniversary Donors Circle will help us undertake much needed repairs to the Store Museum including its painting, porch repair and barn upkeep; develop educational programs that reach more people both through digital tools and through terrific programs at the Store Museum,” Society Vice President Shirley Moczymski explained. “We want this nearly 190-year-old building to be here when the next quarter century anniversary comes around — when Douglas will turn 300 years old!”

The Society’s fundraising committee has a goal of raising \$20,000 before the end of the year.

“All funds raised through the Donors Circle will contribute to our ongoing efforts to protect this unique and historic building and to promote the rich history of Douglas,” Laurie Church, President of the Society added.

Please visit the Store Museum on Saturdays from 10 a.m. to 1 p.m. or email jenckes1833@gmail.com for more information.

Cadet Sarah Price of Whitinsville, Citadel Class of 2022, wears the ring

CHARLESTON, S.C. — Sarah Price of Whitinsville joins the thousands of alumni who proudly wear The Citadel class ring. More than 550 cadets, active duty and veteran students from the Class of 2022 were celebrated during the Ring Presentation Ceremony on Friday, Oct. 1, after marching across Summerall Field, directly into Summerall Chapel, where the rings were presented.

“The presentation of the rings represents our commitment to The Citadel and our accomplishments as a class,” said Cadet Kathryn Christmas, Regimental Commander of the South Carolina Corps of Cadets. “The Class of 2022 has been waiting patiently for this day. We will wear them proudly.”

One of the very first acts the cadets performed after receiving their rings was to salute The Citadel War Memorial — marching by in rows of four — as they left the Chapel.

“Ring Presentation is something we have all dreamed about from our early days as knobs. Then, it seemed like an eternity away — yet here we are, getting to join the brother and sisterhood of those who wear the ring,” said Cadet Grayson Gasque, Deputy Regimental Commander of the South Carolina Corps of Cadets. “For the Class of ’22, our rings symbolize the culmination of our efforts here at The Citadel and the efforts of those who helped us along the way. From this day forward, we have the privilege and responsibility of wearing the Band of Gold.”



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FOOD FACT

THIS FOOD IS THOUGHT TO HAVE BEEN INVENTED IN NAPLES, ITALY IN THE EARLY 1500S.

ANSWER: PIZZA

Crossword Puzzle

ACROSS

1. Pleasantly crisp

4. Consume

5. Rounded shape

6. Prefix for “half”

7. Working with hands to mix

DOWN

1. Dairy food that melts

2. Opposite of “yes”

3. Vegetable or meat that enhances pizza

5. Popular comfort food

THIS DAY IN... HISTORY

• 1797: THE NAVY LAUNCHES THE FRIGATE U.S.S. CONSTITUTION IN BOSTON HARBOR.

• 1940: THE FIRST EDITION OF ERNEST HEMINGWAY’S “FOR WHOM THE BELL TOLLS” IS PUBLISHED.

• 1959: THE SOLOMON R. GUGGENHEIM MUSEUM OF MODERN AND CONTEMPORARY ART OPENS IN NEW YORK.

New Word

CRUST

crunchy, cooked dough

How they say that in...

ENGLISH: Cheese

SPANISH: Queso

ITALIAN: Formaggio

FRENCH: Fromage

GERMAN: Käse

Did You Know?

THERE ARE MANY DIFFERENT STYLES OF PIZZA. FROM NEW YORK STYLE TO CHICAGO DEEP DISH TO DETROIT STYLE TO SICILIAN SQUARE, PIZZA IS DELICIOUS.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: PEPPERONI PIZZA

⊙ * ✎ ☺ ~ ⓪ ∞ ✧ * ⚡ ✱ + ✎ ✱ ▲ ☾ * Ⓜ * ✎ ✎ ☾ ☾ ☾

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☾ ☾ ☾ ✱ Ⓜ ✎ ✎ ✱ +

Determine the code to reveal the answer!

Solve the code to discover words related to health and wellness. Each number corresponds to a letter. (Hint: 12 = S)

A. 25 6 20 8 6 13

Clue: Medical professional

B. 20 3 10 20 4 17 19

Clue: Well visit

C. 8 10 12 8 1 7 24

Clue: Medical examination procedures

D. 25 1 5 24 7 6 12 1 12

Clue: Identification of an illness

Answers: A. doctor B. checkup C. testing D. diagnosis

TRUST

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Save seeds of favorite vegetable and flower plants



Photo courtesy MelindaMyers.com
Saving heirloom seeds, like this striped Roman paste tomato preserves both flavor and history.

Experimentation is part of the fun of gardening. Saving seeds from your favorite vegetable or flower for next year's garden or even the next generation is something you might like to try.

Keep in mind that all flowers and vegetables will not come true from seed. Hybrids and those pollinated by the wind or insects may produce offspring unlike the parent plant. The resulting surprise can add to the fun. Use heirloom or older varieties when looking for consistency.

Timing is critical. When saving flower seeds wait for the seeds, not the flower, to be full size and mature. This is usually when the seedpod, capsule or seed head that houses the seeds turns brown and brittle.

Collect these and separate the seeds from the surrounding structure. Spread them on newspaper to finish drying. Place the dry seeds in an envelope labeled with the plant name and date the seeds were collected. This will make spring

planting much easier. Store the seeds in an airtight container in the refrigerator.

Consider saving a few vegetable seeds as well. Heirloom peas and beans are open-pollinated, so they form seeds that will grow into plants that are similar to the parent plant. Allow the peas and beans you plan on saving to dry on the plant. Once the pods turn brown and the seeds rattle inside, they are ready to harvest. This is about six weeks after you harvest snap beans for eating and about four weeks after the normal picking stage for peas.

Protect plants from frost or pull them out of the ground and hang them in a cool dry location, so the pods can finish drying if needed. Remove the pods from the plants and allow them to further dry indoors for about two weeks.



GARDEN
MOMENTS
• • • • •
MELINDA
MYERS

Remove the seeds from the dried pods, store in an airtight opaque container in a cool dark location. Label with the varietal name and date the seeds were collected.

Saving seeds from tomatoes requires a bit different preparation. Scoop out the gelatinous center of a ripe tomato. Place this in a container of water and let it ferment in a warm location for a week or two. Then remove and compost the rather disgusting layer of fermented tomato waste and bad seeds floating on the surface. Pour the remaining water and the good seeds sitting on the bottom of the container through a fine mesh strainer. Rinse the seeds, removing any of the gelatinous material that may remain. Spread the seeds on a piece of paper to dry.

