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Friday, September 16, 2022

Whitinsville Christian’s Trinity Ezedi receives national recognition

WHITINSVILLE — Trinity Ezedi, a senior at Whitinsville Christian School, recently earned recognition from two prestigious institutions. Trinity was named a Carson Scholar, and has received the College Board’s National African American Recognition Award.

“Trinity is known throughout WCS for her warm smile and humble grace,” said Kathy Rios, Guidance and International Programs Coordinator for WCS. “She is an excellent student, and has performed on stage, participated in Bible studies, and supported her fellow students by volunteering for their Senior Capstone Projects. I am so pleased she is being awarded and recognized for her excellence in academics and service.”

The Carson Scholars Fund awards \$1,000 college scholarships to students who excel academically and are dedicated to serving their communities. Scholarship winners are honored by being named “Carson Scholars” and awarded an Olympic-sized medal.



Trinity Ezedi

Schools may only nominate one student from their school that must have, at minimum, a 3.75 GPA and display humanitarian qualities through community service. The Carson Scholarship is awarded solely on

the basis of academic achievement and humanitarian qualities.

College Board’s National Recognition Programs grant underrepresented students with academic honors

that can be included on college and scholarship applications and connect students with universities across the country, helping them meaningfully connect to colleges and stand out during the admissions process. Students who may be eligible have a GPA of 3.5 or higher and have excelled on the PSAT/NMSQT or PSAT 10, or earned a score of 3 or higher on two or more AP Exams. “We want to honor the hard work of these students through the College Board National Recognition Programs. This program creates a way for colleges and scholarship programs to connect directly with underrepresented students who they are hoping to reach,” said Tarlin Ray, College Board senior vice president of BigFuture. “We hope the award winners and their families celebrate this prestigious honor and it helps them plan for their big future.”

Trinity plans to continue her path of academics and service next fall at a university in New York, to pursue a degree in the Fine Arts for acting.

Uxbridge receives grant funding for Whitin Pond, Home Brew dams

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — The town has received grant funding to remove two dams.

According to State Rep. Michael Soter, Uxbridge received \$185,450 in Action Grant funding from the Municipal Vulnerability Preparedness Program (MVP) for the purpose of “removing the Whitin Pond Dam and the Home Brew Dam.”

“The MVP Action Grant program provides funding for municipalities that are seeking to make improvements in order to adapt and minimize vulnerability to climate change impacts,” Soter released in a statement. “This program has provided funding for projects designed to address extreme weather, flooding, and rising temperatures.”

In the case of the Home Brew Dam and the Whitin Pond Dam, the funding will be used to “conduct research and exploration into the proposal of removing the dams,” Soter added.

“The proposal for removing these dams indicated that doing so would benefit the town as it would minimize the risk of downstream damage and upstream flooding from a catastrophic weather event,” he released.

The MVP grant program provides support for cities and towns in the Commonwealth to begin the process of “planning for climate change resiliency and implementing priority projects,” according to the state’s Executive Office of Energy and Environmental Affairs.

“The state awards communities with funding to complete vulnerability assessments and develop action-oriented resiliency plans,” the office released. “Communities who complete the MVP program become certified as an MVP community and are eligible for MVP Action Grant funding and other opportunities.”

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State announces change to vehicle inspection stickers: “Don’t be late”

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — A recent statewide change to inspection stickers will impact vehicle owners who are late in getting their vehicle inspected.

“We are asking all vehicle owners to place safety first and make sure to check your inspection date, and don’t be late,” said Registrar of Motor Vehicles Colleen Ogilvie.

The Massachusetts Registry of Motor Vehicles (RMV) has announced that starting Nov. 1, motor vehicles “passing required inspections will get a new sticker with the month the last sticker expired, valid for one year.” Any vehi-

cle owner late in getting a vehicle inspected, beyond one year from the last inspection, will no longer get a sticker displaying the month the new inspection occurred, the department announced.

“Vehicles with inspection stickers that expired last year will receive a January sticker of the current year the vehicle is being inspected, no matter the month the vehicle is inspected this year,” the RMV released.

This change does not impact the requirements for newly purchased vehicles, according to the announcement.

“All newly purchased vehicles must be inspected within seven days of the vehicle registration

date and will receive a sticker of the month in which it was inspected and is valid for one year,” the department shared.

The most important reason for motor vehicle inspections is “safety” of the state’s roadways, according to Ogilvie.

“Vehicle inspections check tire treads, ensure all light signals are working and even check the front ball joints. It is the law that motor vehicles are inspected every year,” Ogilvie said. “Vehicle owners are required to have the inspection done one year from the month the last inspection was done.”

“Light-duty cars and trucks are equipped with emission control systems

that reduce pollution to protect public health and the environment. It is important that these systems are tested annually to ensure proper emissions controls,” said Commissioner Martin Suuberg of the Massachusetts Department of Environmental Protection. “The change being implemented by the RMV will help ensure that all vehicles are inspected every year.”

The penalty for driving vehicles with an expired sticker, or driving an uninspected vehicle, may result in “a moving violation and lead to additional fines, or suspension if unpaid, and even a surchargeable incident

which increases the vehicle owner’s insurance costs,” according to the RMV’s announcement. There is no change for owners who get their vehicles inspected on time or before the due date.

“Owners will continue to receive the sticker with the number of the month in which the vehicle was inspected.”

In addition, starting Oct. 1, in an “effort to reduce paper waste in the environment,” the RMV announced that vehicle owners will no longer receive a printed inspection report when a vehicle passes inspection. Instead, owners can access and print a report online at www.mavehiclecheck.com, or by using a cell phone and scanning the QR code on the poster displayed at the inspection site.

“If a vehicle fails the inspection, the owner will be provided with a printed vehicle inspection report by the inspection station.”

The Massachusetts Vehicle Check website, a joint effort between the MassDEP and the RMV, is “the vehicle emissions testing and safety inspection program for the Commonwealth.” According to reports, there are 1,800 licensed inspection stations in Massachusetts.

Sutton selectmen appoint new police officer

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

SUTTON — The police department recently welcomed a new officer.

