

The tans will fade, but the memories will last forever.

BLACKSTONE VALLEY TRIBUNE

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Friday, September 6, 2019



Dan Hicks

Uxbridge native serves with Navy's Weather Command Headquarters

BY ALVIN PLEXICO
OFFICE OF COMMUNITY OUTREACH
U.S. NAVY

STENNIS, Miss. — Most Americans rely on weather forecasts to plan their daily routine. The U.S. Navy is no different. With numerous ships, submarines and airplanes deployed around the world, sailors and civilians serving with the Naval Meteorology and Oceanography Command

at Stennis Space Center, Mississippi, advise Navy leaders about the impact of ocean and atmospheric conditions on future operations.

Chief Petty Officer Dan Hicks, a 2002 Uxbridge High School graduate and native of Uxbridge, Massachusetts, is one of those responsible for providing timely, comprehensive and tactically relevant information for

ships, submarines, aircraft and other commands operating throughout the globe.

As an aerographer's mate, Hicks is responsible for forecasting the weather for the Navy.

Hicks credits success in the Navy to many of the lessons learned growing up in Uxbridge.

"From my hometown I learned the importance of family," said

Hicks. "In the Navy, we're family, especially in my job, which is a small community."

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, according to Navy officials, and that the nation's prosperity is tied to the ability to operate freely on the world's oceans. More than 70 percent

Please Read HICKS, page A6

Public hearing scheduled for Uxbridge aggregation program

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — During its Town Meeting on Oct. 24, 2017, the town of Uxbridge voted to authorize the Board of Selectmen to research, develop, and implement an aggregation program and enter into a contract with a competitive supplier of electricity.

According to a statement

from the town, the objectives of the aggregation program are to lower the cost of electricity, gain longer term price stability, and offer more renewable energy options.

A public hearing will be held on the matter on Monday, Sept. 9, at 6:30 p.m. in the Board of Selectmen Meeting Room at 21 S. Main St. in Uxbridge.

The aggregation plan will go through a very strict and comprehensive review and approv-

al process with the Department of Energy Resources and the Department of Public Utilities. An important element of the process leading to approval of the aggregation plan of a municipality by the Department of Public Utilities is to allow for review of the aggregation plan by its residents. That review period recently ended at the beginning of September.

The aggregation plan states that Uxbridge will have the

opportunity to provide a portion of renewable or green power through renewable energy certificates under the program. The program will employ a procurement process designed to maximize savings and will provide a full set of consumers protections, including the right for any customer to opt out of the program at any time at no charge, the plan reads.

The aggregation plan for

Uxbridge can be viewed at the Town Clerk's office, Town Manager's Office, and the Uxbridge Library, as well as online at the town's Web site, www.uxbridge-ma.gov.

This public review period will be completed before the aggregation plan is submitted to the Department of Public Utilities for their review and approval, the town statement reads.

Northbridge High School receives \$225,000 in grants for Health Sciences

NORTHBRIDGE — Northbridge High School Principal, Tim McCormick, and Superintendent, Amy McKinstry, attended an award ceremony at Worcester Technical High School yesterday to accept a \$225,000 Capital Skills Grant award from the Commonwealth of Massachusetts Workforce Skills Cabinet. Secretary of Education, James Peyser, and Lt. Governor, Karen Polito, were the keynote speakers who also handed Northbridge their award, as well as 41 other school districts in Massachusetts, who also received awards yesterday in varying amounts.

Northbridge High School



Courtesy Photo

From left: Mike Kennealy, Secretary for Housing and Economic Development; Rosalin Acosta, Secretary of Labor and Workforce Development; Tim McCormick, NHS Principal; Amy McKinstry, NPS Superintendent; Karen Polito, Lt. Governor of Massachusetts; and David Muradian, State Representative.

currently has Innovation Pathways designations in two areas; Health Services and IT (logistics and automation). The Health Services Pathway is designed to provide bio-technologist, life sciences technician, and certified nursing assistant certification programming to Northbridge High School students enrolled in the Health Sciences Academy.

Healthcare and health sciences (biomedical, biotech) jobs are in demand and growing. Certified Nursing Assistant (CNA) positions are in critical demand, with more than 500 positions available annually in our region. While CNA jobs traditionally pay a fairly low wage, they often serve as an

introduction to other health care careers, such as nursing, physical therapy, biomedical engineering, and many more.

NHS has partnered with Salmon Health Services, one of the largest employers in Central Massachusetts, to develop the Health Services pathway that this new grant will support. Salmon also has a partnership with QCC, and through that partnership, as well as the Dean of Nursing, NHS was able to develop a list of equipment and early college courses and credentials that will provide our students with the skills and knowledge necessary to launch their futures in

Please Read NHS GRANT, page A6

Area residents urged to stay educated EEE

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — A new month is underway in the Blackstone Valley; however, local municipalities are still cautioning residents to stay educated on the threats of Eastern Equine Encephalitis (EEE) in the area.

EEE or "Triple E," is a virus spread by mosquitos that occurs in Massachusetts and can cause illness ranging from a mild fever to more serious disease like encephalitis or meningitis.

Many area towns are still considered to be at critical or moderate risk for EEE. According to a recent statement from the state's Department of Public Health, EEE does not occur every year, but based on mosquito sampling, a high risk of occurrence of human cases currently exists.

Triple E virus activity has been detected in Barnstable, Bristol, Essex, Franklin, Hampden, Hampshire, Middlesex, Norfolk, Plymouth and Worcester counties. Four human cases of EEE have been confirmed so far this year, according to a study by the Massachusetts Health and Human Services.

Residents are urged to take personal protective activities like using EPA approved repellents and avoiding mosquitoes at peak times. The types of mosquitoes most likely to transmit EEE infection are likely to be out searching for food (an animal to bite) at dusk.

Residents are encouraged to be vigilant about practicing personal protective behaviors including using repellents, ensuring screens are in adequate repair, and wearing clothing that covers your skin while outdoors, and practicing source reduction including removing potential breeding sites such as garbage cans, flower pots, bird baths, discarded auto-tires or other containers that hold water.

Aerial spraying for mosquitoes took place in parts of Middlesex and Worcester Counties August 26 through Aug. 27. All aerial spraying operations in those areas have been completed, the statement reads.

For the most updated information on EEE risk, visit the Department of Public Health Web site at www.mass.gov for updated mosquito results, maps, and incidents of positive mosquito samples.



Courtesy Photo

Emily Owens, 14 of Sturbridge created this unique piece of artwork, using her talents for both words, art, and creativity using a recent copy of the Blackstone Valley Tribune, some paint, and a lot of ingenuity.

AAA reminds motorists to drive carefully with school back in session

REGION—As the new school year begins, AAA Northeast reminds both motorists and families that extra caution is needed as children make their way to school by walking and riding in areas where they weren't seen over the summer.

The greatest risk to children isn't when they're riding the school bus; it's approaching or leaving them. Between 2008 and 2017, the National Highway Traffic Safety Administration (NHTSA) reports 264 school-age children were killed in school transportation-related crashes, primarily when they waited at bus stops or crossed streets before boarding or getting off school buses.

"Children can get caught up

in the excitement of back to school time and might forget to look for cars even though motorists are required to yield and stop for school buses with activated lights," said Mark Schieldrop, AAA Northeast Massachusetts spokesperson. "Drivers need to be aware especially in school zones, near playgrounds and at bus stops that kids might dart into streets."

Through its annual School's Open C Drive Carefully campaign, AAA offers tips to drivers to keep children safe:

Slow down. Speed limits in school zones are reduced for a reason. A pedestrian struck by a vehicle traveling at 25 mph is nearly two-thirds less likely to be killed compared to a pedes-

trian struck by a vehicle traveling just 10 mph faster.

Come to a complete stop. Research shows more than one-third of drivers roll through stop signs in school zones or neighborhoods.

Look for clues, such as AAA School Safety Patrollers, crossing guards, and school zone signs that indicate children are in the area.

Keep your eyes moving. Scan between parked cars; look for shadows on the ground. Since children can be quick crossing roadways unexpectedly or emerging suddenly between parked cars, understand that taking your eyes off the road for just two seconds doubles your chances of colliding with another car or pedestrian.

On the other hand, parents and guardians should teach school-aged children to:

Cross at corners, not in mid-block. Use crosswalks if they're available.

Use your 'eagle' eyes: look left, right, then left again before crossing streets.

Right on reds can be dangerous; watch for turning vehicles when crossing at corners.

Eliminate electronics such as headphones and cellphones when crossing streets.

AAA Northeast reminds drivers that flashing yellow lights on a school bus means slow down because the bus is preparing to stop. Red flashing lights means stop, including cars in the opposite lane on undivided roads. In Massachusetts, the

law requires drivers to stop at least 100 feet behind a school bus and stay stopped until the bus light stops flashing, the extended stop-arm is retracted and the bus begins to move.

"Safe driving habits are important year-round, but extra diligence is required when children are heading to and from school," Schieldrop added.

AAA Northeast is a not-for-profit auto club with 64 offices in Rhode Island, Massachusetts, Connecticut, New Jersey, New Hampshire and New York, providing more than 5.7 million local AAA members with travel, insurance, finance, and auto-related services.

Hoffman explores Native 'stone prayers' for Opacum

By GUS STEEVES
CORRESPONDENT

STURBRIDGE — As anyone who's walked our woods knows, they're laced with stone walls. The vast majority are colonial and American in origin, but a few of them – and many less well known stone structures – belong to our Native ancestors.

Professor Curtiss Hoffman has spent decades identifying, cataloging and studying them, and he calls them "stone prayers." That's also the title of his most recent book, and Hoffman will be talking about his research as part of the fundraising Fall for Opacum Dinner Sept. 18 at Sturbridge's Wight Farm Barn.

"Indians would worship at these [places] or have the custom of, when they passed by, leaving an extra rock at it," he said. "... For Native people, stone is not dead, not without Being in it. The stone beings are the Grandfathers."

Often, the places were on high points where water flows in two (or more) directions, typically at the junction of minor watersheds (secondary brooks and creeks). They were mostly places away from Native villages on "ground you could not farm under any circumstances" and frequented by their religious specialists. While many of them are simply stone cairns that grew "haphazardly" as individuals placed rocks over many years, others were built into animal and other shapes (often snakes or turtles). The largest structures were

typically intended to rebalance energy after a major "disruption of the order of things," including violence nearby.

A retired Bridgewater State University anthropology professor, Hoffman calls his interest "cognitive archaeology" – using the symbolism of places to try to understand how their builders thought about the world. It started decades ago in college, where he initially studied Mesopotamian archaeology, which is also laden with animal imagery. That field, he noted, has the benefit of many written documents to aid such interpretation, but Native American research lacks them except from the last couple centuries.

That lack of resources has left the field open to several interpretations over the years. Hoffman said he looked at how the evidence holds up regarding four of them: colonial and American farmers clearing their fields, natural forces, transatlantic voyagers (often attributed to the Vikings or Celts), and Natives. The transatlantic hypothesis was popular particularly in the 1960s-70s, but Hoffman and others who study them have been arguing the monuments are of Native origin since the 1980s. Increasingly, they've been researchers of Native backgrounds.

He notes those in this region are "more subtle and humble" than the

more famous sites like Cahokia in Illinois or Snake Mound in Ohio, "but often quite large." One, in Hopkinton, RI, for example, has more than 1000 structures covering 14 acres. In total, he said, he has cataloged more than 5500 of the 40,000-plus sites in the eastern seaboard states, and he believes their frequency in New England stems from "the intensity of occupation" here before the epidemics that wiped out much of the Native population in 1617. Even after colonization, Natives continued to build them, and even had a hand in building more common farm walls – if they're straight and right-angled, they're probably European, but if they tend to curve, they're Native.

The effort began about 2002, when the Narragansett tribe asked him to help protect many such sites from development projects. Initially, the tribe debated doing that, with some members arguing they should let the developers destroy them so the builders would trigger hostile responses from the spirits.

"Little did I realize how large a project it would turn out to be," Hoffman said.

Tickets (\$60 per person) are available until Sept. 8 through Opacum Land Trust at either <https://opacum.bpt.me> or 508-347-9144.

Gus Steeves can be reached at gus.steeves2@gmail.com.

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\$420,000, 167 Lakeshore Dr, Cammarata, Joseph J., and Solodyn-Camarata, D. L., to Cordry, Stephen, and Cordry, Michael.

DOUGLAS

\$545,000, 73 Wallis St, Petraglia, John C., and Petraglia, Virginia, to Chieffalo, Michael E., and Park, Graciela C.

\$372,000, 10 Downs Rd, Kosnoski, Gregory C., and Kosnoski, Alexa, to Villaseca-Magsino, J., and Felicetti-Magsino, J. L.

\$360,000, 183 Yew St, Camacho, Carlos A., and Camacho, Miwa, to Bonal, Dennis M., and Mills-Bonal, Joslyn.

\$304,000, 11 Manchaug St, Bradbury, Sara, to McElreath, Matthew.

\$225,000, 35 Glen St, Guaranteed Builders & Dev, to CCAP LLC.

\$208,000, 11 Webster St #11, Jones, Kevin A., and Umscheid-Jones, Cathrine, to Mascis, Craig, and Mascis, Janine A.

\$94,500, 33 Chestnut St, Gramolini, Jeffrey R., and Gramolini, RETin K., to Gramolini, Erin K.

NORTHBRIDGE

\$581,000, 708 Marston Rd, Depaolo, Jason M., and Depaolo, Catherine M., to Winchell, Amy L., and Winchell, Thomas P.

\$365,000, 181 Rumonoski Dr, Giles, Brian F., and Giles, Jodi M., to Frederickson, Kevin J., and Frederickson, Kelli M.

\$325,500, 146 Ivy Ln, Schotanus, Jeremiah, and Schotanus, Lee A., to Elsmore, Erik, and Elsmore, Jaclyn.

\$335,000, 19 Evergreen Cir, Newell, Kenneth S., and Newell, Brenda L., to Ekwueme, Karen.

\$177,500, 28 Crescent St #4, KTKM RT, and Rafferty, Kevin B., to OConnor, Katie.

\$146,500, 160 Heritage Dr #160, McFetridge Lillian A Est, and Melvin, Karen L., to Quinn, Marueen A.

UXBRIDGE

\$455,000, 350 East St, Miller, Amy L., and Miller, David P., to Bodnar, Steven L., and Bodnar, Christine P.

\$420,000, 97 Old Millville Rd, Lapio, David, and Lapio, Dawn, to Cormier, Brian, and Rosado, Nicole M.

\$391,199, 135 Rogerson Xing #135, Rogerson Crossing RT, and Boardman, Chad, to Blondon, Jill.

\$370,000, 47 N Main St, Bevilacqua Homes LLC, to Smith, Craig M.

\$349,500, 385 Hazel St, Leary, Mark, to Sockwell, John, and Winton, Summer.

\$330,000, 131 Henry St, Blake, Ryan S., and Blake, Stephanie C., to Labonte, Alice, and Labonte, Adam.

\$325,500, 488 E Hartford Ave, Ritchie, Stephen, to Tulipano, Mark.

\$310,000, 52 Elm St, Kalinoski, Linda F., and Kalinoski, Robert, to Callen, Donald P., and Callen, Margaret M.

\$298,000, 450 River Rd, Tsimogiannis, Thomas, to Hennessey, Courtney, and Stinchfield, Alan.

\$275,000, 322 High St, OConnor, Robert, and OConnor, Katie, to Arbogast, Michael, and Arbogast, Karise.

\$259,900, 54 Carney St, Elsmore, Erik, and Elsmore, Jaclyn, to Desnoyers, Jennifer L.

Dine out & do good

BVT'S SKILLSUSA CHAPTER ANNOUNCES CHARITY DINNER SCHEDULE

UPTON – Each year, students from the Blackstone Valley Tech SkillsUSA chapter and the Culinary Arts program organizes and hosts a series of fundraising dinners to benefit charitable organizations and causes. This year's proceeds will benefit the Be Like Brit Foundation and the BVT SkillsUSA chapter. Each all-you-can-eat dinner which consists of a themed buffet, dessert, and beverage is held on a Thursday evening (except for the November dinner) inside the Three Seasons Restaurant located on the BVT campus at 65 Pleasant Street in Upton.

Dine and unwind with a great cause in mind. Please consider attending one or more of these delicious dinners:

- September 5th – Baked Haddock
- October 10th – Chicken Parmesan
- November 6th – Roast Turkey (Wednesday evening)
- December 5th – Ham Dinner
- January 9th – Shepard's Pie
- February 13th – Roasted Chicken
- March 18th – Pot Roast
- April 2nd – Lasagna
- May 7th – Porketta

Tickets are \$15 for adults and \$8 for children under 12 – dinner seatings are at 5:00, 5:30, and 6:00 p.m. – seats are limited, and reservations are required. Make your reservations today by calling Kathleen Manoogian at 508-529-7758 x3109 or emailing her at kmanoogian@valleytech.k12.ma.us.

For additional information about BVT's giving back events, please visit www.valleytech.k12.ma.us/giving-back.

About Blackstone Valley Regional Vocational Technical High School (BVT):

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school's Web site is www.valleytech.k12.ma.us.

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Uxbridge High School earns Skills Capital Grant

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — Uxbridge High School has recently earned a Skills Capital Grant in the amount of \$175,000 to support its Innovation Pathways Program.