Once dry, place the seeds in an envelope labeled with the date and variety and set in a sealed jar or plastic container. Store in the refrigerator or other consistently cool location until it's time to start them for next season.

Start with these and then consider trying other flower, vegetable and even tree and shrub seeds. You'll find helpful information in books, online and on the Seed Savers Exchange website. Saving your own seeds can help you save money while preserving and planting a bit of gardening history.

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

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EDITORIAL

Why do people enjoy being scared?

With Halloween just around the corner, scary movies, goblins, monsters and all things Freddy and Jason are re-surfacing as they do each year. One of the scariest novels by far is Stephen King's IT.

When this Editor was in High School, an attempt to read the original 1,138 page novel did not go so well. Being far to scared by Chapter Three, the book, was closed and has been collecting dust since. An avid reader of Dean Koontz, the thought of reading IT didn't seem so scary, but I digress.

When the film was released in 2016, this Editor, took another stab (see what I did there) at the story, this time via motion picture. It was not scary, maybe a 20 plus year gap between the attempt to read the novel and see the film played a role in that. Disturbing, yes, but not scary.

This brings us to Bangor, Maine, the home of Stephen King. The trip from New Hampshire and into Maine was vast, with winding roads and houses scattered far apart. Small towns were passed and if you blinked, you would miss them. Farm stands and old farm houses lined the roads and we could see why it would be the perfect place for an author to relax their minds, and get creative.

The interest to go and see Stephen King's home wasn't planned, it was more of a, 'since we're here' type of situation. The downtown area was quaint and had less people than one would think on a Sunday, sunny morning. King's home was located just about a mile from the downtown area.

Anyone with any knowledge of the famous author could pick his house out right away. Red balloons were seen swinging and bobbing from the tall black gates, with iron cobwebs and a bat at the top. Our guess is that the balloons were placed by enthusiastic fans, however a closer look and one will notice a red balloon inside the home, peeking from a window. Thank you Stephen, for playing along. King is said to be the best horror writer of all time. Before him, Bram Stoker who wrote Dracula in 1897 was the one to read for a good scare. A story about the Dracula Festival in Whitby, England, I'll save for next week.

A conversation with the Editor in Chief for Salmon Press, brought us the knowledge that King, was working as an Associate Professor of English at the University of Maine, barely making ends meet, when his wife rescued the manuscript for 'Carrie' from the trash and sent it to Viking, his original publisher. The rest is history.

So brought forth the question, 'Why do people like being scared?'. Human beings have been telling ghost stories and doing other fear producing things, such as jumping from cliffs or entering haunted houses since the dawn of time, but why? There are some people who abhor being scared and those who love nothing more. Horror has become, fun and a major pillar of the entertainment world.

Experts say there is a rush from the fight or flight response. This happens when a person feels threatened. That natural high can leave some people feeling great. The Excitation-Transfer Theory could play a role as well. This is when a group experiences extreme emotions together, which can build stronger relationships. The oxytocin released tends to make those moments more prevalent in our brains. There is also the Reward Pathway Theory, in which the brain thinks you're in danger while watching a scary movie or reading a horror novel. When the story is over, your brain 'likes' not being scared, therefore provides a reward.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Uxbridge residents: mark your calendar for Oct. 27

To the Editor:
Town meeting in small New England towns is the place where you, the People, directly affect critical decisions about how your town is run and where your tax dollars are spent. The Uxbridge Fall Annual Town Meeting (FATM) is scheduled over two nights, Tuesday and Wednesday, Oct. 26 and 27. Both will be held at the Valley Chapel on Douglas Street beginning at 7 o'clock. Your attendance is necessary both nights but vital on the second. Magnifying that importance, the only item on the Oct. 27 warrant is discussion of changes proposed to the Town's Home Rule Charter under which Uxbridge has operated since 2000.
For those who may not know the history, twenty-one years ago adoption of the Charter totally changed how the Town functioned. Since then the Charter has served as the "Constitution" which defines the structure of town government and powers and duties of town officials. By State law there is a once-a-decade 'review', followed by a 2/3rds majority vote at Town Meeting to 'amend' this document and subsequent 'approval' at the ballot box by simple majority. Be advised the motion to be presented on Town Meeting floor includes language about 'special legislation' in the General Court which aims to bypass these (here-tofore) legal process. Such short-cutting of the usual steps required to accept such recommendations should be rejected by voters, because it makes a mockery of 'due process.' Since this Charter Review Committee (CRC), appointed by Selectmen, Fin Com, School Committee, and Moderator, is proposing substantive

changes it behooves voters to 'get educated' as to how the revisions may affect them (for good or bad) over the next ten years!
Those few among the nine CRC members who regularly labored through lengthy, multiple public meetings and interviews with current and past officials and employees deserve "thanks for the service" regardless of their conclusions. On the surface, stated 'guiding principles' sound reasonable: a) address long-term problem issues; ensure checks and balances, oversight and accountability; increase government transparency; and transition regulatory, taxing, and fee-setting Boards from appointed positions to elected by the voters. But make no mistake, if adopted some CRC proposals 'gut' the heart of the Charter and reverse decades of significant progress towards a more professional management of Town government! To me, such 'backsliding', made in numerous recommendations, is unacceptable with no voter protest!
Whatever changes are approved on Oct. 27, Uxbridge residents will have to live with the consequences for another ten years! Overall, 'modernization' of the Charter is a totally inaccurate description of changes proposed. Get educated about the specifics. It is not overly dramatic to say the Town's future is at stake... that means YOU! Come on Oct. 27 to cast NO votes at the Valley Chapel on some critical sections.