Police Officer Donald Lemieux was appointed and sworn in as a full-time officer during the Selectboard’s meeting last week.

Chief of Police Dennis Towle appeared at the meeting and said that Lemieux had recently attended and graduated from a 22-week police academy in Plymouth.

“He was part of our hiring process and ultimately was selected,” Towle said.

According to meeting discussion, Lemieux was described as a “perfect fit for the town of Sutton.”

“Thank you all for letting me be a part of your town,” Officer Lemieux said during the meeting, adding that he is a Webster resident with his wife and children. “I’m just happy to be here.”

Lemieux added that 22 weeks “felt like a long time,” but at the end it “went by fast.”

“I’m glad they selected me to be a part of their team,” he said of the department.

Select board members welcomed Lemieux, congratulating him on completing the academy.

“By all accounts, that is a task,” said Board Clerk David Hall. “It’s great to have officers that have completed that...we’re really proud of our police force.”

Board Member Jesse Limanek said the police department runs “a tight ship,” also describing Sutton as a “great little proud town.”

“Our community is really, really proud of our department,” he said. “It’s always been very community-oriented.”

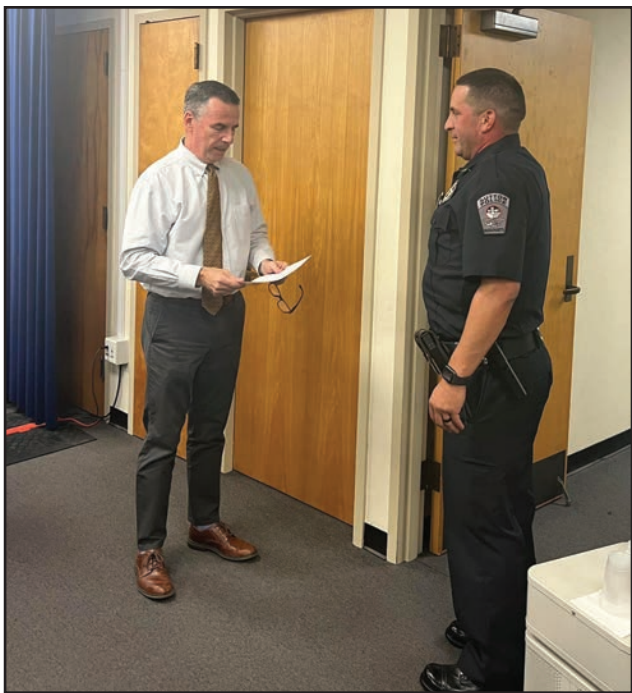
“Thank you for your service and your willingness to serve the town of Sutton,” added Board Vice Chair Jonathan Anderson.

Board Chair Jeff Bannon added that as a police officer, there is a lot of responsibility to “uphold the values of the department.”

“These are the values that we cherish here,” he said. “We put a lot of faith in you that you’ll uphold those values and keep us safe.”

In a unanimous vote, the Board voted to appoint Lemieux as a full-time police officer effective Aug. 23. He was then sworn in during the meeting.

For more information on the town’s police department, visit suttonma.org/police-department.



October events at Purgatory Chasm State Reservation

SUTTON — Public programs at Purgatory Chasm State Reservation continue in October 2022. All programs are free and open to the public. Bring water, wear sunscreen/bug spray, and dress for the outdoors. Sturdy footwear strongly recommended for hiking events. An adult must accompany children. Inclement weather cancels hiking programs. For more information call 508-234-9610 or visit: mass.gov/locations/purgatory-chasm-state-reservation

Purgatory Chasm State Reservation is located at 198 Purgatory Rd., Sutton.

Please note that public programming may be affected by construction projects taking place within the park in 2022.

Chasm Hike
Wed & Fri 11 a.m. – noon, Saturday 2 – 3 p.m., Sun 3 – 4 p.m.
Get ready to scramble around huge boulders while taking in the mystery of Purgatory Chasm! Find out about the park's history and cultural influence, the chasm's rock formations, or the wildlife that calls the chasm home. The tour topic will vary, ask for details. Meet at the pavilion at the entrance to the chasm. Appropriate for ages eight and above. This event is cancelled when the chasm is closed due to wet trail conditions. About half a mile that is generally moderate; also includes rocky terrain. The first portion of the trail is steep and requires some rock scrambling. The remainder of the trail is flat or gently sloped.

Chasm Primer
Saturdays & Sundays 10 a.m.
Join the Park Interpreter for a 10

minute introduction to Purgatory Chasm. We will briefly explore two dramatic events that shaped how the park looks today. This is the perfect primer before your hike through the chasm. Meet at the pavilion at the entrance to the chasm. Appropriate for ages eight and above. This event is cancelled when the chasm is closed due to wet trail conditions.

Glacial Geology Hike
Mondays 2 – 3:30 p.m.
Discover our glacial past with a one-mile hike along the topside of the chasm to Little Purgatory. Explore evidence of the ice that blanketed this park more than ten thousand years ago! Meet at the Visitor Center. Suitable for ages eight and above. Wet trail conditions will cancel. About one mile over moderate terrain.

Rock Detectives
Saturdays 11 a.m. – noon
Have you ever wondered where rocks come from, and where they may be going? Reveal the stories hidden in stones at this interactive display. Stay for five minutes or an hour.
This program takes place at the pavilion near the entrance to the chasm. Event moves inside the Visitor Center during severe weather. Appropriate for ages four and above.

Skull Science
Tuesdays & Sundays 11 a.m. – noon
Every feature of an animal's skull has a job to do. Join us to look for clues about how different animals survive in the wild. How will your own bones compare to those of our park's residents? Stay for five minutes or an hour at this interactive display.
This program takes place at the pavilion near the entrance to the chasm. Event moves inside the Visitor Center during severe weather. Appropriate for ages four and above.

Time Traveler Tour
Tuesdays & Fridays 2:30-3:30 p.m.
Take a step back in time! Gain a deeper understanding of this unique park as we walk among its historic structures and geological features, jumping around the park's timeline all the while. Meet at the Visitor Center. Appropriate for ages four and above. Approximately half a mile over easy terrain.