The award winners were announced at a ceremony held at Worcester Technical High School at the end of August in a presentation highlighted by Lieutenant Governor Karyn Polito and the secretaries of the Governor's Workforce Skills Cabinet: Secretary of Labor and Workforce Development Rosalin Acosta, Secretary of Housing and Economic Development Michael Kenneally, and Secretary of Education James Peyer.

Superintendent of Schools Dr. Frank Tiano announced that UHS will be using the funds to support Innovation Pathways in Information Science, Biomedical Science, and Manufacturing Engineering.

"We need students to start the journey earlier, and to help students and families think about their choices more strategically," Lieutenant Governor Polito said at the presentation. "We want students to discover their passions and spark in what they like earlier, and, together, we are all in on the talent development business."

One of the goals of the Workforce Skills Cabinet is to help students and teachers partner with industry to support the skills gap in the Commonwealth and to assist future employers with developing the skills of tomorrow.

"We want to help transform classrooms into learning laboratories so that the work teachers can do will be transformational," said Polito. "We want to connect students and teachers to their communities so that they will work in this state and keep talent here."

UHS will be investing in additional technological capacity, including industry-standard desktop and laptop computers, 3D printing technology, unmanned aircraft/drone technology, and the first motion capture animation and digital studio in the Commonwealth, according to a district statement. The initiatives connect to the Innovation Pathways launched at UHS, as well as the recently designed strategic plan for the district, which will incorporate enhancements to teaching and learning throughout the district.

"We are grateful for the support of the administration, who continues to provide us with resources to revolutionize and transform learning," said Dr. Tiano. "These tools provide us with not only the hardware and capacity to change what students learn, but how

we teach, how we develop different skills, and how we ensure that we are meeting the needs of our partners in the community and region alike."

UHS' Innovation Pathways combine technical skill development with post-secondary learning opportunities, including Early College and Advanced Placement coursework, while supporting students through targeted partnerships with industry and a robust advising/guidance program.

"These resources provide us with a great responsibility to our workforce partners, our legislators, and our community at large," said Uxbridge High School Principal Michael Rubin. "We want students to leave Uxbridge High School with goals and plans in mind, and for us to do that through hands-on learning with industry-standard technology

requires the commitment of many hard-working people, from counselors, to teachers, to administrators, to families, to the work of our district as a whole. It is an exciting time to be at UHS."

BLACKSTONE VALLEY TRIBUNE

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.

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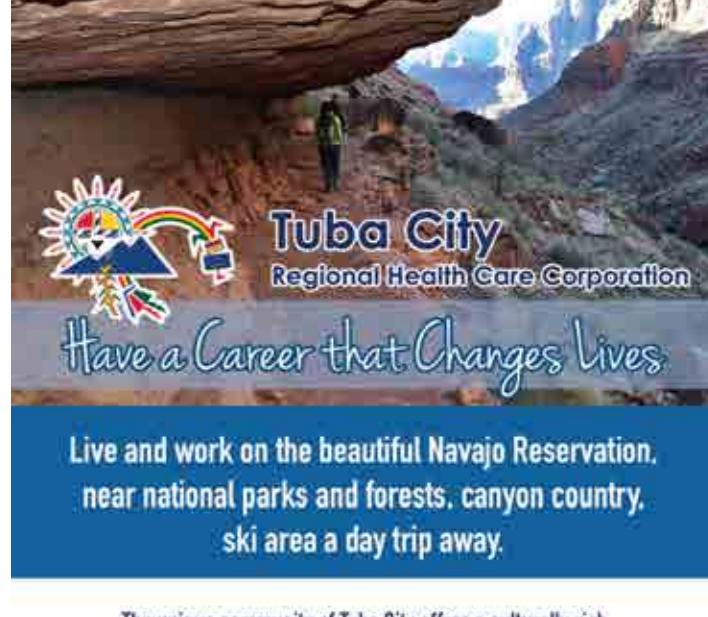
Uxbridge Library Book and Bake Sale Oct. 5

UXBRIDGE — The Friends of the Uxbridge Free Public Library will be holding their annual fall Book and Bake Sale on Saturday, Oct. 5. Beginning at 9 a.m. until 1 p.m., bargain hunters will find gently used books, movies, and some books on tape for unbelievably low prices as well as delicious baked goods for sale.

This popular event is one of the main fundraisers sponsored by the Friends group and helps

to finance programs and projects for our town library. Everything from biographies to fiction to romance novels as well as DVD movies for kids and adults will be up for grabs. Come and fill a Friends book bag to the top or pick out an item or two; great deals will be had by all. The Friends are also looking for item donations for the event in order to make the sale another huge success. Contributions can be dropped off at the Library during

opening hours. Donated baked goods can be dropped off to the front of the Library on October 5 starting at 8 a.m. For more information, call the Uxbridge Free Public Library at 508-278-8624. Anyone interested in learning more about the Friends of the Uxbridge Library are encouraged to attend their next meeting on Sept. 9 at 6:30 p.m. on the first floor of the Library.



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WWW.TCHEALTH.ORG

Whitinsville Congregational Church to host Harvest Festival

WHITINSVILLE — Come join us at the fair! The 2019 Harvest Festival, sponsored by the Village Congregational Church in Whitinsville, is scheduled for Saturday, Sept. 28 from 9 a.m. until 3 p.m. on the Town Common in Whitinsville. (The rain date will be Sunday, Sept. 29 from noon until 4 p.m.).

A 13 year tradition on the park common across from Village Congregational Church on 5 Church St. Whitinsville, MA., VCC brings our community a full day of arts, crafts, plants, food court, fun, entertainment, children's activities & games, face painting, music, variety of raffle prizes and a very special quilt raffle and more! The handmade "Feathered Star" Quilt (91 by 91 inches)

was designed, appliqued, quilted and donated by a church member, Denise Lemoine. Tickets for this beautiful quilt can be purchased in advance online at go.rallyup.com/VCCharvestfestival or the day of the festival.

VCC is looking for volunteers and welcoming vendors. Please help us share this event with anyone who might be interested. All vendor inquiries go to Genie Stack at tripletmom220@hotmail.com or call the VCC church office at 508-234-7901.

Treat yourself to a wonderful Fall day at The Fair; the Harvest Festival is a unique slice of life and family fun in a historical New England town.

PLACE MOTORS IS PROUD TO SPONSOR

Friday's Child



Chloe ~ Age 13

Hi! My name is Chloe and I am open to trying new things!

Chloe is an outgoing, friendly and social teenage girl of Caucasian descent. Her social worker describes her as personable and kind, and notes that she will engage in conversations on various topics with ease. Chloe's favorite activities are listening to music, working on arts & crafts projects, attending dance classes, and spending time with her friends. She also loves animals and would like to go horseback riding one day. Overall, Chloe is an adventurous girl who is open to trying new things.

At school Chloe has made friends and is successful in class with extra supports. Chloe is hoping to attend college, and is interested in working with animals or practicing law.

Legally freed for adoption, Chloe will thrive in an attentive and supportive home of any constellation that can provide her with consistent boundaries and structure. Chloe will do best in a home where she can be an only-child or have older siblings. A family should be open to helping Chloe maintain contact with her biological siblings and other birth family, as these relationships are important to her.

Who Can Adopt?

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

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

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



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Birmingham, Alabama attorney Robert Norris helps injured claimants, nationwide, collect cash benefits from Asbestos Trusts. "No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."

Northbridge resident bowls in support of Special Olympics

FOXBORO — Trevor Talleri, nine, from Northbridge joined the New England Revolution at their fifth annual Bowl for a Goal presented by Arbella Insurance on Wednesday, Aug. 21 at Splitsville Luxury Lanes at Patriot Place to support Special Olympics Massachusetts. Trevor spent the evening meeting and taking photos with his favorite Revolution players and coaches.

The players and coaching staff joined Special Olympics Massachusetts athletes and Revs supporters on the lanes for bowling, and a full night of entertainment, trivia, photos and autographs. All profits from the evening, including ticket sales as well as the evening's silent auction and raffle, benefited Special Olympics Massachusetts.

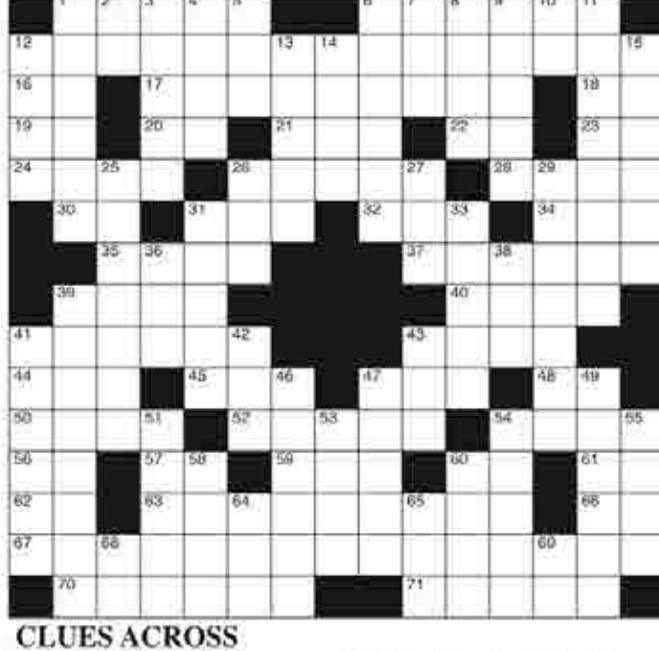
All profits from the evening, including ticket sales as well as the evening's silent auction and raffle, benefited Special Olympics Massachusetts. In

the five years of the event they have raised over \$300,000 through Bowl for a Goal. The relationship with the organization extends well beyond the annual fundraising event. The two organizations have once again teamed up for a full summer of events aimed to promote an environment of inclusivity and friendly competition through the power of sports.

For more information about the New England Revolution and "Bowl for a Goal" please visit www.revolutionsoccer.net/community/bowl-for-a-goal.

Courtesy Photo

Trevor Talleri, nine, from Northbridge alongside New England Revolution midfielder Diego Fagundez attended "Bowl for a Goal" presented by Arbella Insurance in support of the Special Olympics Massachusetts at Splitsville Luxury Lanes in Patriots Place on Wednesday, Aug. 21.



CLUES ACROSS

- Adventure stories
- Ampphetamines
- Extend the limits
- Article
- Socially disoriented
- Gold
- Part of the mind
- "Rubber Band Man" rapper
- Take by force
- Football position
- American cola
- Risk management plans (abbr.)
- Narrow channel on the moon
- Semitic alphabet letter
- Dorm employee
- Dessert dish
- A street where nightmares happen
- For each
- Fat from a pig
- Easily altered

CLUES DOWN

- Split apart
- Equally
- Mountain passes
- Another name for Thor
- Chinese chess piece
- Helpless
- US army designation (abbr.)
- Micturated
- One to respect
- Small Greek island
- In a thinly dispersed way
- Put two together
- Of the supernatural
- Type of structure in organic chemistry
- Card game
- Feeling of discomfort
- Get free of
- Unit of measurement
- A person who enjoys good food and drink
- Violin maker
- Noted psychotherapist
- Complete
- Ballplayers' tool
- Afternoon illumination
- Points a finger at
- Moved quickly
- * death do us part
- Blue jeans
- French Jesuit theologian
- Dissuades
- Eastern European peoples
- Abnormal rattling sound
- Air-breathing land snail genus
- Turfs
- Farewells
- mater: one's school
- They
- Baby's eating accessory
- Priestess of Hera
- Type of railroad



PUZZLE SOLUTION

Cornerstone Bank donates to Stuff the Bus Campaign

WORCESTER — Summer is winding down, and students are beginning to prepare for the school year ahead. This can be a financially difficult time for parents having to provide not only new school clothes, but also school supplies. Cornerstone Bank helps students in need by holding its annual "Stuff the Bus" drive to gather backpacks and school supplies for students in the surrounding communities.

From July 31 through Aug. 9, Cornerstone Bank customers and employees generously donated many back to school items to Planting the Seed Foundation of Worcester and the YMCA of Southbridge. The Planting the Seed Foundation will distribute the donated supplies to needy children in Worcester while the YMCA of Southbridge will donate items to children that they service throughout the Southbridge Public School system. These items will help students succeed during the school year—both academically and socially.

"We are happy to be able to support students throughout our community," stated Cornerstone Bank Chairman and CEO K. Michael Robbins. "Thank you to all of our customers and employees for making this year's Stuff the Bus drive a success."

To learn more about Planting the Seed Foundation, visit plantingtheseed.org. To learn more about the YMCA of Southbridge, please visit ymcaofcm.org.



New staff welcomed at BVT



Courtesy Photo
Representatives of BVT's veteran leadership team stand with the seventeen enthusiastic new hires.

UPTON — As the Patriots stock their roster this fall, so does Blackstone Valley Regional Vocational Technical High School. The BVT human resource department, administrators and staff recruit-

ed, interviewed, and arranged more than 20 reconfiguration style staff transitions during the summer months. The new hires include vocational faculty, academic teachers, and support staff.

Among the new staff are some familiar faces who have grown in the school system and who will begin new roles this year. One example is Timothy Buono (Class of 2013), who returned to BVT last year as a substitute teacher in the Painting & Design program, where he enjoyed working alongside instructors George Creely and Thomas Lamont. When Creely retired in the spring, Buono applied for and successfully secured that new position.

As this school year kicks off, the academic teachers, vocational instructors, and support staff are excited, motivated, and ready to assist their students in succeeding academically, professionally, and personally.

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Late Summer Garden Chores

The home garden takes center stage this season. It's harvest time, and a plentiful bounty is the gardener's true reward for months of planning, planting and perseverance. The month of September brings with it more gifts from the garden as well as an important list of garden chores.

Read on for a timely rundown of "must do" garden tasks.

side for the summer, now's the time to bring them back indoors and inspect for insects. As the temperature begins to drop, watch your plants closely in the evening.

Divide, transplant and label perennials. As these plants die back, it is a great time to divide older plants.

If the lawn has not already been fertilized, do so now rather than later. Research has proven that grass fertilized in late summer will not require any similar applications until next May.

Continue to mow regularly, leaving the grass two inches long. If a half inch of water is applied every three days in the absence of heavy rainfall, the lawn will flourish so well as to actually choke out most weeds.

Annual Reminder: Now is the Time to Force Holiday Plants: Poinsettias are hardy holiday plants, and if you were prudent enough to keep your festive poinsettia going throughout the summer, here's how to force it to bloom again in time for the holidays this year. (Using this method with a temperature alteration will ensure your Christmas Cactus also blooms during the yuletide season.)

If you want the plants in bloom for the Christmas holiday, they must be kept at about 65 to 70 degrees, and subjected to at least six weeks of 14 hours of total darkness per day (mid to late September). This may be accomplished by placing the potted plant in a closet



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THE
HINT
KAREN
TRAINOR

bright light. The application of a 0-10-10 fertilizer this month and again next should help encourage the development of flower buds, then feed your plant every two weeks with a high nitrogen fertilizer once color has begun to show.

Christmas cactus needs the same general care, with the exception that they require cooler temperatures of about 50 to 60 degrees.

Harvest Trivia: Did You Know?

- One bushel of corn will sweeten more than 400 cans of soda
- There are about 600 kernels on each ear of corn.
- Farmers grow corn on every continent except Antarctica.
- Each tassel on a corn plant releases as many as 5 million grains of pollen.
- We are eating 900% more broccoli than we did 20 years ago.
- The peach is a member of the rose family and will have a sweet fragrance when ripe.
- Lettuce is a member of the sunflower family.
- Darker Green lettuce leaves are more nutritious than lighter green leaves.
- Americans eat about 30 pounds of lettuce every year. That's about five times more than what we ate in the

early 1900s.

• In the United States, lettuce is the second most popular fresh vegetable.

• As bell peppers mature, their color changes from green to red and they become sweeter.

• Asparagus is a member of the Lily family.

• Asparagus is related to onions, leeks, and garlic.

Win Dinner for Two at the Publick House

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

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

Now is the time to plan spring bulb gardens and purchase bulbs. While most of the planting should wait a few weeks, it will pay off to buy now when supplies are plentiful at area nurseries and greenhouses.

Are your perennials looking a little lackluster? Mums aren't the only fall plant that offers a splash of color and texture to the landscape. Winter pansies, flowering Kale and ornamental cabbage all can be planted now to replace spent annuals. (I once had a beautiful potted pink cabbage plant that survived a couple of snowstorms!) ***

Want to give your roses a head start on next year? Harden off roses at the end of the month by leaving the final blooms to form fruit, the hips, naturally, rather than "dead heading", or removing the spent blooms.

If houseplants have taken a back seat to the outside garden, now's the time to make it up to them! Inside plants will benefit from monthly liquid fertilizer applications. Keep in mind foliage plants need a fertilizer high in nitrogen.

If your house plants have been out-

WCS opens new school year



WHITINSVILLE

Whitinsville Christian School opened the 2019-2020 school year with a convocation. Parents, students, faculty, and staff gathered together and in a favorite tradition, the class of 2032 was escorted by the class of 2020.

"Welcome, parents, students, and faculty!" said Jodi Koeman, Director of Spiritual Formation. "Students, whether this is your 13th year at WCS or your first day, we are excited to start this year with you. Our theme this year is 'All In'". This is a year for wholehearted living. We are 100% ALL IN for one reason - for God's glory."