JANE F. KEEGAN
UXBRIDGE

Dan Crenshaw to silence the 'Woke Mob'

To the Editor:

What I believe. Feel free to disagree.
Have you taken a moment to consider what the Woke Mob has done? They don't have enough to do, with running the country into a ditch, record inflation, Afghanistan humiliation, and maintaining the decrepit Leader of the Free World. Now, they have labeled the Declaration of Independence, the Constitution and the Bill of Rights as full of "harmful content".
The newly Woke National Archives warn that these sacred documents "could" reflect "racist, sexist, ableist [no such word], misogynistic, and xenophobic [we hated the British] opinions and attitudes". These documents were written in 1775 and 1787. Everyone hated everyone back then. Is it any different today?
The Woke-istas warn that these documents "could exclude diverse views, on sexuality, gender, religion". The French, not the Americans, were hanging Huguenots [French Protestants] back then, but of course, in the Woke mentality, only America was bad in 1775.
The Archivists warn that the documents "include graphic content of historical events including violent death, medical procedures [did they have any back then?], crime, wars/terrorist acts [the British again], natural disasters and more."
A little hint to the ninnies at the Archives: this label describes the history of humankind, and the current state of affairs in much of the world today.
These brilliant folks on the "Archives Racism (Marxism) Task Force" found that the Archives Rotunda is an example of "structural racism." Well, then, I say give all the documents to the Museum of the American Revolution in Philadelphia and dismantle the Rotunda stone by stone so it won't offend 20 silly people.
Then, the law of unintended consequences would allow us to fire these Woke-istas, and we would not have to pay them with our tax dollars to concoct

stupidity.
These little ninnies (that is the kindest word) believe audiences should be forewarned that the content of these documents "may cause intense physiological and psychological symptoms." I experienced these very symptoms while reading their inane Woke warnings!
Thank God for people like Texas Congressional Representative Dan Crenshaw who introduced a bill to ban the National Archives and Records Administration from attaching "harmful content warnings" to any Founding-era documents.
Crenshaw stated: "The left is engaging in a Marxist cultural revolution, attempting to undermine our founding and our history and our sense of what it means to be an American." He said: "These little steps, slapping warning labels on our founding documents, are all part of their effort to tear down our founding principles, and it must be stopped." Crenshaw for President!
Remember, these racist, offensive, sexist, violent documents brought you the freedom to protest, to worship, to have the 1960's Civil Rights movement, to desegregate all schools run by Southern Democrats, and to liberate people of all colors to be educated, vote, start a business, work hard, prosper, and become proud Americans.
Show me one other nation that can even come close to our successes in freedom, equality, and justice? There are none. For example, the U.S.A. has only 4 per cent of the world's Black population, but has 1.5 million Black millionaires while the rest of the world, in total, all nations combined, has only 100,000 to 150,000 black millionaires. Wait, what? And the top black billionaires live in Nigeria, the U.S.A., Zimbabwe, and South Africa. Yup, Africa and the good, old, racist U.S.A. It's a miracle!
What say you?
Nevertheless, she persisted.

BEV GUDANOWSKI
UXBRIDGE

Latest antique and auction news

There've been some interesting stories from the antique and auction world since my last column. Here are some of the latest.
Artwork by Muhammed Ali recently hit the auction block here in the U.S. In early October, 28 pieces painted by the former Heavyweight champ owned by his friend Rodney Hilton Brown were sold, according to CBS news.
"I had taken over a failing art gallery in Soho, and I was looking for a



ANTIQUES, COLLECTIBLES & ESTATES
• • • • •
WAYNE TUISKULA

world class famous figure that could paint some paintings that we could make limited edition prints of and sell," Brown said.
Ali agreed to help his friend and created paintings that were sold in Brown's gallery. Some of the subjects of Ali's paintings were religion, war, social justice and, of course, boxing. The collection sold for nearly \$1 million and "Sting like a Bee," which depicts Ali

in the ring with his arms raised over an opponent sold for \$425,312.
This antique and antique story comes from across the pond. Collector plates typically have little value, but an antique plate that was tucked away in a Scottish woman's closet fetched a small fortune at auction recently. The British "Mirror" newspaper reported that the "the 16th century plate bear[s] a biblical scene by Italian artist Nicola da Urbino." The majolica plate of Samson and Delilah was said to have been tucked away in the back of a drawer and for-

Don't Complain

Ever since my dad died, I've had more problems than ever before. My responsibilities have easily tripled. I'm constantly working yet determined not to let all of these new responsibilities get in the way of my dreams.
I'm thankful I've had time to grow up before being faced with this situation. Not long ago, I wouldn't have handled it well; I would've been bitter, jaded, angry, and constantly complaining.
I've learned that to go where I want to go in life, I cannot complain. If I want to accomplish my goals and achieve my dreams — I must leave no room for complaint.
How can I focus on the future if I'm focused on the past? How can I think thoughts of victory when I'm feeling the thoughts of anger, defeat, and victimhood? If I'm reliving a bad experience that happened last month, yesterday, or even just five minutes ago through the act of complaining, I'm reinforcing that experience and living in the past.
Every thought produces a chemical peptide in the brain that causes a feeling in the body. When I complain, I am bathing my inner self in a chemical cocktail of negativity.
Complaining seems very innocent. After all, you're just expressing how you feel.
It's a common belief that you have to vent your feelings because if you don't let them out, then they will bottle up inside of you until you explode!
Scientific studies show that complaining isn't an act of getting rid of the feeling; it's not an act of venting at all. Instead, it reinforces a negative emotion and trains your brain to produce more bad feelings until all you can focus on is the negativity in every interaction.
I used to work in the service industry, and a lot of my income depended on tips. When I first started, I complained about almost every tip I received. I complained about customers that annoyed me, I complained about my managers, I complained about my co-workers, I complained about my schedule, I complained about my commute to work. It was a never-ending parade of complaints, and I was miserable.
Little did I know that I wasn't unhappy because I received a bad tip or had a bad interaction with a customer, co-worker, or manager. I was miserable because I reinforced negative moments I experienced in the past, making those connections stronger in my brain. I was trapped, a prisoner of my thoughts.
Studies have also concluded that complaining is bad for your health.
When you complain, you're damaging your brain. Complaining shrinks and damages part of your brain called the hippocampus. What does this mean? It means that complaining destroys your memory, imagination, creativity, decision-making, and much more!
When you complain, you're increasing your levels of cortisol, also known as the stress hormone. Chronically high cortisol levels can lead to various health problems, including depression, digestive issues, sleeping disorders, higher blood pressure, and increased risk of heart disease; complaining shortens your lifespan.
Although it's been a battle, I've rid myself of complaining more and more every year. Sometimes I still catch myself, and I have to retrain my thought process. It becomes easier the more you do it.
Whenever I catch myself complaining, I try to think thoughts like this, "I know complaining keeps me from moving forward. Losers complain; winners brush it off and keep moving forward. Thank you for allowing this experience to sharpen me and make me better; I know I will overcome."
Rather than giving voice to the negativity of complaint, try voicing the positivity of gratitude. Try to speak words of encouragement, speak ill of nobody.
You are capable of handling every situation that comes your way. Every bad thing that happens to you doesn't deserve the time it takes to complain. Focus on your dreams. Change your thoughts and your words, and you'll begin to see miracles happen in your life.