Off the Beaten Path
Wednesdays & Thursdays 3:30 - 4:30 p.m.
Hiking trails are the heart of our park system and getting outdoors is a great way to exercise! Join us for a leisurely hike and socialize along the way. Meet at the Visitor Center. Appropriate for ages eight and above. About one mile over moderate terrain.

WCS hosting Open House

WHITINSVILLE — Join Whitinsville Christian School for an All-School Open House on Thursday, Oct. 6, at 6:30 p.m. and discover the many ways we are Inspiring Minds and Igniting Hearts. The evening will include a school tour, presentations from the elementary, middle, and high school administrators, and a parent/student panel. Whitinsville Christian School is located at 279 Linwood Ave. in Whitinsville. Please RSVP at whitinsvillechristian.org.



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EAST BROOKFIELD'S 100th Anniversary Celebration

Sept 17th PARADE AND FAMILY FUN DAY



RAIN DATE SEPTEMBER 18TH



Parade starts at 9:30 at Bay Path Estates on North Brookfield Road, continues on Route 9, and ends at East Brookfield Elementary School.
ROUTE 9 WILL BE CLOSED FROM 9:00-12:00 BETWEEN ROUTE 49 AND THE CLAM BOX. Please plan accordingly.
Free parking and shuttles at Lamoureux Ford, Howe Lumber.

MARCHING BANDS including: Auburn HS, David Prouty HS, Hot Tamales Brass Band, Holyoke Caledonian Pipeband, Marquis of Granby Fife and Drum Band, New Liberty Dixie Jazz Band, Shepherd Hill HS, Worcester Fire Brigade Pipes and Drums, AND MORE!

MARCHERS including the East Brookfield Fire Association, Melha Shriners, Mummies, Scouting and Sporting Groups, Spencer Exchange Club, AND MORE!

FLOATS from over 30 area businesses and community organizations!

VINTAGE VEHICLES including cars, fire trucks, tractors and military vehicles!

Family Fun Day on Connie Mack Field 12:00 to 3:30

Pie Eating Contest – Tug O'War
Three-Legged Races – Potato Sack Races
Get a team and sign up near the Connie Mack Shack between 11:30 and 12:30 OR sign up early at <https://tinyurl.com/EB100thFunDay>
• Adult and youth competitions for each contest!
Mobile Escape Room from "Escape the Pike"
12:00-2:00 Life Flight and State Police demonstrations
3:00-6:00 Tethered Hot Air Balloon Rides

Food Trucks – serving all day, including breakfast
Timberyard Brewery • Hardwick Winery • Suzy Q Ice Cream
Grandpa's Kettle Corn • Coffee Cabin • Connie Mack Snacks
Snack Food Vending • Holyoke Hummus Co • Roadside Delights
All Purpose Bakery AND MORE!

Old Time Baseball Game - Connie Mack Field 4:00-6:00
East Brookfield vs. North Brookfield
Watch baseball as it was played in the early days of the sport!

The celebration will continue through the end of 2022 with these events:
October 29: Town and Cemetery Historical Tour with Harvest Dinner at Podunk Chapel
November 5: Central Mass during the Revolution (9:30 Town Hall)
December 10: Trolley Talk (9:30 Town Hall)
December: Light the Town Holiday Decorating Contest!



FOLLOW US ON FACEBOOK OR SCAN QR CODE FOR UPDATES AND INFORMATION!
East Brookfield
100th Anniversary Celebration



Water ski show on Lake Lashaway (Route 9 end) by Aqua Riders of Holland immediately following the parade.

2022 Small Stones Festival announces variety of programs

GRAFTON — The fifth annual Small Stones Festival of the Arts, offers a diverse variety of literature, music and arts-related programming including a juried exhibit of fine art painting and photography at three venues in Grafton. Extended festival hours run from Oct. 14-23.

Five regional arts organizations – Apple Tree Arts, the Worcester County Camera Club, the Blackstone Valley Art Association, the Shakespeare Club of Grafton and Claflin Hill Symphony Orchestra have collaborated to create the fine art and photography Festival.

Exhibit hours are Saturday, Oct. 15 and Oct. 22, 11 a.m. to 6 p.m., Sunday, Oct. 16, and Oct. 23, Noon to 4 p.m. Weekday hours run Wed., Oct. 19 to Friday, Oct. 21, 4 to 7:00 p.m. The painting and photography exhibit will be held at the Great Hall, Apple Tree Arts, One Grafton Common, Grafton.

The Claflin Hill Symphony Orchestra Chamber players will present a lecture and demonstration concert on Saturday evening, Oct. 15, 7 p.m. at the Congregational Church of Grafton, 30 Grafton

Common.

The principal string musicians of the CSHO will deconstruct a Mozart string quartet demonstrating the classical form and structure. Then, they will perform the entire piece. The quartet, joined by Paul Surapine, founding executive and artistic director of the CHSO, will perform Mozart’s “Quintet for Clarinet and String.”

The literary track, organized by The Shakespeare Club of Grafton will include three programs to be held at the newly imagined Grafton Public Library, 35 Grafton Common.

“Shakespeare Now and Then” will be presented Sat. Oct. 15, 3 p.m. by Helen Whall, English professor emerita of the College of Holy Cross. Dr. Whall questions why Shakespeare remains today? Why was he so successful in the 16th century? She will discuss how theatrical innovations helped liberate the English language and how events that occurred during his time run parallel with similar occurrences in the 20th and 21st centuries.

Whall asks us to wonder why today’s public continues to produce and

read Shakespeare while the once equally well-read epics of Homer, Virgil, and Milton are now neglected? Part of the reason, she speculates, is because they are not theater. But it’s also, she argues, because of Shakespeare’s literary genius that his popularity and influence on living art continues.

Nicholas Gage, the award-winning New York Times investigative reporter, author of seven acclaimed books and producer of the Oscar nominated film “The Godfather Part III,” will present “A Writer’s Odyssey,” a personal recollection of his storied career, on Oct. 21, 7:00 p.m.

His early literary work, “Eleni,” is his searing account of his mother’s life and death during the Greek Civil War, has been translated into 32 languages, made into a film and was hailed by critics as “one of the rare books in which the power of art re-creates the full historical truth.” His coming-of-age memoir, “A Place for Us,” recounts his struggles to adjust to a new life as a young immigrant in Worcester in the 1950s.