WCS is also looking forward to celebrating Homecoming on Sept. 20 and 21. There are special events scheduled for alumni, and the soccer and volleyball teams will be in action. Everyone in the community is invited to participate in a 5K, enjoy sweet treats, play carnival games, and visit the vendor fair on Saturday from 10 a.m. to 2 p.m. For the full schedule, and to register for the 5K, visit whitinsvillechristian.org.

Courtesy Photo

The Class of 2020 escorts the Class of 2032 into the gymnasium during the convocation ceremony at Whitinsville Christian Academy.

Uxbridge to receive \$76,000 for culvert replacement

UXBRIDGE — On behalf of the office of Gov. Charles D. Baker and Lt. Gov. Karyn E. Polito, the Town of Uxbridge will be receiving a \$76,000 grant as a part of the awarded \$932,000 to support 16 local culvert replacement projects that improve municipal infrastructure, river health, and resilience to climate change.

Rep. Soter joined the Secretary of the Executive Office of Energy and Environmental Affairs and other state officials on Aug. 22 in Windsor for the announcement of the culvert grant.

According to the Executive Office of Energy and Environmental Affairs, the grant money will be used for the Town of Uxbridge to conduct field data collection and analysis, design and engineering for a culvert replacement on Farrel Brook. The new culvert upgrades will provide access to coldwater habitat, improve public safety, storm and climate resiliency and reduce ongoing maintenance costs.

On the 22nd, the Representative said, "This grant helps to fund a crucial environmental initiative within the 8th Worcester District. These needed improvements will work to directly benefit the Farrel Brook culvert."

HICKS

continued from page A1

of the Earth's surface is covered by water; 80 percent of the world's population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

"Naval Oceanography defines and applies the physical environment for the entire Navy fleet from the bottom of the ocean to the stars," said Rear Admiral John Okon, Commander, Naval Meteorology and Oceanography Command. "There isn't a plane that flies, a ship or a submarine that gets underway without the sailors and civilians of Naval Oceanography."

Hicks is playing an important part in America's focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

"Our priorities center on people, capabilities and processes, and will be achieved by our focus on speed, value, results and partnerships," said Secretary of the Navy Richard V. Spencer. "Readiness, lethality and modernization are the requirements driving these priorities."

Though there are many ways to earn distinction in a command, community and career, Hicks is most proud of earning the rank of chief petty officer.

"It doesn't take one person to get to this rank," said Hicks. "It's not really a personal accomplishment. It's the sailors I worked with along with my leaders who poured into me."

Serving in the Navy is a continuing tradition of military service for Hicks, who has military ties with family members who have previously served. Hicks is honored to carry on that family tradition.

"My cousin was in the Navy, and my great-grandfather was in the Navy," said Hicks. "My brother-in-law is in the Air Force."

As a member of one of the U.S. Navy's most relied upon assets, Hicks and other sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

"Serving in the Navy means that I get to serve for my family and honor those who have gone before me," added Hicks. "Putting on this uniform gives me a great deal of pride."

NHS GRANT

continued from page A1

the health sciences.

The funding from this Capital Skills Grant award will provide NHS health science students with state-of-the-art equipment, including an autoclave, a transluminator, simulated human models, microbiology and biotechnology kits, synthetic bioskins, and simulated medicines and supplies.



SAVE THE DATE FOR "YOUR VOTE IS MAGIC"

The Millbury Women's Club has an upcoming fund raiser on Nov. 3 at 2:30 p.m. at the Apple Tree Arts Theatre on Grafton Common. The guest artist is Lyn Dillies, an award winning female master illusionist who will be using magic to entertain, while she delivers an inspiring message that Your Vote Is Magic.

A close call on the Salmon River



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With the Labor Day weekend over, fishing pressure on fresh water lakes ponds and the saltwater will be less crowded. It is also the time that fishing picks up, as the waters cool down, making the fish a lot more active during their feeding cycles. Despite negative reports by some anglers fishing on the canal last week, some anglers were reporting great action, catching some impressive fish. These guys follow the action very close and make the trip to the canal almost on a daily basis. Sebile fishing lures are one of the best producing surface plugs, when the fish are feeding on or close to the surface.

One angler shared his technique for catching big fish using an Al Gags rubber jig, with this writer last week. Many anglers fishing the canal for stripers often keep there bait or jig on or close to the bottom, but sometimes this angler insist that moving his bait or jig a few feet off the bottom, works for him. This writer often uses the same Technique on seas bass and other bottom feeding fish.

Fat Nancy's Bait & Tackle in Pulaski revealed the following information. Although there are some salmon in the river, he predicted that some of the best fishing will be in

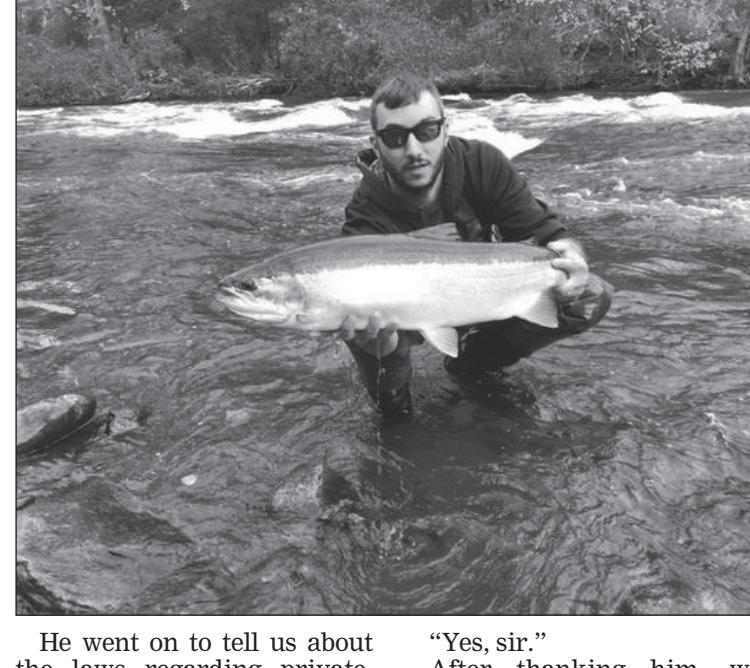
the middle of September and early October. Unfortunately, hundreds of anglers will be on the river at the same time. Taking a walk up or down the river away from the large crowds can be rewarding, giving an angler some piece and quiet, and the chance of landing a large King salmon. Finding small creeks can also hold some large fish and will also provide some great fishing. This week's picture shows an angler with a nice salmon from the Salmon River. Photo courtesy of Fat Nancy's Tackle Shop.

An angler that is fishing in New York's Salmon River needs to be very careful when navigating up or down stream along the river banks or in the water. New York law can have you in trouble with private property owners if you trespass on their property. The private property owners own the property on the river bank and also under the water! Setting foot on the property can get you in trouble with the law. My brother Ken and I navigated a canoe upstream a number of years ago, and stepped out onto a gravel bank to do some fishing.

We were only fishing a few minutes when I saw a gold badge flashing on a person upriver a hundred yards or so away. He slowly worked his way down to us and identified himself as a deputized warden hired by the landowner. After introducing himself, he went on to tell us that we were trespassing on private property.

"Do you realize you are fishing on private property?"

"No, sir," I replied.



He went on to tell us about the laws regarding privately owned property. When he was done, I apologized, and we started to retrieve our canoe to go back down river. He pulled out a citation book and questioned us some more about our actions.

I figured it was time to tell him that I was an outdoor writer and always tried to obey all of the fishing regulations. Phew. It worked. He quickly changed his method of questioning, and put his citation book away. "Just do me a favor and write about the laws in New York pertaining to trespassing on private property."

I apologized to him for our ignorance of the law. As we started to climb into the canoe, he gave me one of his cards and asked us if we would like to get a free pass to the property upriver, which was owned by a Senator.

"Yes, sir."

After thanking him, we quickly boarded our canoe and headed back down river to the area we had launched the canoe, and where our fishing party was.

My oldest son, Ralph, Jr., was standing in the water fishing, but was not on private property.

"How come you came back so soon?" he asked.

Planning to have a little fun with him and his buddies, we dreamed up a story about being arrested, and that we needed to meet the officer at a designated place.

"That's what you get for not staying with the fishing party!"

Everyone was ribbing us, but we would have the last laugh. After loading the canoe on our truck, we headed off to the Senators property upstream that has a couple of wardens occupying a small

booth for anglers wishing to pay for the right to fish the river. I showed the wardens the card that I had received from one of their other officers.

"Yep," he called us. "You are all set; park your car over there and follow these two other anglers to the fishing site. Have fun."

As my brother Ken and I followed the two anglers, I started laughing out loud about our other fishing buddies we left at the river with my son. We spent the next few hours catching some nice salmon, and laughing about the whole ordeal. It was starting to get dark, so we left the area and headed back to the camp site, thanking the officers for a great day of fishing. My kid was most likely thinking the worst — was my dad locked up? As we entered the camp site, everyone was laughing and having a few beers. After a lecture from my kid, we finally broke the news about where we were, and the great salmon fishing we had.

It was a good thing that I had taken my car because everyone else was not talking to us, and more than likely would have left us there. The good old days. Memories!

Do not forget the Singletary Rod & Gun Club field day this Sunday, Sept. 8. Good food and entertainment is sure to make for a great day in the outdoors.

Wallum Lake Rod & Gun Club will also hold their field day this Sunday, Sept. 8, at their club grounds in Harrisville R.I. Don't miss it!

Take A Kid Fishing & Keep Them Rods Bending!

TRIPS OFFERED

The "Trips Offered" section is for non-profit organizations and will run as space allows. Mail your information to Trips Offered, c/o Brendan Berube, PO Box 90, Southbridge, MA 01550; fax to (508) 764-8015 or e-mail to news@stonebridgepress.news.

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4 days/3 nights Dec. 6-9

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For a brochure and complete itinerary, please contact Lori Doughwright at (508) 248-5971, ext. 1715.

Wine Country Pacific Coast Cruise

9 days/8 nights April 6-14, 2020

What's included: Roundtrip Motorcoach transfers, roundtrip airfare from Logan Airport, one night pre-cruise stay in Los Angeles, 8 day/7 night cruise on board Princess Cruises-The Star Princess, visiting Los Angeles, Santa Barbara, San Francisco, Astoria Oregon, Victoria, B.C., Vancouver, B.C., winery tours, all meals on board ship, and more!

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For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

CURCH PILGRIMAGE

Pilgrimage to Italy, Holy Land, and Medjugorje

St. Joseph's Church in Charlton is sponsoring a Pilgrimage Sept. 29-Oct. 9, 2019 to Italy, Holy Land, and Medjugorje with Fr. Robert Grattatori. The cost is \$4,599; 11 days includes 4-5 star hotels, airfare, luxury transportation, and

breakfast/dinner daily. A \$500 deposit is due at the time of registration. Please contact parishioner Dr. Karen Zaleski for trip details at karenzaleski42@gmail.com or you may call Proximo Travel directly for information and to register at 1-855-842-8001, or 508-340-9370.

CHARLTON SENIOR CENTER

Trip Coordinator Dotti Murphy - Please call 978-424-7010

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Pick up is from St. Joseph's Church 10 H Putnam Rd. Ext., Charlton

2019 Day Trips

Sept 17 (Tues) Atlantic City Boys - Four dynamic lead singers perform an exciting mix of world class vocals and interactive comedy - Davensport Yacht Club - \$92.00

Sept 24 (Tues) Simon Pearce Glassblowing Studio and King Arthur Factory - Fall foliage, tour glass blowing factory, and King Arthur factory after lunch - \$119.00

Oct 9 (Wed) New Hampshire Turkey Train - Foliage train ride, Harts Turkey Farm Luncheon, Mystery stop and sightseeing - \$99.00

Nov. 14 (Thurs) Ricky Nelson Remembered - Ricky Nelson's twin sons perform their father's hit songs

- Venus DeMilo, Swansea \$95.00

Dec 3(Tues)Johnny Mathis Christmas Tribute - Ultimate tribute to Johnny Mathis with Christmas songs and some of his biggest hits - Davensport Yacht Club -\$92.00

2019 Overnight Trips

Sept 20 - 22 Lake George Balloon Festival - 3 days, 2 nights -\$449pp double, \$599 single

Please call Dotti Murphy at 978-424-7010 for details if interested in any trips.

Sept. 15-17: Atlantic City Resorts Casino \$259

Atlantic City's original casino! 7 a.m. Webster, 7:30 a.m. Southbridge. \$25 slot play/\$60 food credit/Casino Revue Show. Atlantic City! The 'Shore' Thing!

Oct. 6: NH Turkey Train \$92

Scenic rail tour round Lake Winnipesaukee and lunch! 9 a.m. Webster, 9:30 a.m. Webster. Spectacular New England footage! New Hampshire awaits!

For reservations contact Jan Caouette at (508) 887-2215. Make checks payable to Bernadette Circle #709 and mail to Bernadette Circle #709, PO Box 201, Webster MA 01570. The Daughters of Isabella is a nonprofit and charitable

Catholic women's organization

DOUGLAS SUNSHINE CLUB

Sunny Portugal next April. The Douglas Sunshine Club is planning a trip to sunny Portugal April 21-30, 2020. This trip is with Collette Travel. An informational meeting is planned for Wed. June 12th at the Douglas Senior Center, 331 Main St., Douglas, at 6:30 p.m. If you are interested in the trip, this is a great opportunity to get a description of the travel arrangements and itinerary with a representative from Collette Travel who will also answer any questions you have about the trip. For more info call 508-476-4474.

DUDLEY SENIORS

Dudley Seniors presents a Branson Show Extravaganza, Saturday, May 2 through Sunday, May 10, 2020, \$905 per person, double occupancy. Incredible price includes motorcoach transportation, eight nights lodging including four consecutive nights in the Branson, Mo. Area, 14 meals (eight breakfasts and six dinners), admission to seven fabulous Branson shows, including New Jersey Nights, Amazing Acrobats of Shanghai, Doug Gabriel, Presley's Country Jubilee, "Noah the Musical," and the Hughes Show; and one dinner show on the Showboat Branson Belle. For pictures, video and information, visit www.GroupTrips.com/dudleyseniors. Departure point: Dudley Town Hall, 71 W. Main St., 8 a.m. Saturday, May 2, 2020.

For more information, please call Evelyn at (508) 764-8254.

FRIENDS OF THE STURBRIDGE SENIORS

On Tuesday September 17th at the Danversport, Ma. Yacht Club. You will be entertained by the Atlantic City Boys. They are 4 Dynamic Lead Singers who mix World Class Vocals and Interactive Comedy. Hear them sing the songs of The Beach Boys, The Drifters, The Bee Gees and of course Frankie Valli and the Four Seasons. For \$92, sit back and enjoy Deluxe Transportation, feast on a delicious Plated Lunch of Salad, Breads, Choice of Entree, Potato, Vegetable, Dessert and Coffee/Tea.

Tuesday, Dec. 3 to Thursday, Dec. 5 Overnight Trip 3 Days/2Nights. Prices are \$459 for Double Occupancy and \$559 for Single Occupancy. On Wednesday see the Spectacular Awe Inspiring Special Effects and complete with Live Animals "Miracle of Christmas Show" at the Milenium Sight and Sound Theater. Following the The Miracle Show is Dinner at the always delicious Plain and Fancy Restaurant. Also included in this trip and happening on Tuesday is a Dinner Show production of Irving Berlin's Musical "Holiday Inn" featuring thrilling dance numbers, laugh out loud comedy and a Parade of Irving Berlin's Hit Songs. Thursday features a visit to Hershey's Chocolate World and Milton Hershey School and Founders Hall before we head home with rest stops on our way back. This Trip includes 2 nights Lodging, 2 Breakfasts, 2 Dinners, Tickets to The Miracle of Christmas and Tickets

to the Holiday Inn Show and a Full Commentary Back Country Tour of the Farmlands of Lancaster County.

Dec. 31 New Years Eve "DAY" at the Lake Pearl in Wrentham, Mass. Let's Celebrate the New Year during the "DAYTIME". Featuring the dynamic Tom LaMark Orchestra as they cover original classics from the Swing Era, the Best in Ballroom Dancing, our Favorite Line Dances, and on up to the Best songs from the '50's, '60's and '70's. Sing along, Dance along and Party strong to this Live Band. For \$89, enjoy Deluxe Motorcoach Transportation, Salad, Breads, Choice of Entree, Potato, Vegetable, N.Y. Style Cheesecake, Coffee/Tea and let's not forget a CHAMPAGNE TOAST.

May 15, 2020 to May 22, 2020 Cruise 8 Days/7 Nights Boston to Bermuda aboard the Norwegian Cruise Lines "GEM" SHIP. Leave Boston Friday, May 15 and return Boston Friday May 22. Included are All of the Following, Roundtrip Transfers from Sturbridge to Boston and back. The Ultimate Beverage Package, The Ultimate 4 Night Dining Package, Specialty Restaurants for Free, Exclusive Best of Times Cocktail Party, All Luggage Handling Fees, Drivers Gratitudes and Best of Times Professional Tour Director. Early Booking Discount for those people who Book a Balcony Cabin by October 1st, you will receive a 1 Category Upgrade & Special On Board Credit. Prices start at \$1,199 Double Occupancy for an Inside Stateroom, \$1,399 for an Oceanview Porthole Window, \$1,899 for a Balcony Stateroom on Deck 9, \$1,949 for a Balcony Stateroom on Deck 10, and \$1,999 for Balcony on Deck 11. ALSO Add \$400 for Taxes, Transfers, and Gov't Fees. Single Occupancy is Available upon request. Please contact Dick Lisi at 508-410-1332 or at lisirichard15@yahoo.com for questions or information on any of the above Trips.