Toby Moore is a columnist, the star of Emmy - Nominated *A Separate Peace*, and CEO of CubeStream Inc.

Fall has arrived

Summer is over and fall has arrived with all of the colors and cool temperatures that only New Englanders are able to enjoy year after year. Bow hunting for deer opened this past Monday in Mass., but not all archers are able to enjoy hunting with a crossbow. Many sportsmen prefer to hunt with their compound bows and recurve bows, but for many that had hoped to hunt this year with a crossbow, will need to wait a bit longer. Passing new hunting regulations in Mass. is not easy! Not all bow hunters have the skills needed to hunt with traditional bows, and passing a crossbow bill for any hunter that would like to use one would increase recovery of many deer, that would otherwise be lost. Maybe next year!!!

The high population of whitetail deer in Mass. should make for a great hunting season and put plenty of venison on the table for many families. With



THE GREAT
OUTDOORS
.....
RALPH
TRUE

the high price of meat at the grocery stores this year the venison will be a welcomed addition to the freezer for the coming winter months. Wild turkeys also opened to hunting this past Monday, and their populations remain high. Many families prefer wild animals to eat, and are much healthier to eat than farm raised meats. Coyotes are causing more concerns among the local community, as daily sightings of them are reported. Keeping a sharp eye on your pets needs to be practiced, especially small pets.

Ticks are also being observed on pets and hunting dogs. One local bird hunter reported taking numerous ticks from his dog after each daily hunting trip. Keeping your dog on NexGuard or some other medication to keep your pet healthy needs to be practiced. They are not cheap, but owning a dog is not cheap, but they are worth every penny.

Trout fishing has been providing many anglers with some great action on

the recently stocked trout in the Central District. Numerous anglers reported catching some 15- and 16-inch rainbow trout at Wallum Lake and Webster Lake last week. Reports of trout being stocked on some of the major rivers this year was good news. Many rivers have much higher water than in previous years, making the water suitable for holding trout. The Cape ponds are also providing some excellent trout fishing in uncrowded conditions. Go to the Mass. fishhunt website for a complete list of stockings to date.

A few local anglers returned home from a fishing trip on the Salmon River in Pulaski, N.Y. Unfortunately, the fishing was very slow because of the warm water and lack of rainfall. The recent cool temperatures should change all that by the time you read this column and fishing should improve dramatically.

Tautog fishing remains strong in Mass. and Rhode Island with many fish in the 5-to-8-pound class being caught. The limit of tautog was increased to five fish per angler last Friday, but only



Courtesy photo

if you are on a party boat. Anglers that have their own private boat in Rhode Island, can only take 10 fish daily, if more than two anglers are in the boat. The recreational guy that has his own boat gets hit again. What is it? They do not like the recreational guy? They like our money!

Take A Kid Fishing & Keep Them Rods Bending!

It's Soup Season

A pot of homemade soup simmering on the stove fills the house with flavorful scents, and the spirit with fond sentiments. Many a long, cold New England winter has been cheered by bowls of soup that warm both body and soul. From crock pot stews that cook during the workday to weekend soups that taste better reheated, soups and stews are a favorite comfort food for all generations. Read on for some delicious soup and stew recipes to try this season as we gear up for the colder months.



TAKE
THE
HINT

KAREN
TRAINOR

and chicken bullion to taste. Bring to a boil, then simmer until carrots are tender. Add precooked egg noodles and season with salt, pepper and parsley. Tip: For convenience, use a pre-cooked roasted chicken from the supermarket.

Old Fashioned Chicken Soup
Every family needs a good chicken soup recipe to whip up at the first sign of sniffles. This one is easy and effective, not to mention delicious!

Ingredients: Carcass of whole chicken (with some meat attached); five cut carrots; four stalks celery, sliced; one large onion, chopped; egg noodles; chicken bullion; dash of poultry seasoning; salt, pepper, parsley.

Directions: Place the chicken in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the meat easily pulls off bones. Take carcass out and pick off meat return chicken meat to pot. Add carrots, onion, celery, poultry seasoning,

Broccoli and Cheese Soup
This thick, rich soup is a clone of a favorite served at a nationwide chain restaurant. The good news is it takes little time and effort to clone the popular appetizer at home!

Ingredients: four cups chicken broth; one cup water; one cup half and half; four slices American cheese; one half cup all-purpose flour; one half teaspoon dried minced onion; one quarter teaspoon ground black pepper; four cups broccoli florets (bite-size). Garnish: one half cup shredded cheddar cheese; two teaspoons minced fresh parsley.

Directions: Combine chicken broth, water, half

and half, cheese, flour, onion and pepper in a large saucepan. Whisk to combine and to break up any lumps of flour; then turn heat to medium high. Bring soup to a boil, then reduce heat to low. Add broccoli to soup and simmer for 15 to 20 minutes or until broccoli is tender but not soft. For each serving spoon one cup of soup into a bowl and garnish with a tablespoon of shredded cheese and a pinch of parsley.

Classic Crock Pot Beef Stew
Beef Stew is the ultimate comfort food, and the crock pot is one of the best ways to make a tender, delicious stew. This recipe uses tapioca as a thickener. This addition saves the cook the step of mixing up a gravy after the meat has cooked.

Ingredients: three carrots, cut; three potatoes, cut; two pounds beef chuck or stew meat, in 1-½" cubes, one cup beef stock, one pkg. beefy onion soup mix, three tbs. tapioca, one tsp. Worcestershire sauce, one garlic clove, one bay leaf, one tsp. paprika, one celery stalk, cut up, onions to taste, salt and pepper to taste.

Directions: Put all in a crockpot, stir to mix spices. Cover and cook for 10 hours on low or five to six hours on high.

Note: You may want to add a little more broth for your desired consistency.

Butternut Squash Bisque
This hearty recipe uses fresh butternut squash and apple cider for a blend of savory and sweet.

Ingredients: one tablespoon olive oil; one-half large onion, diced; one-half large carrot, diced; one stalk celery, diced; one pound butternut squash, peeled, seeded and diced; two sprigs fresh thyme, rinsed; five cups chicken stock or canned chicken broth; two cups apple cider; two cups heavy cream, or half cream half chicken stock (optional); Salt and black pepper, to taste.