Then step back into Victorian times

at the performance of “Victorian Gossip Girl™: Annie Adams Fields,” produced by History At Play™, LLC. Mrs. Fields invites us to a humorous, intimate tea party at her “water-side museum” in Beacon Hill. Wielding an incredible influence on literary decisions at Ticknor and Fields Publishing House, (forerunner to Houghton Mifflin Harcourt), she counted amongst her closest friends Nathaniel Hawthorne, Oliver Wendell Holmes and Charles Dickens.

During the tea party, Mrs. Fields shares tales about her beloved friends, chronicled in her novel “Authors and Friends” published in 1896. The evening is filled with tales of Victorian revelry, laughter, and even some blushing cheeks.

“Victorian Gossip Girl™” is produced and performed by Judith Kalaora, a professional educator, award-winning playwright, producer and living historian. Founder and Artistic Director Kalaora created History At Play™, LLC to educate and entertain audiences young and old with an emphasis on influential and often forgotten fig-

ures. The performance will be held Sat. Oct. 22, 7:00 p.m.

Artists will learn the basics of how to bring their art to market at our program “How to Market Your Art” presented by Michael Rose, gallery manager of the historic Providence Art Club. Rose has a wealth of in-depth professional knowledge and resources on how to be successful when marketing to galleries and auction houses. This thorough lecture will provide inspiration and direction for artists who are selling through their own studios as well. Join us Oct. 19, 6 p.m. for this presentation at the Great Hall, Apple Tree Arts, One Grafton Common, Grafton.

The popular artist and juror talks return Sun., Oct. 16, 1 p.m. The artist discussions will discuss their work while the juror’s presentations will provide insights about their thoughts and perspectives regarding their favorite festival artwork.

The mission of the Small Stones Festival

of the Arts is to elevate the practice and appreciation of fine art and photography in the Blackstone Valley and beyond. The Festival is produced under the aegis of fiscal sponsor, Grafton Arts, Inc., a nonprofit 501 (c) 3 organization.

Sponsors for the 2022 Festival include Artscope, Gaudette Insurance, Grafton Cultural Council, Homefield Credit Union, JCSI, Jubilee Chocolate, Mass Cultural Council, Pepperoni Express, Roney Funeral Home, Sydney Padgett of Mathieu Newton Sotheby’s International Realty, Theroux Dental Associates, Katheleen Schaker of Touchstone Crystal, Town House Tavern at One Grafton Common and Yesod Foundation, Inc.

Sponsorships are available to help support the 2022 Festival. Please contact Chair Ken Crater at ken@grafftonarts.org. For more information, visit <https://smallstones-festival.org>.

Uxbridge residents to participate in Boston Marathon® Jimmy Fund Walk presented by Hyundai

UXBRIDGE — Seven residents from Uxbridge will participate in the Boston Marathon® Jimmy Fund Walk presented by Hyundai on Sunday, Oct. 2.

Dawn Lefrancois, Beth Hughes, Catherine Hodgdon, Marc Montminy, Kathleen Kampersal, Jeffrey Lourie, and Darcie Gauthier, along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation’s premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$155 million for Dana-Farber Cancer Institute in its 33-year history.

“Throughout the past 33 years, the Jimmy Fund Walk has continuously supported life-saving research and cancer care at Dana-Farber. And the pandemic didn’t stop us,” said Zack Blackburn, Director of the Jimmy Fund Walk. “Over the past two years, participants walked virtually and celebrated in their own unique ways. Now, we welcome them to walk the course in person.

We are back, we are together, and we are stronger than ever.”

Participants have the flexibility to choose from four distance options: 5K Walk (3.1 miles from Dana-Farber Cancer Institute), 10K Walk (6.2 miles from Newton), Half Marathon Walk (13.1 miles from Wellesley), or Marathon Walk (26.2 miles from Hopkinton). Participants can also choose to join the event virtually by “walking their way” from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Virtual programming and supporting materials are available.

Along the course, walkers are treated to 12 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as inspiration. All four routes of the Jimmy Fund Walk end at the Copley Square Finish Line Powered by Schneider Electric with a celebration complete with food, music, and a speaking program.

To register for the Jimmy Fund Walk (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

About the Jimmy Fund

The Jimmy Fund, established in Boston in 1948, is comprised of community-based fundraising events and other programs that, solely and directly, benefit Dana-Farber Cancer Institute’s lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. The Jimmy Fund is an official charity of the Boston Red Sox, the Massachusetts Chiefs of Police Association, the Pan-Mass Challenge, and the Variety Children’s Charity of New England. Since 1948, the generosity of millions of people has helped the Jimmy Fund save countless lives and reduce the burden of cancer for patients and families worldwide. Follow the Jimmy Fund on Facebook, Twitter and Instagram: @TheJimmyFund.

Live chair yoga classes available

UXBRIDGE — The Uxbridge Senior Center is proud to sponsor a live eight-week Chair Yoga Class. Yoga has been shown to improve overall health when practiced regularly. Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. Other benefits include improved balance to help prevent falls, increased energy, and improved relaxation. The class will focus on stretching, breathing, and allowing the mind to be still.

The program is scheduled to begin Thursday, Oct. 6 from 2:45-3:45 p.m. at the Senior Center’s Satellite Site which is the McCloskey School located at 62 Capron St. in Uxbridge. The instructor will be Dr. David Tapscott, certified yoga instructor. Dr. Tapscott has been an instructor since 2014 and has a deep passion for yoga. As an instructor, he sees himself as a practitioner at the front of the room, offering guidance and suggestions to allow others to move along their journey of discovery. The class will run one hour, one day a week for an eight-week period of time. The suggested donation cost for this eight-week class is \$25, and is open to all in the community including those outside the Town of Uxbridge. Checks should be made payable to the Uxbridge Senior Center. Bring your own yoga mats and blocks, if you have them.

Interested individuals should call the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge and is open Monday thru Fridays from 8 a.m. to 4 p.m. Namaste!