LEICESTER SENIOR CENTER

Friday, Sept. 13: Trip to Lake Winnipesaukee Cruise. Buffet luncheon & scenic sights and a visit to Moulton Farm Market. Bus leaves at 8:30 a.m. Cost is \$99.

Thursday, Oct. 17: Trip to Twin Rivers and Wright's Chicken Farm. Bus leaves at 9 a.m. \$7 food credit and \$10 slot play. Cost is \$59.

Wednesday, Nov. 13: Indian Head Christmas Spectacular and Luncheon. Bus leaves at 8:30 a.m. Cost is \$89.

MARY QUEEN OF THE ROSARY PARISH

SPENCER — Mary Queen of the Rosary Parish, 60 Maple St., Spencer, is offering the following trips. For more information, call Bernard Dube at (508) 885-3098.

IRELAND: September 9-22, 2019 USA: SPLENDORS OF THE NORTHWEST: Wonders of Northern California Redwoods, Oregon & Washington Aug. 3-16, 2020

JAPAN: March 26 to April 9, 2020 JAPAN & CHINA: March 26 to April 22, 2020

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EDITORIAL

The other most wonderful time of the year

The first day of fall is nearly upon us. Sept. 23 will officially usher in the season when it becomes socially acceptable to drink apple cider and pumpkin flavored coffee, doughnuts, bread...even Spam has apparently gotten in on the act now, although we must personally draw the line there; and burn fall scented candles. Starbucks and Dunkin' Donuts already began spotlighting their fall menus roughly two weeks ago.

Pumpkin enthusiasts beware, however...on the flip side, there are several people who think it is too soon. A survey that posed the question, 'When is it OK to start drinking and eating pumpkin?' responses including the following:

'Right now!'

'First day of fall.'

'I always strive for after Labor Day, but often start on July 12th.'

'I'm waiting until Sept. 1st.'

And our favorite...

'After zucchini season.'

It is true, there are more people in New England who are holding on to every last bit of summer than those looking forward to fall. To those people, we get it. We do live, after all, in a part of the country where the populace has become famous — or is that infamous? — for refusing to swap their flip flops for boots until the first snow fall.

The end of the summer season really isn't so bad, though. With fall comes hearty crock pot recipes, crisp evenings, sweaters, boots, homecoming and Halloween. The closer to Halloween we get, the closer to snow, which means the ski resorts will soon be open for businesses. What could be better?

Perhaps the best part about fall is the foliage. The leaves are already beginning to change, and soon, our little corner of New England will be swarming with tourists fixated on taking in the vibrant reds, yellows, and oranges, cameras in tow. Peak foliage will hit during the last week of September through the first week of October.

The Old Farmer's Almanac predicts a snowier than ever winter, but we're also fine with that. From our perspective, the more powder days Mother Nature provides to keep New England's skiing industry alive, the better.

Within the next several weeks, temperatures will drop drastically, with some hot days still sprinkled in for balance. The good news is that there is still plenty of time to sneak in a few more summer hikes, a few final kayaking sessions on the lake, a few more backyard barbecues, or a day reading out on the hammock before the time will come to break out the flannel again.

So, whether you're still sipping piña coladas or drinking a pumpkin spiced latte and dreaming of Jack O' Lanterns and the smell of wood stoves, we encourage you to savor the moment.

I was perspiring even though it was bitterly cold. I locked my gaze down the long slope and was stunned by the difference in perspective. From the base of the mountain, the run looked shallow and manageable but from this vantage point ... it seemed nothing short of treacherous. Falling and breaking a leg, or worse, were the thoughts coursing through my mind.

I took a breath, dug in my ski poles and pushed off. Just as in my lessons, I moved cautiously, slaloming from side to side, enjoying the experience. The bright sun, blue sky and white powder created a picturesque and perfect moment. A smile played across my face. I was in Vail, Colo., and somewhat gracefully enjoying a picturesque moment, balanced perfectly on top of my skis.

Then it hit me. I'm inexperienced and potentially in a dangerous situation. I felt the downward momentum increasing. My heart raced. A picture in my mind replaced the beauty before me. As though it was real, I could see the ski patrol in their bright orange clothing, placing me in their stretcher and pulling me down to the base of the mountain to the waiting helicopter and the short flight to the local trauma center.

I visualized the danger so vividly, I began scanning the snow ahead, searching for a place of my choosing to execute a controlled fall and I did.

I laid on the ground as other skiers whisked by, enjoying their day. I took inventory of my limbs and found everything was in working order. I was not paralyzed. Nothing was broken except my confidence and pride. I removed my ski's and spent the next few hours walking down the access road from an 11,000-foot peak.

I never put skis on my feet again.

Fear is a natural emotion that is ingrained into our DNA, and can be useful in some situations but can also be an irrational response to events that are unreal and only imagined. Fear may someday save your life, but more often, this strong emotion will limit your experiences, success and fun.

The late great Zig Ziglar taught us that F.E.A.R. is nothing more than False Evidence Appearing Real. A perceived danger amplified in our minds that pushes us to have an irrational response.

I'd taken ski lessons every year, while visiting slopes in Wisconsin and Michigan. Tall hills to be sure, but nothing like the ski resorts of the Rocky Mountains. I mastered the midwestern slopes with ease and felt assured that I was ready for Vail. Physically and technically I was prepared. Mentally ... not so much.

I allowed doubt in my experience and ability to seize control over my thoughts and destroy my ski trip. I suddenly found myself expecting to fall and did so.

What if I would have expected to make it the bottom of the mountain, safe and sound and feeling the exhilaration of accomplishment and success?

POSITIVELY SPEAKING

BY GARY W.
MOORE

My vacation was sabotaged. Not by an enemy that decided to steal my enjoyment, but by the voice in my head telling me all the ways I was going to be hurt. The only voice in my head is mine.

Skiing isn't an essential part of my life, but how many important life events or opportunities are destroyed with the same negative self-talk?

My skiing experience was almost 30 years ago. Life has taught me many lessons since then. If I were atop Vail Mountain today, looking down that breath-taking slope, I wouldn't listen to the voice of fear.

What is the voice telling you not to try? What job opportunity is the voice telling you that you are not qualified to take? What risk are you restricting yourself from taking that may be positively life changing?

The voice of truth.

You have the power within you to achieve greatness. Why should others enjoy the fruits of risk-reward? Why shouldn't the thrill of victory be experienced by you? Do you really believe the best of life is reserved for others or is it possible that the only person keeping you from living your dreams is you?

The best of life is only found on the other side of your fear.

Let me share the words of one of my favorite songs by a group called Casting Crowns ...

Oh, what I would do to have
The kind of strength it takes to stand
before a giant
With only a sling and a stone.
Surrounded by the sound of a thousand
warriors shaking in their armor
Wishing they'd have had the strength
to stand.

But the giants calling out my name and
he laughs at me

Reminding me of all the times I've tried
before and failed

The giant keeps on telling me time and
time again

"Boy you'll never win! You'll never
win!"

But the voice of truth tells me a different
story.

The voice of truth says, "Do not be
afraid."

A beautiful song. Wise words.

Where is your mountain? Who or what
is your giant?

Wil you stand or will you run?

Now ... put down this newspaper and ...

Pick up your sling and stone.

Gary W. Moore is a freelance columnist,
speaker and author of three books including
the award-winning, critically acclaimed,
"Playing with the Enemy." Follow Gary on
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garywmoore.com.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

Which voice will you believe?

Leaving your job? What happens to your 401(k)?



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If you're in the early stages of your working life – or even in the not-so-early ones – the chances are pretty good that you will change jobs at some point. When that happens, you'll probably leave a few things behind – but will one of them be your 401(k)?

Of course, you wouldn't really forget about your 401(k). (It does happen, however – over the period from 2004 through 2013, more than 25 million people left at least one 401(k) or similar plan behind when they left their job, according to the U.S. Government Accountability Office.) But you will have to do something with your account.

Essentially, you have four choices:

You can cash out your 401(k). It's your money, but if you take it out before you reach 59 and a half, you will owe federal income taxes, plus any applicable state and local taxes.

Also, you will likely be charged a 10 percent penalty for early withdrawal. Perhaps even more important, if you liquidate your 401(k) when you change jobs, you'll be reducing the amount you'll have left for retirement.

You can leave your 401(k) with your old employer. If your former employer permits it, you can leave your 401(k) intact, even after you move to a different job. This might be appealing to you if you like the investment choices in your account, but you won't be able to make any new contributions. Plus, you won't face any immediate tax consequences.

You can move the money to your new employer's 401(k). You can consolidate your old 401(k) with one offered by your new employer, if allowed. You won't take a tax hit, and you might like your new plan's investment options. And you may find it easier to manage your funds if they're all held in one place.

You can roll your 401(k) into an IRA. You don't need the permission from any employer – old or new – to move your old 401(k) to an IRA. Your money will continue to grow on a tax-deferred basis, and an IRA offers you a virtually unlimited array of investment options – stocks, bonds, mutual funds and so on. You can make either a direct or indirect rollover. With a direct rollover, the administrator of your old 401(k) sends your money directly to the financial provider that holds your rollover IRA. No tax is withheld because you never actually take possession of the money. With an indirect rollover, you're technically withdrawing the money and moving it to the IRA provider yourself. (You've got 60 days to make this transfer.) You will face a withholding of 20% of your account's assets, but you may be able to recover most of this amount when you file your tax return. Still, for the sake of ease of movement and avoidance of all tax issues, a direct rollover may be more advantageous.

Which of these options is right for you? There's no one "right" answer for everyone. You'll have to consider several factors, and you'll certainly want to consult your tax professional before making any decision. But in any case, do whatever you can to preserve – and hopefully grow – your 401(k) assets. You'll need these resources to help fund the retirement lifestyle you want and deserve.

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

The lost art of compromise

A PATH TOWARD ADDRESSING GUN VIOLENCE

BY SEN. MICHAEL O. MOORE

When I was first sworn into office ten years ago, I knew that there would be times that I'd take a position that wasn't viewed favorably by the entire electorate. And yet, while I knew that there would be occasions where folks wouldn't always agree with me, I never thought we'd reach a point where residents with opposing views would refuse to acknowledge facts, or to work together toward a positive outcome for our neighbors and those across the Commonwealth. I regret to share that we've reached that point.

Gone are the days where someone with an opposing viewpoint would sit across the table, listen to the perspective of the other side and weigh their position with the facts to reach a compromise. Our political discourse has become so polarized that many conversations dissolve into accusations, insults and degrading retorts via social media. Misinformation continues to serve as a convenient tool to tell half-truths and to spread inaccuracies.

I've always been taught to be honest, and to work hard to better the lives of others around me. That's why I recently submitted a letter to two national organizations calling for changes to firearms laws at the federal level. I think we can agree that the loss of American lives to gun violence, and the increasing number of mass shootings, is an alarming trend that merits attention from public safety officials and lawmakers.

I've been hearing from a number of folks who oppose my decision to submit these letters. To be frank, the tone of many opposing messages is emblematic of the overall tension between pro-Second Amendment advocates and gun control supporters. I have, and will continue to be an ally of law-abiding gun owners. However, I support additional efforts at the national level to close existing loopholes that jeopardize public safety.

There is no single solution to tackling the issue of gun violence in our country, which requires a multilateral approach

and a uniform set of standards rather than a patchwork of state-specific laws. Focusing squarely on the mental health aspect of gun violence does not confront the reality about the need for public policy changes to prevent the sale, dissemination and acquisition of firearms by individuals who want to inflict harm.

The facts are this. According to 2017 data from the National Center for Health Statistics, Massachusetts ranks second, at 3.7 percent, when it comes to firearm mortality rates. Hawaii possesses the lowest overall rate, at 2.5 percent, and the highest rates are in the states of Montana, Alabama and Alaska—each having rates of over 22 percent. Clearly, states like Massachusetts—with many commonsense firearms laws—are doing something right to reduce incidence of gun violence.

Take, for example, the Commonwealth's ban on assault weapons. In 1998, Massachusetts took action to enact legal

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SPORTS

School year — and fall sports season — is back!

With the return of the 2019-2020 school year comes the fall sports season for student-athletes. Below, please find the varsity schedules for the first week-plus of your local teams (Note: Due to the EEE situation many schools are considering the changes of times of events to late afternoon starts, so not all times may be accurate). And check back next week for game coverage!

NORTHBRIDGE HIGH

Wednesday, Sept. 4
Golf at Grafton High, 3:15
Cross-Country at Oxford High, 3:30
Field Hockey vs. Grafton High, 3:30
Girls' Soccer at Grafton High, 3:30
Boys' Soccer vs. Grafton High, 3:30

Friday, Sept. 6
Field Hockey at Auburn High, 3:30
Girls' Soccer at Bedford High, 5

Monday, Sept. 9
Golf at Southbridge High, 3
Girls' Soccer at Southbridge High,
3:30
Boys' Soccer vs. Southbridge High,
3:30

Wednesday, Sept. 11
Golf vs. Bartlett High, 3
Cross-Country at Millbury High, 3:30
Girls' Soccer vs. Bartlett High, 3:30
Boys' Soccer at Bartlett High, 3:30

Saturday, Sept. 14
Football at Blackstone Valley Tech, 1

File photo

The Northbridge High varsity football team will travel to nearby Blackstone Valley Tech for its season opener on Saturday, Sept. 14 for a 1 p.m. kickoff.



UXBRIDGE HIGH

Wednesday, Sept. 4
Golf vs. Auburn High, 3
Cross-Country vs. Bartlett High/Quaboag Regional, 3:30
Girls' Soccer vs. Auburn High, 3:30
Boys' Soccer at Auburn High, 3:30
Field Hockey at Auburn High, 4:45

Friday, Sept. 6
Golf vs. Nipmuc Regional, 3
Field Hockey vs. Hopedale High, 3:30

Monday, Sept. 9
Golf at Bartlett High, 3
Field Hockey at Sutton High, 3:30
Girls' Soccer at Bartlett High, 3:30
Boys' Soccer vs. Bartlett High, 3:30

Wednesday, Sept. 11
Golf vs. Southbridge High, 3
Cross-Country vs. Auburn High, 3:30



Girls' Soccer vs. Southbridge High, 3:30
Boys' Soccer at Southbridge High, 3:30

Friday, Sept. 13
Golf at Douglas High, 3
Field Hockey at Blackstone Valley Tech, 3:30
Boys' Soccer at Hopedale High, 3:30

Saturday, Sept. 14
Football at North (Foley Stadium), 12

File photo

Friday, Sept. 6 is the home opener for the Uxbridge High varsity field hockey team. The Spartans will take on Hopedale High at 3:30 p.m.

DOUGLAS HIGH



Thursday, Sept. 5
Golf at West Boylston High, 3:30
Girls' Soccer at St. Bernard's High, 4

Friday, Sept. 6
Golf vs. David Prouty Regional, 3:30
Volleyball at Burncoat High, 4:30

Monday, Sept. 9
Girls' Soccer vs. Advanced Math and Science Academy, 3:30
Boys' Soccer at Assabet Valley, 3:30

Tuesday, Sept. 10
Golf at Doherty High, TBD

Wednesday, Sept. 11
Girls' Soccer at Hopedale High, 3:30
Boys' Soccer vs. Hopedale High, 3:30
Volleyball vs. Hopedale High, 5

Thursday, Sept. 12
Golf at Hopedale High, 3:30
Girls' Soccer vs. Bellingham High, 3:30
Boys' Soccer at Bellingham High, 3:30

Friday, Sept. 13
Golf vs. Uxbridge High, 3:30
Volleyball at Sutton High, 3:30

Saturday, Sept. 14
Girls' Soccer at Sutton High, 12
Boys' Soccer at Sutton High, 2

File photo

Douglas High's home opener in varsity volleyball is set for 5 p.m. on Wednesday, Sept. 11 when the Tigers take on Hopedale High.

SPORTS

BRIEF

Seniors to play golf at a discounted rate

We are a social traveling senior golf group and play premium golf courses in Central Massachusetts at a reduced greens fee rate. We will play one Thursday each month from May through October. Men and women 60 and over are welcomed. If you are a foursome, threesome, twosome or a single, come enjoy great golf and make new friends.

Our fifth monthly senior social golf day will take place on Thursday, Sept. 19 when we will play at Cyprian Keyes Golf Club in Boylston at 9:30 a.m. Our group discounted rate for this shotgun start is \$50 for 18 holes of golf and cart. There will be prizes for the three closest to the pin shots on all the par-3 holes and a fun prized putting challenge. New is prizes for chipping in from off the green with a lofted club. Come have some fun and make some new friends. To sign up please contact Dick Lisi at (508) 410-1332 or at wccsgolfclub@gmail.com. You can also view our complete schedule on Facebook at Worcester County Senior Golf Club.