Directions: Heat the oil in a large pot and sauté the onion, carrot, and celery until the carrot and celery are soft and the onion is translucent, about five minutes. Add the squash and thyme and sauté until all of the vegetables are coated with oil, about two minutes. Add the stock and the two cups of cider and simmer until the squash is very soft, about 30 minutes. Remove from heat. Puree the mixture, in small batches, in a blender on medium speed until smooth and well blended. Place the pureed mixture into another pot and stir in either the cream

or stock to achieve the desired consistency. Add the salt and black pepper. Heat gently and serve.

Note: When heating this soup, be careful not to overcook it to retain its sweet and savory flavor.

Slow Cooker Minestrone
Brimming with flavor, this soup cooks itself while you're at work.

Ingredients: two quarts cold water; two to three pounds beef sirloin or top round; one medium onion, diced; three carrots, diced; two celery stalks, sliced; two (28 ounces) cans crushed tomatoes; three teaspoons salt; one cup shredded cabbage; one (16 ounce) can garbanzo (chi chi) beans; two tablespoons chopped fresh parsley; one-half cup barley; three teaspoons chopped fresh basil; one garlic clove, minced; one teaspoon dried oregano; two zucchini, sliced; two (10 ounces each) packages frozen mixed vegetables; one cup uncooked spaghetti; Parmesan or Romano cheese.

Directions: Add all ingredients through oregano to slow cooker. Cover and cook on low/med setting for seven to eight hours. Remove meat from bones and return to stockpot. Discard bones. Stir in uncooked spaghetti, sliced zucchini, frozen mixed vegetables. Cook covered

on high for one hour.

**
Win Dinner for Two at the Publick House — Contest has resumed!

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

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

ANTIQUES

continued from page A4

gotten about. It had a preauction estimate of £80,000 (approximately \$110,000 U.S.) to £120,000 (approximately \$165,000 U.S.).” It sold for ten times expectations at £1.2 million (\$1.7 million U.S.).

A badly deteriorated portrait of French and Polish composer and pianist Frédéric Chopin recently made news when the owner had it appraised after owning it for 30 years. NPR referred to Chopin as a “matchless genius in the realm of keyboard music.” A man purchased the painting of Chopin at a Polish flea market approximately 30 years ago, according to the New York Post. The painting was reported to have been painted during Chopin's life in the 18th Century. After hanging on the buyer's wall since the 1990s, financial concerns caused the owner to get the painting appraised. Dariusz Markowski, an art restoration expert and Nicolaus Copernicus University professor didn't reveal the appraised value but told the AP “it has significant historic and emotional value.”

The Polish Press Agency's “First News” additionally reported that an unsigned portrait of Mozart sold for £4.4 million at a Paris auction in 2018. They also stated that “when the current owner discovered the true value of the



Courtesy photo

small oil on canvas he was so astonished he crashed his car into a ditch.” I hope you stay safe when you are on the hunt for treasures.

Our next multi-estate online auction will begin soon, and I will have more information about it in my next column. I'll be presenting on antiques and collectibles at FinnFunn Weekend in Troy, NH on Saturday, Oct. 30. My antiques night class takes place Nov. 10 at Bay Path Evening School in Charlton. I'll be appraising items virtually for the Townsend, MA Historical Society on Nov. 13. Please visit our website for more details on upcoming events: <https://centralmassauctions.com>

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

Friday's Child



Aaliyah
Age 15

Hi! My name is Aaliyah and I like to help those in need!

Aaliyah is an intelligent, kind, and loving teenage girl of Cape Verdean and Lebanese descent. Her favorite activities include riding bikes, playing basketball, and playing volleyball. Those who know her best describe her as responsible and ambitious. She often talks about wanting to go to college and about possibly becoming an actress. Aaliyah is very creative and likes to make Tik Tok videos. She loves to watch movies, especially scary movies.

Aaliyah is incredibly smart and loves school and learning. This academic year, she received several awards for excellence in

her academic performance and positive behaviors in class.

Legally freed for adoption, Aaliyah has the potential to thrive in a family that can provide her with emotional support and structure in her everyday life. Aaliyah should be placed with a mother and a father or two mothers, with or without other children in the home. Aaliyah will need to maintain contact with her birth parents per an Open Adoption Agreement, which calls for several in-person visits a year. In addition, she is very close with two of her brothers and it is important to her that these relationships continue.

Who Can Adopt?

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

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

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



Got Space? we do.

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OBITUARIES

Clyde B. Powell, 82



UXBRIDGE – Mr. Clyde B. Powell, 82, passed away Sunday, Oct. 10, 2021, at home with his beloved wife, Lynne T. (Hallet) Powell, and his daughters by his side.

Mr. Powell worked as a reliability engineer for the Raytheon Company in Waltham for 35 years. He was proud of his participation in the NASA Space Shuttle and Patriot Missile programs. He was a U.S. Navy veteran serving on the Willis A. Lee DL-4.

He was born in Waltham in 1939, the son of the late Philip and Ella (Spinney) Powell. He was a graduate of Fitchburg State University.

Clyde enjoyed spending his time in Naples, Florida. His hobbies included computers, gardening, photography, and the New England Patriots. He also enjoyed music, especially the Boston Pops 4th of July celebration. He found peace in taking an occasional walk through River Bend Farm along the canals in Uxbridge.

In addition to his wife Lynne of 59 years, he is survived by two daughters Pamela L. Farris and her husband Anthony Duszak of Milford, Kristin

L. Kuehn and her husband Chris of Spanish Fort, AL, and predeceased by his son Gary S. Powell; two sisters Sandra Jones and her husband Fred of AZ and Laraine Pockwinse and her late husband James Pockwinse of Medway; 5 grandchildren Ashley Farris, Madison Kuehn, Sarah Kuehn, Breanna Duszak and Christopher Kuehn, Jr.; 2 great-grandchildren Colton and Clyde and several nieces and nephews.

Visiting hours were Saturday, Oct. 16, 2021, from 9:30 – 11 AM in the Buma Funeral Home, 101 N. Main St., Rte. 122, Uxbridge, followed by a funeral service at 11 AM in the funeral home.

Burial followed in St. Mary's Cemetery, Granite St., Uxbridge with military honors.