Whitinsville Social Library hosting book sale

WHITINSVILLE — The Friends of the Whitinsville Social Library will be holding a book sale on Saturday, Sept. 24 from 10 a.m. to 2 p.m. There will be a selection of children’s, young adult, adult books and media for sale. Hardcover books and media will be sold for \$1 each; paperbacks will be 50 cents each. We will also be selling the Friends of the Whitinsville Social Library tote bags for \$5. All proceeds directly support the Whitinsville Social Library.

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www.PawfectLifeRescue.org
Uxbridge, MA (Showings by appointment)



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Uxbridge awarded \$185,450 in MVP Action Grant funds to build climate resilience

UXBRIDGE — The Town of Uxbridge is thrilled to announce it has received a \$185,450 municipal climate resilience grant to begin removal of the Home Brew Dam and to study removal of the Whitin Pond Dam. Awarded by the Baker-Polito Administration's Municipal Vulnerability Preparedness (MVP) program, which is administered by the Executive Office of Energy and Environmental Affairs (EEA), these competi-

tive grants support cities and towns in identifying climate hazards, developing strategies to improve resilience, and implementing priority actions to adapt to climate change. The Home Brew and Whitin Pond Dam is one of 73 projects to have received action grant funding in the latest round of applications.

"This project will allow Uxbridge to prepare for unprecedented flooding events which threaten the

health of a Town well and the capacity of a section of the Mumford River to handle such events," says David Tapscott, Chair of the Board of Health and Project Director.

Building on Uxbridge's climate resilience planning process completed in September of 2020, these funds will allow the Town to begin the removal of the Home Brew Dam on Blackstone Street and to study the feasibility of the removal

of the Whitin Pond Dam on East Hartford Avenue. The latter will be proceeded by a three-day workshop aimed at gathering public input and projecting the long-term benefits of the removal of the Dam. The Town has identified these projects as urgent and necessary in its efforts to address ongoing climate change impacts.

Community members interested in getting involved can do so by

contacting the MVP Core Team through the Board of Health (boh@uxbridge-ma.gov or 278-8600 option 8). *

The MVP program has awarded \$100 million in funding and technical support to communities across the state. With this year's awards, 97 percent of Massachusetts cities and towns, or 341 municipalities, are enrolled. Created in 2017 as part of Governor Baker's Executive Order 569, the

MVP program pairs local leadership and knowledge with a significant investment of resources and funding from the Commonwealth to address ongoing climate change impacts like sea level rise, inland flooding, storms, and extreme temperatures.

A kick off meeting will be held virtually on Sept. 19 at 10 a.m. Contact the Board of Health for the link to participate.

Blackstone Valley Emergency Shelter announces wine & chocolate tasting fundraiser

REGION — The Blackstone Valley Emergency Shelter is getting ready for our sixth season of helping the homeless in our Valley. Since Covid, we have had to change the way we do things. Instead of using the church buildings, we now have a relationship with the Red Roof Inn in Sutton. We put people in need into a hotel room that gives them a warm bed, a hot shower, and the ability to do laundry. As we work with these people, we have found that

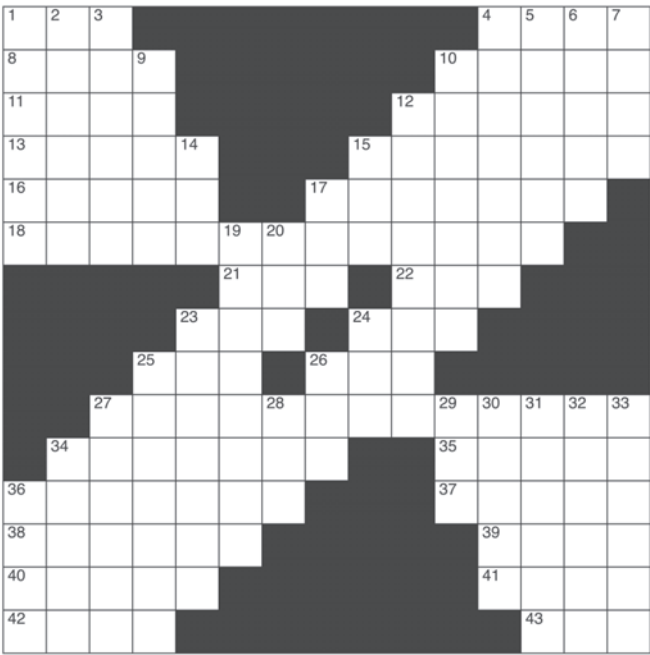
they tend to open up to us about their needs. We can then connect them to the necessary services to get them the help they need.

We also are working closely with the Northbridge, Uxbridge, Douglas, and soon the Sutton, Upton, and Grafton Police Departments. All the officers say it is a wonderful alternative to be able to give someone in distress an option other than a jail cell. The police are looking to help those in need the same

way we are. Now that we are working together, people are finding the help they need.

We could use your support. We work strictly by donations and the funds we raise at our annual Wine and Chocolate Tasting. This year, it is planned for Saturday, Nov. 19 at 7 p.m. We would love to have you join us as we share in fellowship while supporting our Shelter. There will be food, auctions, and raffles along

with local vendors. Tickets are limited, but you can purchase them on our Facebook page (<https://www.facebook.com/BVWinetasting>) or by using the QR code below. Tickets are \$40 each.