SPORTS

BLACKSTONE VALLEY TECH



Wednesday, Sept. 4
Boys' Soccer vs. North High, 3:30
Golf vs. Worcester Tech, 3:15
Cross-Country vs. Keefe Tech, 3:30
Boys' Soccer vs. Advanced Math and Science Academy, 3:30

Thursday, Sept. 5
Boys' Soccer vs. Assabet Valley, 3:15

Friday, Sept. 6
Girls' Soccer at Advanced Math and Science Academy, 3:30
Field Hockey vs. St. Bernard's High, 4

Monday, Sept. 9
Golf vs. Keefe Tech, 3:15
Girls' Soccer vs. Bay Path Regional, 3:30
Field Hockey vs. Assabet Valley, 3:30

Tuesday, Sept. 10
Cross-Country at Advanced Math and Science Academy, 3:30

Wednesday, Sept. 11
Golf at Advanced Math and Science Academy, 3
Girls' Soccer at Nipmuc Regional, 3:30

File photo

Bay Path Regional comes to town on Monday, Sept. 9 at 3:30 p.m. to open the home slate for the Blackstone Valley Tech girls' varsity soccer team.

WHITINSVILLE CHRISTIAN SCHOOL



Wednesday, Sept. 4
Girls' Soccer vs. Tri-County Regional, 3:30

Friday, Sept. 6
Boys' Soccer vs. Assabet Valley, 3:30
Volleyball at Tri-County Regional, 5

Tuesday, Sept. 10
Girls' Soccer vs. Nipmuc Regional, 3:30

Wednesday, Sept. 11
Boys' Soccer vs. Nipmuc Regional, 3:30
Volleyball vs. Nipmuc Regional, 6:30

Friday, Sept. 13
Girls' Soccer at Southbridge High, 3:30
Boys' Soccer vs. Southbridge High, 3:30
Volleyball vs. Bethany Christian Academy, 6:30

File photo

On Friday, Sept. 6, the Whitinsville Christian School's boys' varsity soccer team opens its season at home versus Assabet Valley at 3:30 p.m.

SEN. MOORE *continued from page A8*

isolation modeled after a then-existing federal assault weapons ban. The law, codified as M.G.L. ch. 140, §§ 121, 131M, makes it a crime to sell, transfer, or possess semiautomatic assault weapons, copies or duplicates of those weapons, and large capacity magazines capable of holding more than ten rounds of ammunition. The law has been upheld in a number of court cases including, most recently, the 2019 appellate court decision in *Worman v. Healey*, which concluded that our Constitutional rights are not violated by this law.

Admittedly, the vast majority of deaths caused by firearms are not due to assault weapons. I understand these types of firearms are certainly not an exclusive solution to reducing gun violence, however, it can help curb mass casualty situations. Why wouldn't we

want to renew a national ban on assault weapons? Data provided by the Federal Bureau of Investigation confirms that active shooter incidents have become more common in United States in recent years. Limiting access to assault weapons would seem appropriate to help prevent gunmen from inflicting the most deadly harm possible in a short period. Recently, the shooter in Dayton claimed the lives of nine people within 30 seconds and both the Dayton and El Paso shooters used military grade assault weapons acquired legally in both states.

Here in Massachusetts, we've also taken action to help address the mental health aspect of this issue by preventing those who may harm themselves (including suicide - a leading cause of gun violence) or others from obtaining or possessing a firearm. In addition to licensing requirements, the Commonwealth's "Red Flag" law, which passed overwhelmingly with bipartisan support, is narrowly tailored

to permit only a relative or a person with close ties to a legal gun owner to petition a court for up to a one-year firearm license suspension if they pose an immediate danger to themselves or others. The law creates a consistent, statewide procedure in a court of law. It also enhances the due process standards by requiring a prompt hearing for the gun owner, and creates a penalty, including jail time, for anyone who files a false report. Why wouldn't we want national action to prevent those who may cause harm from possessing a firearm?

So, you ask, what are we doing to help reduce illegal gun ownership? I think providing law enforcement with the tools they need to pursue criminals is a starting place. That's why I've filed legislation that aims to provide the Commonwealth with the tools to investigate such crimes by striking from the wiretap law the current limitation which precludes a court from issuing a wiretap warrant unless the offense

under investigation is being committed «in connection with organized crime. I've also filed legislation aimed at curbing bias incidents and hate crimes in public schools across the Commonwealth.

While my correspondence is unlikely to change the minds of those with stronger positions on this issue, it is my hope that this information will help illuminate why I find it important for the federal government to pursue legislative changes that have proven to be effective here in Massachusetts. The universal application of certain firearms laws in our country will address existing inconsistencies with state laws, and help to ensure our laws are not circumvented.

The bottom line is that I will continue to advocate for policies that are proven to save lives, and that do not infringe on our Second Amendment rights.

OBITUARIES

Barry J. Arrowsmith



B L A C K S T O N E
Barry J. Arrowsmith, 50, of Blackstone passed away on Thursday, Aug. 29, 2019 after a short illness at home with his family by his side. He was the husband of Shannon M. (Vorce) Arrowsmith.

Mr. Arrowsmith had been employed in the sales and service departments of various Nissan dealerships in the area and was a retiree of the U.S. Military.

Barry was born Nov. 22, 1968 in Manchester, CT the son of Alvin Arrowsmith of Enfield, CT and the late Ulla (Petersen) Arrowsmith. He had been a resident of CT before moving to Blackstone in 2008.

Barry had proudly served with the U.S. Coast Guard from 1990 – 1998. He supported all veterans and all veteran's organizations.

He loved hockey, especially the Boston Bruins and playing in his hockey league in Hopedale. He also enjoyed all sports including, golf and

fishing. He had a passion for cooking and took great pride in his meal preparation. It was always good. Barry also took great pride in his daughter Tristyn's activities and was a huge supporter of her swim team, the Woonsocket Whalers. He also loved his dear friend and canine buddy "Charlet" and cherished his most recent trip to the White Mountains of NH.

In addition to his wife Shannon and father Alvin, he is survived by his children; Tristyn Arrowsmith of Blackstone, Cody Arrowsmith of MA, Braylin Allen and Donald Ingersoll both of Blackstone; his brother Randy Arrowsmith of CO, and one grandchild, Maisy Ingersoll.

Visiting hours will be held on Sat. Sept. 21, 2019 from 1-2 PM in the BUMA FUNERAL HOME, 101 N. Main St., (Rt 122), Uxbridge followed by a funeral service at 2 PM in the funeral home. www.bumafuneralhome.com



Leo L. Lafreniere, 83

SUTTON- Leo L. Lafreniere, 83, of Whitins Rd. in the Manchaug section of Sutton, died Sun. Sept. 1, 2019 at Beaumont Nursing and Rehab after an illness.

He is survived by his loving wife of 40

years Frances M. (Calnan) Lafreniere; a brother Wilfrid N. and his wife Lucille Lafreniere of Uxbridge; a sister Jeanette L. Pouliot of Whitinsville; and many nieces and nephews. He was predeceased by 4 sisters Evelyn T. Vincent, Theresa C. Royer, Yvette Lafreniere and Adrienne Lafreniere.

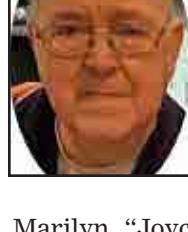
Born in Whitinsville on Aug. 4, 1936, he was the son of Louis J.L. and Emma M. (Carignan) Lafreniere, was raised in Linwood, and lived in Manchaug since building his own home there in 1966.

Mr. Lafreniere worked as a carpenter

22 years for George Guertin's Linwood Lumber Co. He later became a self-employed carpenter, working throughout the area until 2015, retiring due to illness. He enjoyed having coffee in the local coffee shops and dining out with his wife. He will be remembered as a gentleman, a craftsman with a strong work ethic with a genuine love for his family.

Leo's Funeral was held on Thurs. Sept. 5 from Jackman Funeral Home, 12 Spring St. Whitinsville with a Mass at 11 am in Good Shepherd Church 121 Linwood St. Linwood. Burial followed in the Quabbin Cemetery, Ware, MA. A calling hour was held Thurs. Sept 5 at the funeral home in Whitinsville from 9:30 to 10:30 am. Memorial donations in Leo's memory may be made to the American Heart Assn. 300 5th Ave Unit 6 Waltham, MA 02451. To leave a condolence message for the family please visit www.jackmanfuneralhomes.com

Richard E. "Dick" Morrison, 80



SUTTON-Richard E. "Dick" Morrison, 80, passed away at his home on August 26th after a courageous battle with cancer, surrounded by his loving family.

He is survived by his wife of 60 years, Marilyn "Joyce"(Fletcher) Morrison; his daughter, Pamela Lavallee and her husband Scott of Cheshire, CT; 4 grandchildren, Joshua Lavallee and his fiancé Stephanie Crichton of Burrillville, RI, Jessica Ostroskey and her husband Peter Ostroskey Jr of Worcester, MA, Michael and Sarah Morrison of Manchester NH; 2 great-grandchildren, Brandon and Landon; Uncle and lifelong friend, Donald Trottier of Holden, MA and many cousins. He was predeceased by his son Richard P. Morrison in 2010.

Dick was the son of Arlene (Trottier) Morrison and was raised in Uxbridge. He was a graduate of Uxbridge High School class of 1956. Dick moved to Whitinsville where he and Joyce raised

their family, and has been a resident of Sutton since 2012. He was a devoted husband, father, grandfather and great grandfather who enjoyed spending time with his family as well as motorcycling, fishing, woodworking and creating amazing art work. Dick retired as Plant Manager of Pnuetek Inc in Hudson, NH. His family would like to extend a special thank you to the American Cancer Society and VNA Hospice for their support and guidance shown to Dick and his family over the course of his illness.

His funeral was held on Sat. Aug. 31 from Tancrill-Jackman Funeral Home, 35 Snowling Road with a Mass at 10 AM in St. Marys Church, 77 Mendon St. Burial will follow in St. Marys Cemetery. Calling Hours at the funeral home were Fri. Aug. 30 from 5-7 PM. In lieu of flowers, donations in Dick's memory may be made to: The American Cancer Society, PO Box 22478, Oklahoma City, OK 731123. To leave a condolence message for the family, please visit www.jackmanfuneralhomes.com.



*Send all obituary notices to
Stonebridge Press, PO Box 90,
Southbridge, MA 01550, or by e-mail
to Obits@stonebridgexpress.news*

CALENDAR

Friday, September 6

NATURE STORY HOUR: 10:30-11:30 a.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us on the lawn behind the River Bend Farm Visitor Center for a nature themed story time, followed by a short nature walk and a craft activity. Meets rain or shine, during inclement weather program will move inside the Visitor Center. Appropriate for ages three to six, siblings are welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

OPENING RECEPTION — NEW CENTURY/NEW MATERIALS: A SURVEY OF CURRENT ART TRENDS PRESENTED BY VISITING CURATOR SABATO VISCONTI: 5:30-7:30 p.m., Alternatives Whitin Mill Heritage Gallery, 50 Douglas Rd., Whitinsville. A survey of innovative artistic practices centered on emerging trends in science and technology. This exhibit will bring artwork from New England and around

the world that examines the role of science and technology in a changing society. New Century / New Materials will feature a diverse range of practices: from Neural Network-based AI Art to Glitch Art; from Generative Art made from code to works in Augmented Reality formats; from BioArt created with bacterial cultures to a video art voyage through a stream's ecosystem. There will also be a special screening of short film works in the Singh Performance Center.

Saturday, September 7

CLOTHING SWAP: 9-11 a.m., Blackstone Valley United Methodist Church, 61 Linwood Ave., Whitinsville; please use the driveway off of Church Street, between Dominos and the law office and park in the back. For more information, please e-mail edalynne@hotmail.com or call Christine at (774) 262-6515.

Sunday, September 8

HIGH TEA AND HATS: 1-3 p.m., GB & Lexi Sing Performance Center, Whitin Mill, 60 Douglas Rd., Whitinsville.

Make it a Sunday Funday and join Margo Bik for her famous "It's all About Hats" program as she shares her extensive hat collection along with interesting anecdotes — the history of each hat and how she acquired

it. The Blackstone Heritage Corridor Photography Ambassadors will also present the hats on the theatre's big screen. Following the lively program, enjoy high tea presented by Herbs Make Scents of Whitinsville. Raise your pinkies for the planet and bring your favorite tea cup. Take it to the next level and dress up with your favorite hat! Event is free. RSVP at HighTeaAndHats.Eventbrite.com.

NEW ENGLAND COUNTRY MUSIC CLUB DANCE: 1-5 p.m., Progressive Club, 18 Whitin St., Uxbridge. Featuring live country music by Steppin' Up.

Tuesday, September 10

DOUGLAS LIBRARY INTREPID READERS: The next meeting of the Douglas Library book group, Tuesday, Sept. 10, 6:30 p.m., The Intrepid Readers, will be discussing Barbara Kingsolver's High Tide in Tuscon: essay from now or never. This illustrated anthology of twenty-five essays explores the themes of family, community, and the natural world while considering such specific topics as modern motherhood, paper dolls, and high-tide oysters. 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.

Thursday, September 12

MORNING NATURE WALK: 9:30 a.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Take a morning walk around the field paths and along the river, see what the park looks like as it wakes up. Leashed dogs welcome. About one mile. All ages welcome; children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

BROWN BAG ALONG THE BLACKSTONE: Noon to 1 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Pack a lunch and join us in the River Bend Farm Visitor Center. We will

watch an episode of "Along the Blackstone," an award-winning series of videos by the National Park Service of life in the factories and mills of the Blackstone Valley. All ages welcome; children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

BOOTS ALONG THE BLACKSTONE: 1-2:15 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join an interpreter in a leisurely walk along the tow path while discussing the stories and history uncovered in the episode of "Along the Blackstone" watched during Brown Bag Along the Blackstone! Approximately two miles. All ages welcome; children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

Friday, September 13

NATURE STORY HOUR: 10:30-11:30 a.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us on the lawn behind the River Bend Farm Visitor Center for a nature themed story time, followed by a short nature walk and a craft activity. Meets rain or shine, during inclement weather program will move inside the Visitor Center. Appropriate for ages three to six, siblings are welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

NIGHT SKY: 8-9:30 p.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Come explore the stars and the magic views the night sky has to offer at River Bend Farm. Get a closer view of the stars, the moon, and our neighboring planets through a telescope. Join volunteers and staff from Blackstone River Valley National Historic Park, and Skyscrapers Club as they share their knowledge and love of astronomy. Stargazing will take place in the field next to the visitor center parking lot. Program will take place rain or shine. All ages welcome; children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

Saturday, September 14

Turn To CALENDAR page A13

IN THE BLACKSTONE VALLEY TRIBUNE

To place an In-Memoriam, Card of Thanks, Birthday or Anniversary Greeting

In the Blackstone Valley Tribune,

Please Call, Patricia at 508-909-4135

Or email at Patricia@StonebridgePress.news

Ad prices are \$36 for a 2"x3" (actual size 2.4"x3")
Or \$72 for a 3"x4" (actual size 3.7"x4", or 4"x3" (actual size 5"x3")

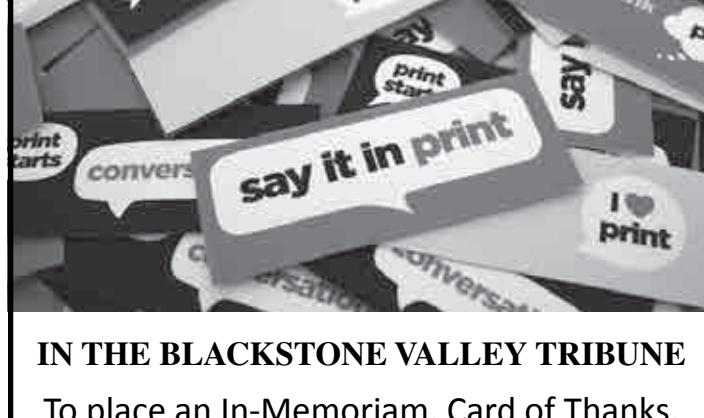
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C/O Patricia Owens 25 Elm St., Southbridge, MA. 01550

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CALENDAR

continued from page A12

GOAT HILL LOOP HIKE: 1-3 p.m., Goat Hill, Hartford Avenue East, Uxbridge. Come enjoy the start of the changes in foliage autumn brings during this three-mile round-trip hike that loops up Goat Hill and back. This forest trail ranges from easy to difficult in some areas, and has a variety of interesting views. Please call the park at (508) 278-7604 or e-mail blackstone. heritage@mass.gov for more information.

Friday, September 20

NATURE STORY HOUR: 10:30-11:30 a.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us on the lawn behind the River Bend Farm Visitor Center for a nature themed story time, followed by a short nature walk and a craft activity. Meets rain or shine, during inclement weather program will move inside the Visitor Center. Appropriate for ages three to six, siblings are welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

Saturday, September 21

ANNUAL FIELD DAY: Whitinsville Fish and Game Club Inc., White Court, Douglas. Save the date on your calendar now and please join us for a fantastic day of raffles, music, games, events for all ages, along with fresh grilled food in a beautiful outdoor setting. Check us out on Facebook or at www.whitinsvillefishandgame.com for additional information and tickets to this event.

WHITIN VILLAGE WALKING TOUR: 9-11 a.m., 1 Memorial Square, Whitinsville. Take a walking tour of the proposed Whitinsville-Downtown Crossroads Local Historic District led by Harry Berkowitz, Chair of the Local Historic District Study Committee. Learn about the proposed district, encompassing 12 properties, representing industry, government, civic, educational, and commerce. The Local Historic District will be considered for adoption at Northbridge's Fall Annual Town Meeting in October. On the tour you'll stop at the Whitin Mill, the Whitin Cotton Mill, Whitinsville Bank building, Whitin Community Center, Aldrich School, Memorial Town Hall, Memorial Park, and others.