Memorial donations may be made to Dana-Farber Cancer Ctr., c/o Milford Regional Healthcare Foundation, 14 Prospect St., Milford, MA 01757 or to VNA Care Network & Hospice, Development Office, 199 Rosewood Dr., Suite 180, Danvers, MA 01923.

www.bumafuneralhome.com



Send all obituary notices to
Stonebridge Press,
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MA 01550,
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LIBRARY

continued from page A1

group always talks about books that have been turned into movies or TV shows.”

Also on Nov. 4, at 7 p.m., while not technically a book club, Snook said, Dick Vanden Berg’s monthly talk on American history is “awesome for all ages.”

“He is a retired teacher and has been walking us through the formation of the country with easy-to-digest, engaging presentations,” Snook said.

“The Intrepid Readers” will be discussing “The Outlier: The Unfinished Presidency of Jimmy Carter” by Kai Bird on Tuesday, Nov. 9, at 6:30 p.m. Snook added that this club always has tasty homemade treats.

There will also be a separate discussion on Nov. 9 at 6:30 p.m. about Isaac

Asimov’s “Foundation.”

“You should definitely read the book with us before watching the new TV series,” Snook added.

For more information and a full event schedule, visit the library’s website at mysfpl.org.

CHIEF

continued from page A1

keeping, and clerical services in support of the Grafton Fire Department, the town released in a job description. Applicants must have knowledge of codes and regulations pertaining to the Fire Department, as well as strong writing and organizational skills.

More information can be found online at graffton-ma.gov.

LEGALS

MORTGAGEE’S SALE OF REAL ESTATE
(12 Beane’s Lane, Northbridge)

By virtue and execution of the Power of Sale contained in a certain mortgage given by T & V Realty, LLC to John Bourque dated November 1, 2006 and recorded at Worcester County Registry of Deeds in Book 40094, Page 180 (“Mortgage”), as assigned to Commonwealth National Bank by assignment dated June 11, 2008 and recorded with said registry in Book 42996, Page 208, as further affected by a certain First Amendment to Mortgage Deed dated October 28, 2011 and recorded with said registry in Book 48057, Page 184, and further affected by an Assignment of Mortgage to Fairway Financial Realty, LLC dated September 26, 2017 and recorded with said registry in Book 57868, Page 43, of which the undersigned is the present holder (“Mortgagee”), for breach of the conditions of said Mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 11:00 a.m. on Wednesday, November 3, 2021 on the premises at 12 Beane’s Lane, Northbridge, Worcester County, Massachusetts, all and singular the premises described in said Mortgage, to wit:

The land in Northbridge, Worcester County, Massachusetts together with the buildings thereon, located on the southerly side of Beane’s Lane and more particularly bounded and described as follows:

BEGINNING at an iron pin in the ground on the southerly line of said Beane’s Lane, said point beginning being the northwesterly corner of the premises herein described:

THENCE N. 72° 50’ E., by the southerly line of said Beane’s Lane, seventy-four (74) feet to a drill hole in a stone;

THENCE S. 17° 10’ E., by land now or formerly of George W. Rice Company, one hundred forty and 73/100 (140.73) feet to a point;

THENCE S. 62° 41’ W., by land now or formerly of George W. Rice Company seventy-three and 6/10 (73.6) feet to an iron pin in the ground at land now or formerly of the Worcester Street Railway Realty Company;

THENCE N. 40° 15’ W., by said land now or formerly of said Worcester Street Railway Realty Company, forty-nine and 5/10 (49.5) feet to an iron pin in the ground;

THENCE N. 48° 15’ E., nineteen and 64/100 (19.64) feet to an iron pin in the ground;

THENCE N. 17° 10’ W., by land now or formerly of the Heirs of Philippe Laval, one hundred (100) feet to the point of beginning.

Containing 15,690 square feet of land, more or less.

Said premises being shown and identified as Lot “B” on plan of land entitled “Subdivision of Land owned by George W. Rice in Village of Rockdale, Northbridge, Mass. August, 1952”, which said Plan is recorded with the Worcester District Registry of Deeds in Plan Book 184, Plan 57.

The above-described premises shall be sold subject to and with the benefit of all rights of parties in possession,

easements, restrictions, municipal or other public taxes, assessments, liens or claims in the nature of liens, outstanding tax titles, building, zoning and other land use laws and all permits and approvals issued pursuant thereto, including without limitation, orders of conditions and existing encumbrances of record created prior to said Mortgage, if there be any. Said premises are to be sold subject to the right of redemption of the United States of America, if any there be.

TERMS OF SALE: A deposit of Five Thousand Dollars (\$5,000.00) by certified cashiers or bank check will be required to be shown at the time and place of the sale in order to qualify as a bidder, the high bidder shall endorse said check payable to Fletcher Tilton, PC, attorneys for the Mortgagee, and tender said check to Mortgagee with the execution of the memorandum of sale.

The balance of the purchase price is to be paid within thirty (30) days from the date of sale by certified or bank check. The successful bidder shall be required to sign at the time and place of the sale a Memorandum of Sale in form to be prepared by Mortgagee containing the above terms and any other terms announced at the time and place of the sale. TIME SHALL BE OF THE ESSENCE.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of the foreclosure, the Mortgagee reserves the right to sell the property by Foreclosure Deed to the second highest bidder provided that the second highest bidder shall deposit with counsel to the Mortgagee, the amount of the required deposit(s) as set forth herein within three (3) business days after written notice of default of the previous highest bidder and title shall be conveyed to said second highest bidder within thirty (30) days of said written notice. Mortgagee also reserves the right to step into the shoes of the highest bidder in the event of a default by the high bidder, and consummate a sale of the Property to the Mortgagee at the price bid by the high bidder.

The Mortgagee reserves the right to continue the sale from time to time by public announcement at the time and date of the original or any continued sale. Mortgagee also reserves the right to cancel the auction at any time.

In the event of an error in this publication, the description of the premises contained in the Mortgage shall control. OTHER TERMS, IF ANY, TO BE ANNOUNCED AT THE TIME AND PLACE OF SALE.

FAIRWAY FINANCIAL REALTY, LLC
Present Holder of Said Mortgage
By its Attorney,
Mark S. Foss
Fletcher Tilton PC
370 Main Street
Worcester, MA 01608
Tel: (508) 459-8018
mfoss@fletchertilton.com
Zekos Group Auctioneers

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Shrewsbury, MA 01545
Tel: 508-842-9000
www.zekosgroup.com

October 8, 2021
October 15, 2021
October 22, 2021

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. W021P3271EA
Estate of:
Judith M. Smith
Date Of Death: July 5, 2021
INFORMAL PROBATE
PUBLICATION NOTICE
G.L. C. 190B, § 3-306

To all persons who have or may have some interest in the above-captioned estate by Petition of **Beth Loneragan of Milford MA** a Will has been admitted to informal probate.