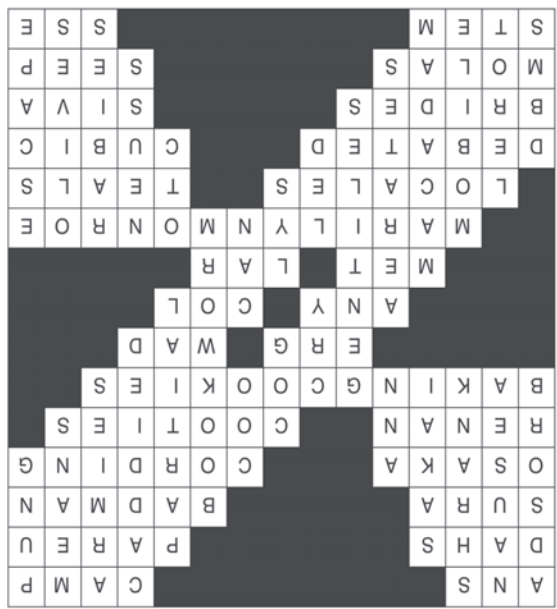


CLUES ACROSS

1. Autonomic nervous system
4. Kids love it in summer
8. Dashes
10. Polynesian sarong
11. Chapter of the Koran
12. Evildoer
13. Japanese commercial city
15. A way of binding
16. Early Christianity French historian
17. Kids' term for bugs
18. Beloved family holiday activity
21. Work unit
22. Bundle
23. A number or amount not specified
24. Military official (abbr.)
25. Queens ballplayer
26. Type of gibbon
27. Norma Jean's stage name
34. Places
35. Bluish greens
36. Argued publicly
37. Having the shape of a cube
38. They star at weddings
39. Indian god associated with reproduction
40. Ocean sunfishes
41. Slowly leak through
42. Plant part
43. Midway between south and southeast

CLUES DOWN

1. Accumulate on the surface of
2. Not a good feeling
3. Got smaller
4. Helped a golfer get around
5. Military forces
6. Partner to ways
7. Low, one-horse sleigh
9. Japanese seaport
10. Inclined to favor
12. Avid reader
14. Lead singer of Heart
15. Pigeon sound
17. Vital part
19. People who are not Jewish
20. Shed tears
23. Pokes holes in the ground
24. Beverage receptacle
25. Stone used to surface roads
26. French-Belgian river
27. Type of phone
28. Long-lasting light bulb
29. Type of medication (abbr.)
30. German city
31. Animal disease
32. They're in martinis
33. Get away from
34. Dormouse
36. Database management system



PUZZLE SOLUTION

Douglas Historical Society prepares for fall season

DOUGLAS — Fall is just around the corner, and we here at the Douglas Historical Society are preparing to welcome the season and have been busy planning our fall events. Some events will be our regular favorites like our Soups and Bread during Oktoberfest and some will be new. We hope you will join us and help support this amazing building that houses the Douglas Historical Society.

We hope you will stop by for a visit.
Saturday, Oct. 1: Oktoberfest, 9 a.m. – 4 p.m. Come in for some of our delicious, renowned soups and bread.
Saturday, Oct. 29: 5 p.m. till the fun is done, Family Halloween Costume Contest: Make it a family affair. Come on Mom and Dad; let's see what you can do.
Thursday, Nov. 10 at 7 p.m.: Veteran's and the "Donut Dollies". Join us for Donuts and Coffee as we say "Thank You" to our veterans and watch "A Touch of Home", a documentary about the "Donut Dollies" who supported our troops in Vietnam. A special gift will be awarded to our oldest veteran.
Dec. 3, 1 to 5 p.m.: Santa Clause is coming to town. Join us again this year for a visit from Santa and Mrs. Clause. Bring your camera and make a few new memories while you're here.
Please check for any changes or additions on the "Douglas Historical Society" facebook page.

WCS hosting Christian College Fair

WHITINSVILLE — Whitinsville Christian School, located at 279 Linwood Ave. in Whitinsville, is pleased to be a host site for the 2022 Christian College Fair. Approximately 20 Christian colleges and universities from all over the United States will be represented. Students and parents will be able to pick up catalogs, brochures and meet college representatives. A financial aid representative will also be available during the evening to answer questions about financial need. A Financial Aid Seminar will also be offered for parents and students from 6:00 – 6:45 p.m. For more information, please visit christiancollegefairs.com.

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jsima@stonebridgepress.news
SUBSCRIPTION SERVICES:
KERRI PETERSON
(508) 909-4103
kerri@stonebridgepress.news
TO PRINT AN OBITUARY:
E-MAIL
obits@stonebridgepress.news
CALL: 508-909-4149
OR send to Blackstone Valley Tribune
P.O. Box 90, Southbridge, MA 01550
TO SUBMIT A LETTER
TO THE EDITOR:
E-MAIL:
news@stonebridgepress.news
OR send to Blackstone Valley Tribune
P.O. Box 90, Southbridge, MA 01550

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TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$515,000, 41 Rocco Dr, Kwasny, David P, and Kwasny, Sally, to Fitzgerald, Korey.
\$430,000, 9 Dawn St, Stovall, Derek G, and Moreira, Lori A, to Pinguil, Pedro A.
\$326,000, 1 New York Ave, Ducharme, Donna M, and Graveline, Debra, to Viens, Connor J.
\$310,000, 30 Hoyle Cir #30, Weidert, Christopher A, to Gilliam, Travis R.
\$20,000, 291 Mendon St, Rhodes, George E, to Brewer, Justine A.

DOUGLAS

\$495,000, 160 SW Main St, Hughes, Steven J, and Hughes, Elizabeth H, to Doherty, Kyle, and Valentine, April.
\$280,000, 33 Caswell Ct, Brien, Raymond R, and Brien, Lisa K, to Nextgen TT Realty LLC.
\$100,000, South St, Begin, Raymond M, and Begin, Sharon A, to Begin, Renee, and Cosgrove, Craig.

NORTHBRIDGE

\$739,900, 796 Samuel Dr, Richards, Daniel E, and Richards, Susan, to Durkee, Pamela J, and Durkee, Zachary G.
\$620,000, 115 Adams Cir, Mills, Michael B, and Mills, Diane S, to Mieles, Juliana, and Fallon, Emily.
\$580,000, 319 Moon Hill Rd, Carmody, Christian T, to Lazarev, Aleksandar, and Lazarev, Elena A.
\$475,615, 183 Stone Hill Dr #66, Stone Hill Partners LLC, to Heintz, Carl F, and Heintz, Elaine M.
\$360,000, 414 Sutton St, Flamand, Lawrence N, to Kraus, Julia D.
\$250,000, 76 Sutton St #3, KJC Precast LLC, to Caya, Lynda, and Caya, Steven P.
\$240,000, 30 Linwood Ave #30, Hus LLC, to Farley, Francine, and Farley, Peter.
\$70,000, Mendon Rd, Koopman, Robert E, and Koopman, Donald H, to Lucas, Jason, and Cardella, Evelyne.