ANNUAL FALL FLEA MARKET: The Millbury First Congregational Church at 148 West Main St. in Millbury is sponsoring a Flea Market on Saturday Sept. 21 from 9 a.m. to 2 p.m. Anyone wishing to reserve table space, please call Jeri Stead (508-865-5371). The \$20 inside area consists of a large supper table plus a card table. An outside reservation is \$10 and those chancing the weather need to provide their own table. "The Kitchen" will be serving coffee and muffins, and at lunch time, hot dogs will be served. There will also be a Bakery Table, and a Church Flea Market Table.

WOODLANDS AND WATERWAYS: 10-10:30 a.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. This walk will take you along the banks of the Blackstone Canal and through areas of field and woodland. Learn about how the canal and agriculture shaped the landscape to what it is

today. Wear comfortable clothes and sturdy shoes; bring water and insect repellent if you choose. About one mile. All ages welcome; children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

FALL FESTIVAL: 11 a.m.-4 p.m., St. Patrick's Church, 7 East St., Whitinsville. The festival will include vendor tables, a bake sale, toy table, raffles, food, music and much more!

Sunday, September 22

NEW ENGLAND COUNTRY MUSIC CLUB DANCE: 1-5 p.m., Progressive Club, 18 Whitin St., Uxbridge. With live country music by Rachel & The Western Partners.

Friday, September 27

NATURE STORY HOUR: 10:30-11:30 a.m., Blackstone River and Canal Heritage State Park, 287 Oak St., Uxbridge. Join us on the lawn behind the River Bend Farm Visitor Center for a nature themed story time, followed by a short nature walk and a craft activity. Meets rain or shine, during inclement weather program will move inside the Visitor Center. Appropriate for ages three to six, siblings are welcome, children must be accompanied by an adult. Please contact the park at (508) 278-7604 for more information.

Saturday, September 28

VCC HARVEST FAIR ON THE COMMON: 10 a.m.-3 p.m., Village Congregational Church, Whitinsville. Fun for everyone with kids' games, pumpkin painting, crafts, baked goods, plants, quilt raffle, baskets and gift certificates raffle, DJ/karaoke, hamburgers and hot dogs, baked potatoes, chowder, and more!

BIKE YOUR PARK DAY: 1-3 p.m., 1 Adams St., Uxbridge. Join us for an interpretive bike ride along the Blackstone River Greenway in celebration of National Ride Your Park Day. We will be stopping at highlights along the way, including Factory Pond and the Triad Bridge. This ride is supported by the BHC Bikeway Ambassadors. Helmets required. Appropriate for all ages. About seven miles. Will be cancelled if raining at start time. Starts at 1 Adams St. Please contact the park at (508) 278-7604 for more information.

Tuesday, October 1

CHRISTIAN COLLEGE FAIR: Whitinsville Christian High School is pleased once again to be a host site for the 2017 Christian University and College Fair on Tuesday, Oct. 1 from 6:30 - 8:30 p.m. in the Nehemiah Center at 279 Linwood Ave. in Whitinsville. Christian colleges from all over the United States will be represented. Students and parents will be able to pick up catalogs, brochures, financial aid information, and applications from the various college representatives. A financial aid seminar will also be offered during the evening. Should you have any questions, please feel free to call John Vriesema at 508-372-3272 or email jvriesema@whitinsvillechristian.org.

Saturday, December 7

SUTTON CHRISTMAS CHAIN OF

LIGHTS: 10 a.m.-4 p.m. Spend a day with your family and friends at the Town of Sutton's Annual Christmas Chain of Lights today. Free trolleys will transport visitors over rolling countryside to participating locations throughout historic Sutton. Farms, unique specialty stores, church fairs, and area businesses welcome the holidays with musical entertainment, children's activities, food, fun and Santa! Route information, maps, location descriptions and brochures are available at www.suttonchainoflights.weebly.com.

ONGOING EVENTS & INFORMATION

FARMERS' MARKET AT DANIELS FARMSTEAD: Farmers' Market begins July 7 and continue every Sunday, 11am to 3pm, though September 29, grill open 11:30 to 2:30 serving grilled franks, burgers (both Angus beef and veggie) Italian sausage with peppers & onions, cold beverages and all the fixings, Picnic tables, Homemade goodies, Tours, Music 12:30 to 2:30 p.m.

KUNDALINI YOGA: The fall session for the Wednesday morning class is from Sept 11 to Oct. 30 (10-11:15 a.m.). This eight-week session is offered at St. Peter's Parish Center in Northbridge, MA. Participants may pay for the entire session or attend as a walk-in student. Proceeds benefit the Youth Ministry and St. Peter's Parish.

For more information visit: <http://kundaliniyogacma.wix.com/site> or call 508-234-4185. All are welcome to join us on a journey toward a more balanced life.

NEED EMERGENCY ASSISTANCE? The Salvation Army is here to help serve emergency needs in the Blackstone Valley area. Services include assistance with food, clothing, utility payments and heating needs. To find out how we can help with your emergency needs, call 508-342-7122. Leave your name and telephone number and your call will be returned.

FREE WILL DINNERS: The First Congregational Church of Sutton, 307 Boston Road, presents its monthly free will offering of open seating dinners 4:30-6:30 p.m. on the second Saturday of each month. All welcome. Dinners served with bread, beverage and dessert. For information, call 865-6914.

SENIOR BREAKFAST: St. John's Episcopal Church Senior Breakfast held first Friday of the month 8-9 a.m. at the church, 3 Pleasant St., off Route 122A, Sutton, and is handicapped accessible. Suggested donation is \$5. For information, call Cyndy Rogers, (508) 529-4437.

PARENT SUPPORT: Parent Support Group in Millbury sponsored by Parent Professional Advocacy League. Free and confidential Parent Support Group on the second (workshop) and fourth (sharing) Friday of the month 10:30 a.m.-noon at the Millbury Public Library. Call PPAL (508) 767-9725 for information. PPAL is a statewide network of parents and professionals and adolescents with emotional, behavioral and mental health needs.

CARING: The Caregivers Group meet in the library at the Northbridge Senior Center fourth Tuesday of month 3-4 p.m. If currently caring for a family member or close friend, come and join others who share your compassion.

AL-ANON: A "Serenity on The Hill" Al-Anon step meeting held at 10 a.m. Wednesday at Congregational Church of Grafton, 30 Grafton Common, in the fireplace room.. Support group for family and friends of problem drinkers. Newcomers welcome. For information: 508-366-0556.

YOGA GROUP: join the Sunshine Yoga Collaborative in our mission to bring community based yoga to Uxbridge and the surrounding communities! Classes are appropriate for just beginning to advanced student. Class is Sunday 7:30-8:30 a.m. at Alternatives, Unlimited, 50 Douglas Road, Whitinsville. Extra yoga mats, but most bring their own. \$5 donation per class, which given to local organization. Visit Facebook: Sunshine Yoga Collaborative.

RECOVERY: Every Monday, Celebrate Recovery, a Biblically based step program designed to heal a wide variety of habits and harmful behaviors, such as drug dependency, abuse, eating disorders, depression, anger, pornography, broken relationships. Group meets every week in two-part session, an open group followed by gender-specific small share groups. Starts at 7 p.m. and ends at 9. Come at 6:30 p.m. for coffee and conversation. Pleasant Street Church, 25 Cross St., Whitinsville, (508) 234-5268, ext. 14, or email howard@pscrc.org.

BREAKFAST: The John 21 Community Breakfast at St. Patrick's Church has been established as a response to the needs of many people in our community. Breakfast will continue each and every Saturday 8-10 a.m. in the Parish Center, 1 Cross St., Whitinsville. Our mission is to serve a nutritious breakfast, free of charge, every Saturday morning in the spirit of community fellowship and hospitality. Teams of volunteers prepare and serve breakfast on a rotating basis. All welcome. For information contact ministry coordinator at John21Breakfast@gmail.com. To make a donation contact St. Patrick's rectory at 508-234-5656.

Legos Club: first and third Mondays of each month, ages six and up 3-5 p.m. at Whitinsville Social Library. Information about programming, visit the library's website www.northbridge-mass.org/whitinsville-social-library.

PROJECT KIBBLE: In this tight economy, it can be tough to make ends meet. What about your four-legged friends? Project Kibble collects donations of pet food and supplies and distributes them to local food pantries. We accept dog and cat food, kitty litter, small rodent and fish food. All donations must be unopened and unexpired. For more information contact projectkibble@gmail.com or call Christine 508-234-8131.

12-STEPS FOR OTHERS: Adult Children of Alcoholics 12-step support group meets 7:30 to 9 p.m. Mondays at the Hopedale Unitarian Church, 65 Hopedale St. For information, Rose at (508) 234-9004.

KUNDALINI YOGA: The fall session for the Wednesday morning class is from Sept 11 to Oct. 30 (10-11:15 a.m.). This 8-week session is offered at St. Peter's Parish Center in Northbridge. Participants may pay for the entire session or attend as a walk-in student. Proceeds benefit the Youth Ministry and St. Peter's Parish. For more information visit: <http://kundaliniyogacma.wix.com/site> or call 508-234-4185. All are welcome to join us on a journey toward a more balanced life.

TRIPS

continued from page A7

SPAIN & PORTUGAL: September 9-24, 2020

MILLBURY SENIOR CENTER
1 RIVER ST.
MILLBURY, MA 01527

Thursday, Sept. 12: Newport Playhouse trip. The play is "BINGO." Leaving at 9 a.m. Return around 6 p.m. Cost is \$76 apiece, and includes dinner, show and cabaret! For more information or reservations, please call the Millbury Senior Center at (508) 865-9154.

Sept. 22-24: Atlantic City Resorts. \$239. Three days and two nights. Departs 7:30 a.m., returns around 8 p.m. Price includes overnight accommodations at resort, two dinner vouchers and a show ticket, plus \$25 in free slot play! For more information or reservations, call or stop by the Senior Center at (508) 865-9154.

PAXTON SENIORS

Are you interested in joining another wonder trip in 2019?

A group of Seniors from Paxton and surrounding towns are planning a trip this year to Italy. The group plans to leave Paxton on Sept. 9, with transportation provided to Logan and return. Our flight will take us to Rome, Italy for 10 days visiting many historical sites of Italy. Rome has many beautiful attractions that many of us have not seen on previous visits. After two nights in Rome, we will move on to one night in Perugia where we will have the opportunity to visit Assisi, the birthplace of St. Francis of Assisi. Following our stay in Perugia, we move on to Florence, "the Cradle of Italian Renaissance," where we will view Michelangelo's incredible statue of David. After two nights in beautiful Florence, we will move on to Venice. On the way to Venice, we will stop at a 12th century castle and learn about the famous Tuscany wines and enjoy a cooking class and lunch. Next we are off to Venice for two nights. During that time, we have an opportunity to visit many of the wonderful sites of the Canal City.

After Venice, our next and last night will be Milan where we will have an opportunity to visit and shop at the "Quadrilatero della Moda," Milan's high-fashion district. We will depart for home from Milan.

Contact Jim Julian at the Casaubon Senior Center Monday, Wednesday or Friday 9-10 a.m. or call (774) 922-4049 or e-mail jimtrips@yahoo.com.

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association.

Contact Jim Julian at the Casaubon senior center Monday, Wednesday or Friday mornings from 9:00 to 10:00 AM or call 774 922 4049, or e-mail me jimtrips@yahoo.com

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

Contact Jim Julian at the Casaubon Senior Center Monday, Wednesday or Friday 9-10 a.m. or call (774) 922-4049 or e-mail jimtrips@yahoo.com.

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association.

Contact Jim Julian at the Casaubon senior center Monday, Wednesday or Friday mornings from 9:00 to 10:00 AM or call 774 922 4049, or e-mail me jimtrips@yahoo.com

September 17, 2019 Tuesday - Atlantic City Boys For \$95 you will get a deluxe motor coach to Danvers Yacht Club in

Danvers MA. where you will hear the music of the Beach Boys, The Drifters, the Bee Gees and more. You have a choice of baked stuffed chicken or schrod.

October 8-15, 2019 - ALL INCLUSIVE ARUBA - Room has just opened up for two couples on the 2019 trip, and I am taking names for 2020 trip.

November 12, 2019 - Tuesday - Foxwoods \$25 - 10 - AM bus.

For \$25 You get a deluxe motor coach ride to the casino You will have 5 hours at the casino as the bus will leave Foxwoods at 4 PM. You will receive \$10 for gaming and \$15 meal voucher.

Trips are open to the public!
Make checks payable to the Southbridge Senior Citizens Association.

Contact Jim Julian at the Casaubon senior center Monday, Wednesday or Friday mornings from 9:00 to 10:00 AM or call 774 922 4049, or e-mail me jimtrips@yahoo.com

Friends of Sturbridge Seniors

We are proud to announce the following upcoming Bus Trips which are open to everyone age 21 and over. The following One Day Bus trips are \$22.00 which includes a Deluxe Bus Transportation, Delicious Lunch, Tax, Gratuity and Fabulous Entertainers.

Sunday May 19th See The Edwards Twins, the Best Impersonators of all the Biggest Stars.

Tuesday June 18th See The 3 Red Neck Tenors, Down Home Laughs + Big City Music, Pop to Opera.

Wednesday August 28th Tribute Show hear Songs of Neil Diamond, Carole King, Johnny Cash, Janis

Tuesday Sept 17 Atlantic City Boys,4 Dynamic Lead Singers perform World Class Vocals and Comedy

We also have the following 2 to 5 Day Overnight Trips for Singles and Double Occupancy.

Saturday June 29 to Wed July 3 Nova Scotia, Bay of Fundy, Royal Nova Scotia International Tatoo

Tuesday December 3 to Thursday Dec 5th Pennsylvania Dutch and The Miracle of Christmas Show,

Hershey's Chocolate World and more \$45.00 Double occupancy

For more information, please contact Dick Lisi at 508 410 1332 or at lisirichard15@yahoo.com

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2019. We are a non-profit family oriented Franco-American fraternal society since 1900. As always, you do not have to be a member to participate in any of the scheduled events. All are welcome. Gift certificates purchased in any amount can be used by the recipient to any event at face value. For information or reservations contact Ted at (508) 764-7909.

2019 is the Society's 27th anniversary in providing members and non-members alike the opportunity to experience excursions of a day or extended days. All are welcome to travel with our organization.

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2016 CHEVY CRUZE NEW Retail Price: \$24,495
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WHOLESALE PRICE: \$14,877
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2016 HONDA ACCORD NEW Retail Price: \$26,180
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LIKE NEW 2017 FORD ESCAPE SE SUV NEW RETAIL PRICE: \$29,495
#P12211L • 4x4, 17" Alloys, Bluetooth, Turbo, Nav, Back-Up Camera, SYNC
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2018 JEEP COMPASS NEW Retail Price: \$28,090
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2018 NISSAN ALTIMA 2.5 NEW Retail Price: \$28,180
#H0858RV • 17" ALLOYS, SV TRIM, REMOTE START, BACK-UP CAM
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LIKE NEW 2016 FORD F-150 4X4 SUPERCREW NEW RETAIL PRICE: \$39,985
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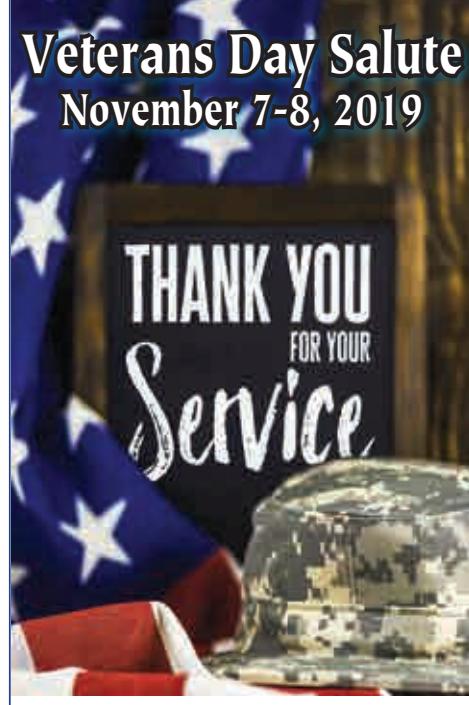
Friday, September 6, 2019

**Looks Who's Turning
100!**

Stella Bailey
September 8th


**Happy Birthday
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Stonebridge Press
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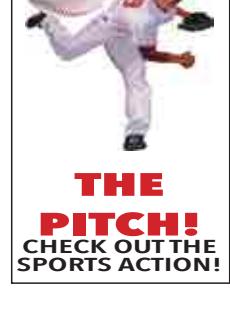
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Veterans Day Salute November 7-8, 2018

**Stonebridge Press
is saluting our veterans**

(from all wars & branches, including honoring deceased veterans), reservists, and active duty U.S. Military members in the November 7-8th issue.



Please send in a photo of your loved one with his or her name, rank, branch of military, and hometown by email to julie@villagernewspapers.com

**The deadline for photos is October 17.
There is no cost to submit a photo.**

If you submitted a photo in previous years, please DO NOT re-send.

All previous submitted veterans photos will be run again.

Let's give our veterans the recognition they so greatly deserve!

STONEBRIDGE PRESS 9TH ANNUAL PET HALLOWEEN COSTUME CONTEST



Send your photos to jsima@stonebridgepress.news or mail to Stonebridge Press Pet Contest, P. O. Box 90, Southbridge, MA 01550 by OCTOBER 18th.