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

October 22, 2021

NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by James Crickenberger to Mortgage Electronic Registration Systems, Inc., as nominee for Mortgage Research Center, LLC dba Veterans United Home Loans, dated July 6, 2016 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 55602, Page 231 of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc., as nominee for Mortgage Research Center, Limited Liability Company Doing Business As Veterans United Home Loans to Wells Fargo Bank, N.A., recorded on August 27, 2019, in Book No. 60947, at Page 319 Wells Fargo Bank, N.A. to Wilmington Savings Fund Society, FSB, as Trustee of Stanwich Mortgage Loan Trust I, recorded on April 29, 2021, in Book No. 65049, at Page 182 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 3:00 PM on November 12, 2021, on the mortgaged premises located at 2171 Providence

Road, Northbridge, Worcester County, Massachusetts, all and singular the premises described in said mortgage, TO WIT:

The land in Northbridge, Worcester County, Massachusetts, with the buildings thereon, being a certain lot or parcel of land on the westerly side of the State Highway called Providence Road and near the Cement Bridge, formerly called the Red Bridge, bounded and described as follows:

BEGINNING at the northeasterly corner of the granted premises and the southeasterly corner of land now or formerly of Dalveni Jacques, said corners being on the westerly line of said Highway;

THENCE S. 76 1/2 ° W. along the southerly line of said Jacques’ land about 83 feet to the Blackstone River;

THENCE Southerly and easterly along said river bank until it joins the line of said Highway;

THENCE Northerly along said Highway about 80 feet to the place of beginning.

For title see deed recorded with the Worcester County Registry of Deeds herewith.

A.P.N #: Map: 22A, Lot: 217

For mortgagor’s(s’) title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 55602, Page 229.

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

TERMS OF SALE:

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Other terms, if any, to be announced at the sale.

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

DUDLEY - 4 Day Rd! Charming 7 Rm, 3 Bedroom Antique Farmhouse w/Lots of Character! Front Parlor w/Hrdwd Floors! Open Country Kitchen w/Separate Pantry for Your Baking and Storage Needs! Office Space/Den/or Reading Area! Laundry Area! Large Family Rm w/Chimney for Wood or Pellet Stove & Hrdwd Floor! 3 Bdrms w/Hrdwds! Full Bath! Lots of Closet Space! Small Barn & Shed! New Septic System! **\$290,000.00**

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DUDLEY - 10 MILL ROAD



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WEBSTER - 23 EMERALD AVE.



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

WEBSTER • 22 EASTERN AVE



LOOKING FOR AN AFFORDABLE, HUMBLE ABODE, THAT WON'T BREAK THE BANK? Convenient Location, corner lot! 1288 SF +/-, 4 BRS w/1st Flr Mstr BR, Half Bath! Eat-In Kitchen, Dining/Living Room Combination! 3-Season Porch. 2nd Flr - 3 BRS. Resingled Roof, Replacement Windows, Updated Electric, Budenur Boiler. Part finished walk-out bsmt! Garage! **\$215,000**

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

Oxford - 2 Meriam Rd 80 +/- Wooded Acres in Oxford & Charlton! Great Location for Horses! **ON DEPOSIT \$329,000.**

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

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

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

OXFORD - 10 BEVERLY STREET



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

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



Webster Lake - 300 Killdeer Island

OPPORTUNITY KNOCKS! A WEBSTER LAKE waterfront property on Killdeer Circle, you won't want to miss! Offers a prime waterfront location! 64' of water frontage and a gently sloping landscape to waters edge. Crystal clear, sandy bottomed shoreline. Everyday is a new day at the Lake! Nicely arranged floor plan. 5 rooms 2 bedrooms, 2 baths! Walk out lowerlevel to nice size patio! Garage. **\$650,000.**

WEBSTER - 401 TREASURE ISLAND CONDO



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9 rooms 3 bedrooms 1.5 bath with attached garage. Two fireplaces, formal dining room, entertaining size living room. 26'x22' family room with fireplace. Large rooms throughout. Possibility of 1st floor office with 1/2 bath. Lots of extras.

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Dudley 3 acres \$440,000

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TAMMARO

continued from page A1

orchestrated the reorganization of the inpatient teaching service at Rhode Island Hospital into a geographic ward system, enabling faculty and resident teams to engage in bedside rounds and multidisciplinary collaboration with nursing and ancillary staff. He founded the Brown University Med-Peds Residency and has received numerous teaching awards including the Milton Hamolsky Outstanding Teacher Award from the American College of Physicians. Dr. Tammamro's clinical practice is hospital-based, serving as inpatient attending physician on the teaching wards and co-director of the General Medicine Consult Service at Rhode Island Hospital. In addition to APDIM, he is a member of the Alpha Omega Alpha Honor Medical Society, Gold Humanism Society, and was awarded Mastership in the American College of Physicians.

"Dr. Tammamro is an outstanding mentor and educator who is committed to lifelong learning, and who serves as a role model for the physician faculty and residents he teaches," states Louis B. Rice, M.D., president of Brown Medicine. "To be selected for the Founder's Award by the Association is an honor of the highest caliber. On behalf of Brown Medicine, I congratulate Dr. Tammamro on earning this recognition and for being at the forefront of internal medicine program directors nationwide."

Most recently, Dr. Tammamro has been a lead organizer of the Department of Medicine's participation in the Bias Reduction in Internal Medicine Project (BRIM). Developed by researchers at the University of Wisconsin, the BRIM Initiative is an interactive faculty development training program that helps medical faculty recognize that cultural stereotypes about a person's race, gender, age, sexual orientation, and weight can influence judgments and decisions in unwanted, unintended ways. Brown Medicine is one of 20 participating academic medicine institutions throughout the U.S. to conduct this evidence-based curriculum designed to teach ways to "break the bias habit," aligning judgments and behaviors with commitments to be fair and objective.