UXBRIDGE

\$625,000, 5 Arbor Rd, Swartz, Michael E, to Swartz, Carolyn J, and Ferzoco, Nicholas.
\$555,000, 5 King St, Donahue, Stephen P, and Donahue, Katherine M, to Duclose-Zagame, Katie E, and Duclose-Zagame, Sheryl L.
\$511,000, 23 Mary Jane Ave, Karlyne-Keller, Elisabeth, to Mejia, Rafael, and Vivieca-Mejia, Suny O.
\$498,110, 72 Tea Party Dr #72, Independence Uxbridge, to Burke, John.
\$475,000, 119 East St, Elliott, John, to Mason, Keith, and Mason, Helena.
\$437,500, 74 Tea Party Dr #74, Independence Uxbridge, to Osei, Isaac O, and Thulare, Christiana.
\$360,000, 13 Mccaffrey St, Andrews, Marcus, and Rose, Jodie M, to Smrecnik, Maria L.
\$357,500, 1 Carolee Hts, Robinson, Mark R, and Robinson, Nadine A, to Leavitt, Jeremy R.
\$340,000, 31 Smith St, Centura Bay LLC, to Fallon, Kiley A, and Digney, William P.
\$325,000, 313 Douglas St, Mason, Keith, and Mason, Helena, to Sarnosky Jr, Vincent P.

SENIORS

NORTHBRIDGE SENIOR CENTER

Tap Class is back at Plummer Place. Every Wednesday from 2:30-3:30 with instructor Ed Burch. Come join this high energy, fun exercise class-no experience necessary! Call Michelle for more information.

Women’s Discussion Group and Coffee Hour: our next meeting is Wednesday, September 28th, 1-2:00pm. Call Amy to sign up or for more information.

Next walk with “Take a Hike” is Tuesday, September 20th at 10:00am at Upton State Forest. Please note this is a correction from the newsletter which stated incorrectly that the hike was on the 27th. Call Jeanne for more information.

FINE began its new cycle of the 120 Club Raffle on July 7th. You may still purchase your \$20 ticket at our front desk. FINE draws a \$20 winner every week until November 17th when the final drawing will be held and you can win \$100, \$200, \$300, \$400 or \$500!

FINE invites you to attend their “Fun

FINE Time” Banquet on October 14th from 4:00-8:00pm at Whitinsville Golf Club. A delicious buffet will be served including Chicken Parmesan, steak tips and baked Haddock. Entertainment provided by MusicMan DJ. Tickets are \$40/ per person, seats are limited so buy your tickets today at the front office of Plummer Place.

FINE Fundraiser: “A Night of Spirit Messages” with Dr. Cathy Ripley Greene, Friday, November 11th from 6:00-8:00pm at the Knights of Columbus, 77 Prescott Street, Whitinsville. Tickets: \$50/pp, cash bar, snacks provided. Seating is limited so reserve your spot today by purchasing your tickets at the Plummer Place front office.

Volunteers Needed for Tax Prep: Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low and moderate income persons in our community prepare their Federal and Mass State income taxes. Additional positions for site greeters are also available. Volunteers work 4-6 hours per week for the eleven weeks

during tax preparation season, February 1st to April 15th. Training for volunteer preparers will start in November, most of the training will be online. Internet access and basic computer skills are necessary. For the application and further information: <https://www.aarp.org/volunteer/programs/tax-aide/>

Katelynn Wackell, Care Manager at Tri-Valley, will be at Plummer Place the third Thursday of every month beginning September 15th from 1-2:00pm. Katelynn will provide public benefit resources and options. This includes assistance with applications for SNAP, CHAMP, MRC, RAFT and MassHealth. She can also help with housing including subsidized housing applications, tenancy preservation, rental assistance and congregate housing. Call the Center to make an appointment with Katelynn.

Worcester County DA’s Office Presentation: “Active Scams in Worcester County”, Wednesday, September 21st 12:45-1:45pm. A representative from the DA’s office will be here to discuss active scams in

MILLBURY SENIOR CENTER

THE MIKE AND BETH CABARET SHOW
Wednesday, October 26th at 10:30 – 11:30 A.M.
At the Millbury Senior Center
SONGS... COMEDY... SING-A-LONGS!
Pizza will be served after the show along with Ice Cream sandwiches for dessert!
Please call the senior Center to RSVP 508-865-9154

HERBERT BERG FLORIST OF WORCESTER ARRANGMENT CLASS
3rd Thursday each month
Take home a Floral arrangement that you create!
Cost is \$15 per person includes all materials and class
Price can vary based on specific project
RSVP a week before classes 508-865-9154

Worcester County Sheriff’s House Numbering Program
Designed to assist emergency personnel in locating homes!
Will create a custom wooden house number sign Free of Charge!
If interested come by the Senior Center or call us at 508-865-9154

Meet with a representative from Senator Moore’s office!
Wednesday, October 12th
One Wednesday every month between

11 – 12 P.M.
All are welcome to meet and discuss issues of importance or looking for assistance
Any questions please call 508-865-9154

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

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

SENIOR CENTER ACTIVITIES!
WII BOWLING
Mondays at 12:30 P.M.
MAHJONG
Mondays at 12:45 P.M.
CRIBBAGE
Monday through Friday 8:30 A.M.
Mondays at 1:00 P.M.
BLOOD PRESSURE CLINIC
Every Tuesday from 9 A.M. - 10 A.M.
SOCIAL BINGO
Wednesdays at 1 P.M.

Bring your pennies!
COLORING
Thursdays at 10 A.M.
DULL MENS CLUB
Thursdays at 10 – 11 A.M.
No reservations required for any of our activities or exercise classes!