All photos to run in the November 1st issue of all 7 Massachusetts Papers!

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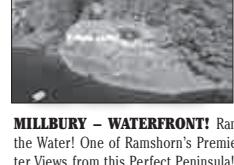
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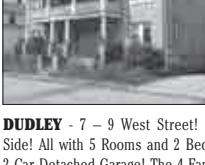
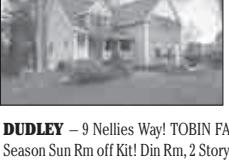


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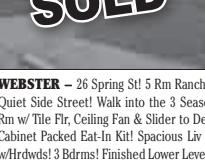
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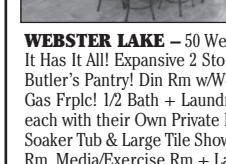
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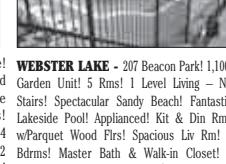
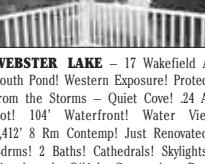
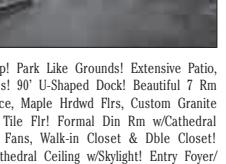
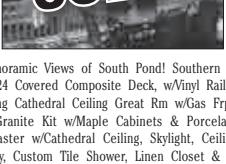
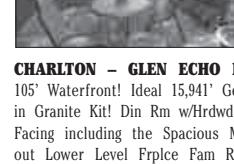
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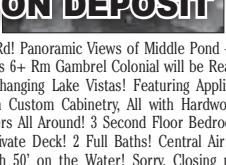
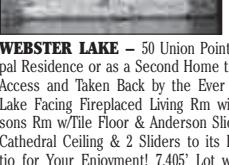
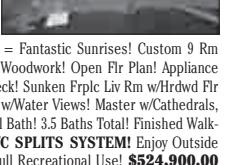
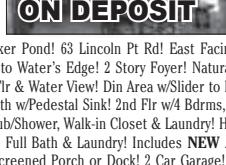
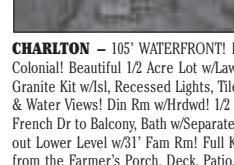
DUDLEY – 24 Hickory Dr! 8 Rm 50' Split on Dble Corner Lot! Fully Applianced SS Kitchen w/Flr, Cherry Cabinets, Corian Counters & Island! Din Rm w/Slder to Deck! Lkr Rm w/Wet Bar, Cherry Cabinetry, Recessed Lights & Picture Window! Slate Entry w/Coat Closet! Full Bath w/Flr! Master w/Wall to Wall, Triple Closet & Recent Refreshed Master Bath! 2nd & 3rd Bdrrms w/Wall to Wall & Dble Closets! Lower Level Fam Rm w/Stone Fireplace w/Pellet Insert! Office/Phy Rm w/Wall to Wall! Half Bath w/Recent Vanify! C/Air! Oil Heat! 2 Car Garage! Generator! Replacement Windows! Flexible Floor Plan! **\$299,900.00**



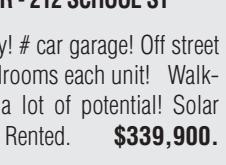
DUDLEY – 9 Nellies Way! TOBIN FARM ESTATES! 10 Rm Colonial Set on 1.2 Acres! Applianced Dine-in Granite Kit! 3 Season Sun Rm off Kit! Din Rm, 2 Story Fam Rm w/Pellet Stove, Bdrm, Full Bath w/Laundry & Gleaming Hrdwds Round Out 1st Flr! 2nd Flr Features an Open Balcony to the Lkr Rm! Plenty of Space for an Office, Playroom or Reading Area, Use Your Imagination! Master w/Tray Ceiling & 3 Closets! Master Bath w/Dual Sinks, Shower, Whirlpool Tub & Makeup Counter! 2 Additional Bdrrms & Full Bath! Huge Finished Walk-out Lower Level Perfect for Entertaining! Wet Bar w/Wine Cooler & Fridge! Half Bath w/Tile Flr! Irrigation! Shed! JD Riding Mower! Don't Miss Out! **\$469,900.00**



CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-in in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrrms, 3 Lake Facing including the Spacious Master! Full Bath! Enjoy the Sun Rm w/Lake Views! 32' Walkout Lower Level Frplce Fam Rm w/Wet Bar & Convenient Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefited by Town Sewer! Start Packing! **\$509,900.00**



CHARLTON - 105' WATERFRONT! Baker Pond! 63 Lincoln Pt Rd! East Facing = Fantastic Sunrises! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edge! 2 Story Foyer! Natural Woodwork! Open Flr Plan! Applianced Granite Kit w/sl, Recessed Lights, Tile Flr & Water View! Dir Area w/Silder to Deck! Sunken Frplce Liv Rm w/Hrdwd Flr & Water Views! Din Rm w/Hrdwd Flr! 1/2 Bath w/Pedestal Sink! 2nd Flr w/4 Bdrrms, 3 w/Water Views! Master w/Cathedral, French Dr to Balcony, Bath w/Separate Tub/Shower, Walk-in Closet & Laundry! Hall Bath! 3.5 Baths Total! Finished Walkout Lower Level w/3' Fam Rm! Full! Full Bath & Laundry! Includes NEW A/C SPLITS SYSTEM! Enjoy Outside from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! **\$524,900.00**



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Sharon Pelletier - Broker

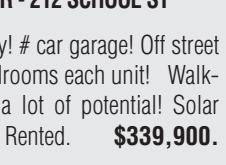
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We Want
Your Listings!

Featured New Listing!

WEBSTER - 212 SCHOOL ST

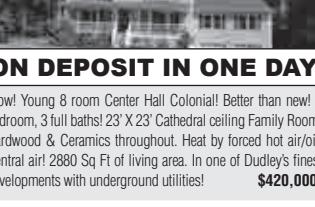
Large 4 Family! # car garage! Off street parking. 2 bedrooms each unit! Walk-up attic with a lot of potential! Solar panels!! Fully Rented. **\$339,900.**



THOMPSON, CT - 6 LILLIAN AVE, LOT #1



DUDLEY - 71 EAGLE DRIVE



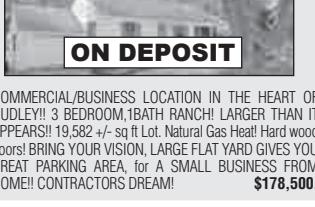
THOMPSON, CT - 8 LILLIAN AVE, LOT #2



ON DEPOSIT IN ONE DAY!

Wow! Young 8 room Center Hall Colonial! Better than new! 3 bedroom, 3 full baths! 23' X 23' Cathedral ceiling Family Room! Hardwood & Ceramics throughout. Heat by forced air/oil, Central air! 2880 Sq Ft of living area. In one of Dudley's finest developments with underground utilities! **\$420,000.**

DUDLEY - 188 WEST MAIN ST



ON DEPOSIT

COMMERCIAL/BUSINESS LOCATION IN THE HEART OF DUDLEY!! 3 BEDROOM,1BATH RANCH! LARGER THAN IT APPEARS!! 19,582 +/- sq ft Lot. Natural Gas Heat! Hard wood floors! Bring YOUR VISION, LARGE FLAT YARD GIVES YOU GREAT PARKING AREA, FOR A SMALL BUSINESS FROM HOME!! CONTRACTORS DREAM! **\$178,500.**

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

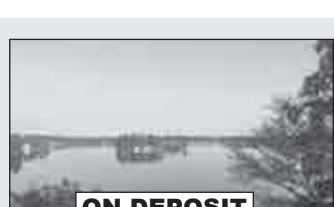
Featured New Listing!

OXFORD - 66 CHARLTON ST

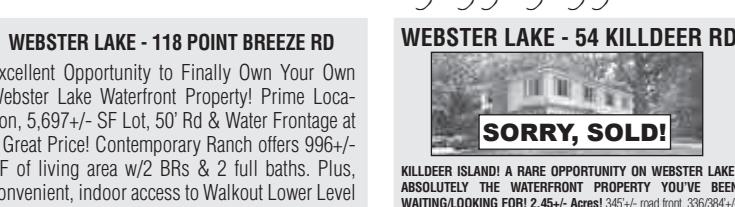
VERY UNIQUE PROPERTY! ADORABLE 4BEDROOM 1.5 BATH CAPE! VERY PRIVATE LOT w/CARROUSE HOUSE/CABANA/ WORK AREA/ EXPANSIVE GARAGE! STREET ACCESS FROM ALL THREE SIDES WITH LONG EXTENDED DRIVEWAY. STAINLESS STEEL APPLIANCED KITCHEN , UPDATED BATHROOM W/JACUZZI TUB AND SHOWER! BRAND NEW FORCED HOT AIR HEATING SYSTEM & HOT WATER TANK! RECENT 200 AMP CIRCUIT BREAKERS ONE YEAR OLD WOOD STOVE! ENCLOSED SIDE PORCH. HEATED FOR FALL AND WINTER ENJOYMENT!! TWO STORY GARAGE, ATTACHED CABANA FAMILY & WORK ROOMS, NEW 4BEDRM SEPTIC SYSTEM, COMPLETED PRIOR TO CLOSING. THIS ONE NEEDS TO BE SEEN!! **MOTIVATED SELLER \$349,900**



WEBSTER LAKE - 118 POINT BREEZE RD



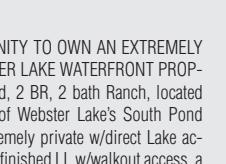
WEBSTER LAKE - 54 KILLDEER RD



SORRY, SOLD!

KILLDEER ISLAND! A RARE OPPORTUNITY ON WEBSTER LAKE! ABSOLUTELY THE WATERFRONT PROPERTY YOU'VE BEEN WAITING/LOOKING FOR! 2.45+- Acres! 345 +/- front road front, 336' 384 +/- depth, 275 +/- Lakefront! Mature landscape provides unprecedented privacy, & a friendly level lot at water's edge - like very few waterfront properties! The 3700 SF +/- Mid-Century Modern Home is unique w/modern windows! 2800' panoramic views across the rooms below. A 30x32 +/- deck/garage w/summer kitchen, 1/2 bath! Family owned gem for 60+ years! **\$1,495,000.**

WEBSTER LAKE - 32 JACKSON RD



AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26' detached garage & 8x8 storage shed. Park like grounds! **New Price \$375,000**

full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore frontage available.

ON DEPOSIT

NEW PRICE \$299,900.

full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore frontage available.

ON DEPOSIT

NEW PRICE \$299,900.

full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore frontage available.

ON DEPOSIT

NEW PRICE \$299,900.

full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore frontage available.

ON DEPOSIT

NEW PRICE \$299,900.

full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore frontage available.

ON DEPOSIT



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CALL FOR A MARKET ANALYSIS



WEBSTER: Fireplace, 3 bedroom, 20' x 20' family room, formal dining room, private yard, easy highway access, near Webster Lake

293 Thompson Rd ~ \$244,900



**OPEN
HOUSE
SUN 11-1**

DUDLEY: Investment Opportunity! Hardwood floors, granite countertops, recent roof, windows recently painted, exterior. Great for combining wormholes. Live in existing house – subdivide a lot or lots and build a new house.

71 Mason Road ~ \$359,900

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PRICE REDUCED



THOMPSON, CT - \$255,000
223 Stawicki Road
3 Bedroom, Split, Full Inlaw
COMPLETELY REMODELED

OPEN HOUSE SAT & SUN 12:30-2



SPENCER, MA - \$259,900
24 Bay Path Road
3 Bdrm Ranch
Immaculate Condition

PENDING



N.WOODSTOCK, CT - \$244,900
657 Brick Yard Rd
3 bedrooms, 2 Bath,
Lots of Land,
Ability to finish basement

FEATURE PROPERTIES



New Construction

WEBSTER, MA - \$289,900
90-A Sutton Rd.

3 Bedroom, Raised Ranch. Come Choose Your Colors & Finishes Now!



INVESTOR SPECIAL

Worcester MA - \$225,000
15 South Flegg St.

Desirable neighborhood with great bones.



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LEGALS

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Scott A. Balcom to Mortgage Electronic Registration Systems, Inc. acting solely as nominee for GMAC Mortgage, LLC f/k/a GMAC Mortgage Corporation, dated October 5, 2007 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 41901, Page 153 (the "Mortgage") of which mortgage NewRez LLC, F/K/A New Penn Financial, LLC, D/B/A Shellpoint Mortgage Servicing is the present holder by assignment from Mortgage Electronic Registration Systems, Inc. as nominee for GMAC Mortgage, LLC f/k/a GMAC Mortgage Corporation, its successors and assigns to Ocwen Loan Servicing, LLC dated June 11, 2013 recorded in Worcester County (Worcester District) Registry of Deeds in Book 51076, Page 188; assignment from Ocwen Loan Servicing, LLC to Green Tree Servicing LLC dated June 17, 2015 recorded in Worcester County (Worcester District) Registry of Deeds in Book 53874, Page 242; assignment from Ditech Financial LLC f/k/a Green Tree Servicing LLC to New Residential Mortgage LLC dated June 4, 2018 recorded in Worcester County (Worcester District) Registry of Deeds in Book 58897, Page 195; assignment from New Residential Mortgage LLC to Ditech Financial LLC f/k/a Green Tree Servicing LLC dated December 5, 2018 recorded in Worcester County (Worcester District) Registry of Deeds in Book 59912, Page 149 and assignment from Ditech Financial LLC f/k/a Green Tree Servicing LLC to NewRez LLC, F/K/A New Penn Financial, LLC, D/B/A Shellpoint Mortgage Servicing dated July 12, 2019 recorded in Worcester County (Worcester District) Registry of Deeds in Book 60756, Page 66, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at Unit B, of the 109-113 Border Street Condominium, 111 Border Street, Northbridge, MA 01534 will be sold at a Public Auction at 1:00 PM on October 2, 2019, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

Unit B in the condominium known as 109-113 Border Street Condominium which condominium was created by Master Deed dated September 4, 2007 and recorded in the Worcester Registry of Deeds on September 13, 2007 in Book 41793 at Page 275, in accordance with and subject to the provisions of Massachusetts General Laws Chapter 183A as amended.

Unit Address: 111 Border Street, Unit B, Whitinsville, MA 01588

Said unit is conveyed with an undivided 33 1/3 % interest in the common areas and facilities of the condominium as set forth in the Master Deed as amended.

The Subject Unit is hereby subject to:
1. Easements in favor of the adjoining unit and in favor of the common areas and facilities for the continuance of all encroachments of the adjoining unit or common areas and facilities on the Subject Unit existing as a result of construction of the Building or that may come into existence hereafter as a result of:

(1) settling of the Building; or
(2) condemnation or eminent domain proceedings; or
(3) alteration or repair of the common areas and facilities or any part thereof done pursuant to the provisions of the Master Deed as the same may be from time to time amended, or the provisions of the Declaration of Trust of the 109-113 Border Street Condominium Trust as the same may be from time to time amended; or
(4) repair or restoration of the Building or any unit therein after damage by fire or other casualty.

2. An easement in favor of the Owners of other units to use all pipes, wires, flues, ducts, conduits, plumbing lines and other portions of the common areas and facilities located in the Subject Unit and serving the other units;

3. The provisions of the Master Deed and Master Plans of the Condominium recorded simultaneously with and as part of the Master Deed, and the provisions of the Declaration of Trust of the 109-113 Border Street Condominium Trust and the Bylaws and Rules and Regulations thereto (which Declaration of Trust of the 109-113 Border Street Condominium Trust, Bylaws, and Rules and Regulations, dated September 4, 2007, are recorded in the Worcester Registry of Deeds in Book 41793, Page 292), as the same may be amended from time to time by instruments recorded with said Deeds, which provisions, together with any amendments thereto, shall run with the land and shall bind any person having at any time interest or estate in the Subject Unit, including his or her family, tenants, servants, visitors and occupants, as though such provisions were

recited and stipulated at length herein; 4. Easements, rights, obligations provisions, agreements, restrictions, building line limitations, zoning regulations, public utility and telephone easements, easements in favor of the Declarant of the Master Deed, and all other matters set forth or referred to in the Master Deed; and

5. The provisions of Massachusetts General Laws, Chapter 183A ("Condominiums").

The Subject Unit shall not be used or maintained in a manner inconsistent with the provisions of the Master Deed, or of this Unit Deed, or the 109-113 Border Street Condominium Trust and the Bylaws and rules and regulations thereto, as the same may from time to time be amended.

The unit and the proportionate interests in the common areas are conveyed with the benefit of and subject to all the rights, restrictions, agreements and other matters and provisions referred to or set forth in the Master Deed as amended, and the 109-113 Border Street Condominium Trust and any rules and regulations promulgated pursuant to said Trust.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 41901, Page 149.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

Terms of the Sale: Cash, cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable in cash or by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA 01851 or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale.

NewRez LLC, F/K/A New Penn Financial, LLC, D/B/A Shellpoint Mortgage Servicing

Korde & Associates, P.C.