The Association of Program Directors in Internal Medicine dedicated its Founders Award to Dema C. Daley who served as executive director from 1987 to 2000, and then as executive vice president from 2001 to 2002 until her death. During her 15 years as leader, Ms. Daley helped the Association become the preeminent professional organization in graduate medical education noted for its promotion of excellence and innovation in leadership and educational methodologies.

Veterans Day Salute

November 5, 2021

Stonebridge Press would like to salute our veterans

(from all wars & branches, including honoring deceased veterans, reservists, and active duty U.S. Military members in the November 5th issue

of the Auburn News, Blackstone Valley Tribune, Spencer New Leader, Southbridge News, Webster Times, Sturbridge Villager & Charlton Villager.

This is not a separate section but will be page(s) within the papers.
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SPARTANS

continued from page A1

and it's really important before you get into the postseason."

The very next day (Thursday, Oct. 7) the Spartans enjoyed a 5-1 victory versus Nipmuc. Then, on Saturday, Oct. 9, Uxbridge tied Sutton at their grass field, 1-1.

"It gave us a lot of opportunities to see what we can do under pressure situations," Rosborough said of that three-game stretch.



Uxbridge's Abby Sanches sends the ball down the field.

Uxbridge then continued its strong play on Tuesday, Oct. 12 when playing host to Auburn High. It took the Spartans just 47 seconds to score their first goal, and they were off to the races which finished 13-1 in their favor.

"It was a quick start, good start," Rosborough said of defeating the Rockets. "That just set the tone."

Auburn, meanwhile, has been decimated by two season-ending injuries as they fight to stay near the .500 mark.

"We had a couple of injuries to starters. Maeve [Whittemore] since the second game and Reese [Levensavich] the fourth game," explained head coach Heidi Tatum. "Starters, big contributors and most importantly, goal scorers. They put the biscuit in the basket."

Tatum was quick to put the injuries in perspective, though, stating "That's sports. That's what happens."

Goal scorers for 10-0-2 Uxbridge included the three senior co-captains — Chloe Kaeller (four goals), Grace Boisvert and Gracie Nummela — who were participating in their Senior Day game.

"It's a special day for our seniors," Rosborough said. "It's very special honoring them and the commitment that they gave us over the last four years. They're great all-around kids."

The Spartans' other goal scorers were Kendall Gilmore (three), Ellie Bouchard (two),



Chloe Kaeller of Uxbridge steals the ball away from an Auburn opponent.

Meghan Smith and Tessa Johnston. Kaeller (two), Gilmore (two), Bouchard, Boisvert and Julianna Casucci added assists.

And although Uxbridge is currently seeded No. 2 out of 54 teams for the upcoming Division 4 state tournament, as well as a potential top seed in

the Central Mass. tournament, Rosborough said that her team is focused on the current task at hand.

"One game at a time," she said. "That's how it's been all season. They have to stay in the moment."

Auburn, which is now

5-7-1, hopes for a winning streak to end the regular season.

"We still have a shot to make the playoffs. It's doable," said Tatum.

The Rockets' Jennifer Erikson scored versus Uxbridge, with Marta Brzoska providing the assist.

SIGNS

continued from page A1

and its important role in the industrialization of America. In addition, the Northbridge Historical Commission's National Register Historic District map sign located on Church Street has also been restored.

"These new interpretive signs and restored map, marking the vital role that Whitinsville played in the industrialization of America, will ensure that the history and heritage of our region are preserved for future generations," McGovern added. "I'm grateful for the work of the Blackstone River Valley National Heritage Corridor, the National Park Service, and the Northbridge Historical Commission for coming together and bringing history to life in such an informative, thoughtful way."

The ribbon-cutting ceremony was held by the Blackstone River Valley National Heritage Corridor (BHC), at which local and elected officials celebrated the historical park's presence in

the community. The National Historical Park was created in 2014, and its boundaries include a newly-established historic district in Whitinsville, according to a BHC statement.

Locations for the new National Park Service signs include one on the town common at the intersection of Church Street and Linwood Avenue, another in front of the Town Hall Annex at 14 Hill Street, and a third in front of the 1826 Red Brick Mill Building at the Alternatives' Whitin Mill Complex at 50 Douglas Road.

"It has been wonderful to re-affirm our national park's partnerships with the Town of Northbridge and the Northbridge Historical Commission by working with these partners and the National Heritage Corridor to finalize and install the important new wayside interpretive panels and refurbished map," said Blackstone River Valley National Historical Park Superintendent Eric Bretkreutz. "Whitinsville's key role in the Valley's and America's Industrial Revolution, and the amazing mill village system that remains preserved here, is a major

part of our national park's interpretive story. It is a pleasure to help the town and our national park better tell this story in Whitinsville with these beautiful new wayside panels."

The restoration of the Northbridge Historical Commission's map was BHC's project with Northbridge Town Historian Ken Warchol, the organization released. The project was made possible by Blackstone Valley Regional Vocational Technical High School, which helped clean and refresh the original map and donated the newly printed sign. Sophomore students of the Painting and Design Technology department, led by Tom Lamont, also repainted the existing sign frame, BHC added. Additional photography and graphic support came from Blackstone Heritage Corridor Photography Ambassador Bob Evans and Experience Design of Providence, RI.

"Thirty-five years ago, on Nov. 10, the Blackstone River Valley National Heritage Corridor was established to celebrate the ongoing story of the American Industrial Revolution," said Devon R. Kurtz, Executive Director at

BHC. "Today, we unveiled the first official National Park wayside exhibit highlighting Whitinsville's contribution to the Corridor's narrative. Together, the BHC and the Blackstone River Valley National Historical Park look forward to sharing more such milestones in the future."

"A National Park along the Blackstone River and Canal was a dream of local leaders back in the Great Depression," said Senator Richard Moore, BHC's Board Chair. "Thanks to Congressman Jim McGovern and others in the Massachusetts-Rhode Island Congressional delegation, we can finally celebrate a new National Historical Park in the Blackstone Valley. The Whitinsville and Hopedale nodes are great examples of America's Industrial Revolution! We look forward to further development of this National Park enhancing educational and recreational opportunities in the Valley along with the National Heritage Corridor in our two states."

Learn more online by visiting blackstoneheritagecorridor.org/whitinsville-walkingtour.

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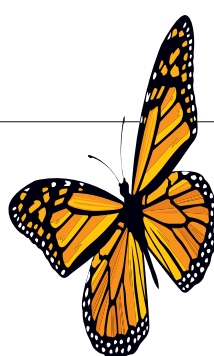
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