900 Chelmsford Street

Suite 3102

Lowell, MA 01851

(978) 256-1500

Balcom, Estate of Scott A., 17-030382

September 6, 2019

September 13, 2019

September 20, 2019

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 R. Gardner, Bonnie A. Gardner to Mortgage Electronic Registration Systems Inc., as nominee for HSBC Mortgage Corporation (USA), dated March 20, 2006 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 38614, Page 319, as modified by a certain modification agreement dated February 9, 2015, and recorded with said Worcester County (Worcester District) Registry of Deeds in Book 53793, Page 16, of which mortgage the undersigned is the present holder, by assignment from:

Mortgage Electronic Registration Systems Inc., as nominee for HSBC Mortgage Corporation (USA) to HSBC Bank USA, NA, recorded on January 25, 2012, in Book No. 48447, at Page 378 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on October 14, 2019, on the mortgaged premises located at 105 Eric Drive, Uxbridge, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

A certain parcel of land with the buildings thereon, situated on the westerly side of Eric Drive, in Uxbridge, Worcester County, Massachusetts, and being shown as Lot 76 on a plan entitled, "Definitive Plan of West River Estates (Phase 4B), in Uxbridge, Mass., Owned by Fred Hutnak", Scale 1"=40', Dated December 1, 1987, Drawn by Andrews Survey & Engineering, Inc., Uxbridge, MA, and recorded with the Worcester District Registry of Deeds in Plan Book 616, Plan 5, to which reference may be had for a more particular description. Containing 1.20 acres or 52,249.48 square feet of land, more or less, according to said Plan. Declaration of Homestead, recorded with the

Worcester District Registry of Deeds in Book 34681, Page 87; is hereby made subordinate to this mortgage and this mortgage only. For title see Deed of Mark A. Cullen and Tammy L. Cullen, dated September 24, 2004, and recorded with the Worcester District Registry of Deeds in Book 34681, Page 64. For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 34681, Page 64.

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:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

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

HSBC BANK USA, N.A.

Present holder of said mortgage

By its Attorneys,

HARMON LAW OFFICES, P.C.

150 California St.

Newton, MA 02458

(617)558-0500

15727

August 30, 2019

September 6, 2019

September 13, 2019

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 347 West Street, Uxbridge, MA 01569

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Gregory MacDonald to Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc., and now held by HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR STRUCTURED ADJUSTABLE RATE MORTGAGE LOAN TRUST, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2005-21, said mortgage dated August 31, 2005 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 37210, Page 103, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc. to HSBC BANK USA, N.A. as Trustee for the Certificateholders of SARM-2005-1 by assignment dated December 3, 2009 and recorded with said Registry of Deeds in Book 45238, Page 307; said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc. to HSBC BANK USA, N.A. as Trustee for Structured Adjustable Rate Mortgage Loan Trust, Mortgage Pass-Through Certificates, Series 2005-21, said mortgage dated August 31, 2005 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 37210, Page 103, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc. to HSBC BANK USA, N.A. as Trustee for Structured Adjustable Rate Mortgage Loan Trust, Mortgage Pass-Through Certificates, Series 2005-21, said mortgage dated August 31, 2005 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 37210, Page 103, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc. to HSBC BANK USA, N.A. as Trustee for Structured Adjustable Rate Mortgage Loan Trust, Mortgage Pass-Through Certificates, Series 2005-21, said mortgage dated August 31, 2005 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 37210, 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The health benefits of carrots

When looking to quell hunger pangs that can pop up between meals, many people reach for snacks. Snacks can be a great way to prevent overeating at mealtime, but such benefits can be negated if people choose the wrong snacks.

Potato chips and sugary packaged baked goods may be readily available inside office vending machines and at convenience stores, but such snacks don't pack the nutritional punch of carrots. Considered a superfood by many people, carrots are a simple snack that can be found at any grocery store and brought along to an office, regardless of whether that office is a traditional office, a work site or anywhere else people spend their workdays.

Vitamins and minerals

Carrots are a great source of various vitamins and minerals. According to the health and wellness information site Healthline®, carrots are great sources of vitamin A, biotin, vitamin K1, potassium, and vitamin B6.

Carrots are rich in beta-carotene, which the body converts into a vitamin A, a nutrient that promotes strong vision and plays a vital role in immune function.

Studies have shown that biotin plays an important role in the body's ability to metabolize fat and protein.

Vitamin K1 plays a vital role in blood coagulation, which is the process of making blood clot. Coagulation enables the blood to plug and heal a wound.

Potassium can help people control their blood pressure, which can benefit their long-



term health in various ways.

Finally, vitamin B6 plays a role in converting food into energy, making it an ideal afternoon snack for people who want to quell their hunger pangs and give themselves a needed energy boost.

Carrots and long-term health Carrots also have been shown to have long-term health

benefits. In 2016, the American Institute for Cancer Research added carrots to its list of "Foods that Fight Cancer." The links between carrots and reducing cancer risk are many and include carrots' status as a low-calorie snack. Low-calorie snacks can help people reduce their risk of overweight and obesity, which the AICR notes are a cause of 11 cancers.

Studies, including one published in the European Journal of Nutrition, have linked carrots to lower cholesterol levels. That's a considerable benefit, as high cholesterol is among the most significant risk factors for heart disease.

Carrots have long been touted as helping to improve vision, and that reputation is well-earned. When the beta-car-

otene in carrots is converted into vitamin A, that vitamin A combines with a protein called opsin to form rhodopsin, which is needed for night and color vision.

When snack time beckons, carrots can help people reap immediate and long-term rewards.

Saturated fat versus unsaturated fat

Fat can be confusing as it pertains to diet. If asked to describe fat in a single word, many people might be inclined to say, "Bad." However, fat is more complicated than that and is actually an essential component of a healthy diet.

According to the American Heart Association, between 25 and 35 percent of a person's daily calories should consist of fat. Not all fats are the same, and food typically contains both saturated and unsaturated fat. Understanding the distinction between the two can help people make sound dietary decisions.

What is saturated fat?

According to the online medical resource Verywell Health, saturated fats have no double bonds in their chemical structure. It's because of that structure that saturated fats have a solid consistency at room temperature. Saturated fat can be found in various foods, including animal meat, coconut oil, cheese, butter, milk, and processed meats, such as bologna and sausage. Prepackaged snacks such as cookies and crackers also may contain saturated fats.

What is unsaturated fat?

Unsaturated fats contain one or more double bonds in their chemical struc-



ture and are typically liquid at room temperature. Not all unsaturated fats are the same. Some are monounsaturated fats, which contain only one

doubled in their structure. Examples of monounsaturated fats include canola oil and olive oil. Polyunsaturated fats are those that contain two or more dou-

ble bonds in their structure. Safflower oil, sunflower oil and corn oil are some examples of polyunsaturated fats.

Is one type of fat worse than another?

Part of the difficulty surrounding dietary fat is conflicting studies regarding its effects on overall health. Saturated fat has long been considered unhealthy, and the AHA recommends that less than 6 percent of daily caloric intake consist of saturated fat. Some studies have indicated that high amounts of saturated fats are linked to an increased risk for heart disease, while other studies refute such claims.

Is one type of fat better than another?

Unsaturated fats are generally considered more beneficial to overall health than saturated fats. The AHA recommends that people should get most of their daily fat intake from unsaturated fats, which can be found in foods such as nuts, olives and avocados. Fish such as tuna and salmon also are good sources of unsaturated fats.

Fats and how they fit into a healthy diet can be difficult to understand. Adults can consult with their physicians to determine which foods and fat sources are right for them.

LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 191 Ivy Lane, Whitinsville (Northbridge) and Sutton, MA 01588

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Carl Miller and Sonya Galvan-Miller to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for Firsttrust Bank, and now held by **PennyMac Loan Services, LLC**, said mortgage dated June 11, 2015 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 53840, Page 210, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc. as nominee for Firsttrust Bank to PennyMac Loan Services, LLC by assignment dated November 15, 2017 and recorded with said Registry of Deeds in Book 58145, Page 56; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction** on October 3, 2019 at 11:00AM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land at 191 Ivy Lane, in that part of Northbridge known as Whitinsville

& Sutton, Worcester County, Massachusetts being shown as Lot 13 on a plan entitled "Prentice Garden, Lots for Sale By Bedrosian & Casasanta Realty Trust, Northbridge-Sutton, Mass.", dated April, 1966 by G. Bertrand Bibeault, C.E., recorded with Worcester County (Worcester District) Registry of Deeds, Plan Book 302, Plan 14. *Deed reference: Book 53840-208, recorded herewith.*

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated May 27, 2015 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 53840, Page 208.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and

place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within thirty (30) days after the date of sale.

Other terms to be announced at the sale.

Brock & Scott, PLLC

1080 Main Street, Suite 200

Pawtucket, RI 02860

Attorney for PennyMac Loan Services, LLC

Present Holder of the Mortgage

401-217-8701

August 30, 2019

September 6, 2019

September 13, 2019

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Worcester Probate and Family Court

225 Main Street

Worcester, MA 01608

(508) 831-2200

Docket No. WO19C0443CA

CITATION ON PETITION TO

CHANGE NAME

In the matter of:

Liam Jeffrey Heywood
A Petition to Change Name of Minor has been filed by **Liam Jeffrey Heywood of Blackstone MA** requesting that the court enter a Decree changing their name to: **Liam Jeffrey Ryan**

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 09/17/2019. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: August 19, 2019

Stephanie K. Fattman

Register of Probate

September 6, 2019

Town-to-Town**CLASSIFIEDS**www.towntotownclassifieds.com**1-800-536-5836****Home Town Service,
BIG TIME RESULTS****ARTICLES FOR SALE****010 FOR SALE**

BOBCAT MOBILITY Scooter red 4 months old, only used indoors, less than 10 miles on it. No signs of wear, in like new condition. Bought new for \$675 make reasonable offer. 774-280-0414

BOSE STEREO SPEAKERS Reflecting 6.2 Everywhere Speakers 4 Speakers 2 Left and 2 Right Asking \$80.00 Each Call 1-508-347-3145

Bunn My Cafe single cup brewer \$75 Oak bookcase 3'x3' 3 shelves \$50 508 320-7230

COFFEE & TWO END TABLES Cherry finish w/glass tops. Very good condition. \$125 Call 508-735-2560

CUB CADET SNOWBLOWER 13hp Tecumseh OHV. 45 in. width, trigger steering, 6 FWD, 2 REV, new condition. Hardly used! \$1,600.00. 508-347-3775

DUCK STAMP RW#1\$1.50. got stamps? Call Ron 413-896-3324 stamps wanted.

DUCK STAMP RW#1\$1.50. got stamps? Call Ron 413-896-3324 stamps wanted.

ENTERTAINMENT CENTER 3 Pieces Each 6 ft 2 inches Tall 31 Inches Wide Adjustable shelves for TVs ect. Cabinets for storage Asking \$150.00 for All Call 1-508-347-3145

FOR SALE Brand new 8ft Leers Cap. Fits a 8ft bed for 2016 and under. \$850 call 508-909-6070

FOR SALE Janome Sowing/ Embroidery Machine. Includes: all feet, Hoops software. \$3,700. Call 860-774-5714 and leave a message.

FOR SALE MAKE A OFFER: kitchen table with four chairs and a side table, Inversion Table and Elliptical, and 3 book cases. Call 508885-6570

FOR SALE Remote control Airplanes some with motors. Eagle Magna 3 plus Fish locator. Still in box.

Panasonic Base with speakers. 774-241-0027

FURNITURE FOR SALE dining room set with HUTCH like new perfect condition. Bar with 3 stools. Must See. Stereo Equipment Love seat and chairs and Misc items. 508-234-7252

FURNITURE FOR SALE Ladies bureau w/ extra large mirror, man's bureau, queen size bed, 2 twin beds, 2 Lazy-Boy chairs, excellent condition. Best Offer. Can be seen at The Old Cider Mill, Route 9, West Brookfield or call 774-232-9382.

GENERAC GP500 Gasoline Generator-Unboxed, never used. Original manual + warranty card. Provides 5500 watt power supply. Asking \$575. 203-209-6418

010 FOR SALE

HOME SUPPLIES including a large assortment of fabrics in both prints and solids to choose from. Also includes choices of a variety of laces, trims, sequins and beads etc. Please call 413-436-5073.

ITEMS FOR SALE Air conditioner-\$50, whirlpool refrigerator-\$100 Water Heater-\$600, Table saw-\$40, Pool table-\$400, Air Hockey table-\$400, Verilene Fridge-\$500, Kitchen stove-\$100, windows/door: Triple casement-\$150, Double hung-\$50, Dead light-\$100, Pitcher window-\$100, Teratone door-\$100, Double Hung-\$150, Casement-\$50, Double Hung Replacement-\$25. Dump trailer 5'Call 757-7055106.

LETTER PRESS COMMERCIAL PRINTING EQUIPMENT - all together, poster press 14"x22", job press 10"x15", Seybold paper cutter (extra blade) 25"x36", wooden type cabinet, 12 draws of type, 1 lead cutting-saw, hand tool equipment, 2 steel draw cabinets. (will not sell separately) \$5,000. 508-764-4458

MOTORCYCLE GEAR: Harley Davidson Women's black leather jacket Size L \$100. Women's Leather chaps by CDI Riding Gear size-M \$50. 2 Harley Davidson women's vests 1 tan, 1 black \$50; each; Men's Widder Electric heat vest size 42 \$25. Ladies Hudson Leather vest size L \$25. HJC full face helmet yellow and grey brand new size S, \$75. HJC full face grey helmet size XS, used \$25. Ladies Tour Master rain gear size L yellow and black \$50. Call 413-245-6530

QUEEN SIZE BEDROOM SET dark cherry, includes bed frame, headboard, 2 bureaus, one end table \$500. Also lighter oval table with leaf and 4 cushion chairs, solid wood. \$200. 508-885-2262.

REES 16K SLIDING FIFTH WHEEL HITCH S375 or BO. ALSO WEIGHT DISTRIBUTION HITCH, for class C receiver on car or truck \$300 or BO. call John 508 244 9699

SEASONED HARDWOOD FIREWOOD cut split delivered. \$225 per cord. CALL 508-282-0232

SNOW TIRES, PIRELLI 245/45R19/102V M+S, 250 miles, \$1000, 508-564-3556

1987 BMW 325i Convertible, red with black leather interior, 153,000 miles and in good condition, no rust, newer top, needs a tune-up. \$4100 or B/O, Adam 508-735-4413

1995 Cadillac Fleetwood brougham Florida car. Needs water pump and AC compressor. \$1000

2001 CAD EL DORADO TC 72,000 miles. Must see! \$11,000 7 Hartley Street, Webster, Mass.

2006 MUSTANG GT-50k, 5sp fully modified. Call or email for details and photos. 508-476-2293. savianjohnt@yahoo.com

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STEREO EQUIPMENT RECEIVER ONKYO AV HT R8230Digital Dolby Wrat Wide Range Amplifier Tech.TEAC W-450R Stereo Double Reverse Cassette Deck Dolby-BC NR HXPRO Auto Reverse SONY Mega Storage 300 CD High Density Linear Converter System Asking \$300.00 for ALL Call 1-508-347-3145

TRAC VAC Model 385-IC/385LH Used Once Best Offer

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CALL (508)765-5763 TO SEE COME TO 22 TAFT ST. 2ND FLR SOUTHBRIDGE, MA

Transport chair, Excel Deluxe by Medline 19" seat, up to 300 lbs. Used once. 508-637-1304

TREES/FIELDSTONE: Trees-Evergreens, Excellent Privacy Border. Hemlock-Spruce-Pines (3'4" Tall) 5 for \$99. Colorado Blue Spruce (18'-22" Tall) 10 for \$99. New England Fieldstone Round Flat Excellent Retaining Wall stone. \$25/Ton (508)278-5762 Evening

TRUCK CAP: fits newer Dodge Trucks. 6.6 Bed size Removable front window, screens, side windows that open, rugged inside. Lights inside. Excellent cond. RED \$1050. 508-259-8805

MULTI - CONDO YARD SALE Fri./Sat./Sun., Sept. 6 - 8, 9:00am - 3:00pm Grandview Estates, Leicester, (14 Edward St. Leicester, and other addresses on street). Furniture, household, and miscellaneous

WE'VE MOVED! Light oak dining room table w/6 chairs & 2 leaves, Oak entertainment Ctr., various size lamps, small electronics & more. No reasonable offer refused. Call 413-896-7047 Sturbridge area.

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MIRRORCRAFT 12 FOOT "V" BOTTOM. MINNKOTA MAXXUM 40 POUND THRUST, VARIABLE DRIVE, VERY LOW HOURS. 3 SEATS WITH PEDESTALS .OARS,ANCHOR,TRAILER, SPARE TIRE . ALL VERY GOOD CONDITION. \$1500.00. CALL 508-987-0386 LEAVE MESSAGE.

265 FUEL/WOOD

FIREWOOD: Cut, Split & Delivered. Green Wood Lots Wanted. Call Paul (508) 769-2351

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107 MISC. FREE

Free construction wood and kindling wood; beams, plywood, 2x4s, 2x6s, 2x8s, good for woodstoves, not for building. Clean. Delivery possible. Ask for J.D. 413-262-5082

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Specializing in NUMISMATIC COINS, Bullion Items, gold & silver of any form! Qualified with

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SOLID OAK RECTANGULAR DINING TABLE

about 35 yrs old in sturdy condition but could use a light sanding on top to refresh Asking \$75.

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(low rider). Accessories added: windshield, crash bar, saddle bags.

5300 babied miles and care.

Silver metallic. Recored 100%

mechanically sound by Sheldon's of Auburn. Bike is truly

new condition. Call 508-414-9134

for showing. Firm \$12,000 as bike is MINT!

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