Lunches are served Monday through Friday 12 P.M. at the Senior Center
The menu is available on the town website, www.townofmillbury.org
Or our Millbury Senior Center Facebook page.
A 48 hour reservation is required. Call the center at 508-865-9154

Millbury Senior Transportation
Transportation is provided for Millbury Senior Residents Monday through Friday
Between 9 A.M. and 3:00 P.M.
We travel one town out in each direction including Sutton, Grafton, Auburn and Worcester
A 48 hour notice is required for scheduling rides (business days)
Rides are free until January 1st
For more information or to schedule transportation call the center at 508-865-9154

“MEMORY CAFÉ”
Please join us on Tuesday, October 25th at 2- 3:30 P.M.
Refreshments will be served!
A Memory Café is a monthly gathering for people with memory loss/

Worcester County and ways to protect yourself from ID theft. Light refreshments will be served. Sign up at the front desk.

Silver Moon Gypsies Dance Troupe: Wednesday, September 28th, 2-3:00pm
Gypsy and her dance troupe perform a variety of dances in their unique style from Belly Dancing to Hula Dancing, sure to be enjoyed by all! Don’t miss the opportunity to see this talented bunch whose motto is “Stay active and live life to the fullest!” Sign up at the front desk. Light snacks will be provided.

Computer Basics course being offered through Plummer Place. Sign up for this new five-week course on Computer Basics which will be held at the Blackstone Valley Chamber of Commerce Computer Lab located in the lower level of Linwood Mill. Learn how to set up and use gmail, use Zoom, Windows and Microsoft Word, navigate social media and more! \$40 for the course, sign up at Plummer Place, space is very limited, sign up today!

challenges
and their care partners. It is a time to socialize, make new friends, and have a good time.
We are also looking for volunteers to assist with this program!
Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!

Millbury Friendly Visitor Program
Our Friendly Visitor Program is now being provided by telephone
Volunteers call clients to check in with them, chat and hear a friendly voice
For more information on coordinating a Friendly visitor
Call the center at 508-865-9154

SNAP APPLICATIONS (Food Stamps)
Our appointments are on Tuesdays & Thursdays 10 A.M. – 2:00 P.M.
Call for an appointment & required documentation
508-865-9154
“This project has been funded at least in part with Federal Funds from USDA. This institution is an equal opportunity provider
The SNAP Logo is a service of the U.S. Department of Agriculture.
USDA does not endorse any goods, services or enterprises.”

SMILE DAY October 6 @ 12pm
there will be live entertainment and a free pizza lunch. RSVP before 9/30
Good Energy October 12th @ 11:30. Come in with your most recent electric bill for a bill audit and see if you could save money by changing your supplier. This is a great money saving opportunity. Refreshments will be served. RSVP before 10/6
Sunshine Club is having Ukulele players on October 14th @ 11:30, lunch will be served. RSVP before 10/7
Candle making and refreshments October 26th @ 11:30. RSVP before 10/21
Sunshine Club Halloween Party October 28th @ 12 pm. There is no charge for this event, costumes are encouraged! RVSP before 10/21

DOUGLAS ADULT SOCIAL CENTER

331 Main St.
(508) 476-2283
Hours of Operation: Monday through Thursday, 9 a.m.-3 p.m.; Friday 9 a.m.-noon

DAILY ACTIVITIES:
Monday: Painting class 10am to 12:30pm, Balance & Strength Exercise 10am, Mat yoga 2 pm
Tuesday: Cribbage 9:30am, Zumba 9:30am, Bingo 12:00 pm, Technology Class 1pm, Jenga or Connect4 2pm
Wednesday: Balance & Strength 10am, MahJong 1pm
Thursday: Chair Yoga 9:30am, Wii Games 11am, Hand and Foot card game 1 pm
Friday: Balance & Strength 10am
Announcement: Starting September 12th the painting class is adding something new! Introducing watercolor and pen n ink projects. We will continue

with our current reverse glass painting, slate and canvas painting.
SEPTEMBER EVENTS:
Fuel Assistance, for previous applicants ONLY. September 12th from 9:30 to 2:30
Shyrl Faye is doing a presentation on Ruth Bader Ginsburg on September 13th @ 12 pm. Appetizers will be served; you may call the center to sign up. This event is sponsored by our local Cultural Council.
Bemis Nursery is back and doing Orb Planting, September 14th @ 11 am. Refreshments will be available. The cost for this event is \$15.00, you can sign up and pay at the center. RSVP before 9/6
Sunshine Club is having trivia night and ice cream, September 16th @ 6 pm. RSVP by 9/9
Resinate Cannabis will be here September 20th @ 11:30. They will be

speaking about medical cannabis and its benefits. Taco Bar lunch is available for \$4.00 per person. RSVP before 9/14
Memorial Pancake Breakfast in honor of David Cortese is on September 27th @ 10:30 am.
RSVP before 9/20
Flu Shot Clinic September 28th from 10 to 1, more information to follow.
Hannaford’s Market is here on September 29th @ 11:30 for a cooking presentation and a discussion on easy, in expensive meals for one person. Samples will be distributed. RSVP before 9/20
OCTOBER EVENTS:
Presentation of the Town of Douglas history. Cold cut sandwiches will be served for lunch at \$3. Per person. RSVP before 9/27
Hearing aid cleaning with Darci October 3rd @ 10 am. Please call the center to schedule.

LEGALS

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. WO22C0276CA
CITATION ON PETITION TO CHANGE NAME
In the matter of:
Melissa Sue Chenevert
A Petition to Change Name of Adult has been filed by **Melissa Sue Chenevert of Whitinsville MA** requesting that the court enter a Decree changing their name to:
Melissa Sue Connor Chenevert
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 09/27/2022. 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 31, 2022

Stephanie K. Fattman
Register of Probate
September 16, 2022
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. WO20A0037AD
CITATION G.L.c. 210, § 6
In the matter of:
Remmi Lee Davis-McPhail
To:
Tamra Jordan Davis
Mark William McPhail
any unnamed or unknown parent and persons interested in a petition for the adoption of said child and the Department of Children and Families of said Commonwealth.
A petition has been filed by said court by
Susan E Davis of Whitinsville, MA in requesting for leave to adopt said child and that the name of the child be changed to
Remmi Lee Davis
IF YOU DESIRE TO OBJECT THERE-

TO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT: **Worcester** ON OR BEFORE TEN O’CLOCK IN THE MORNING (10:00AM) ON: **11/22/2022**
WITNESS, Hon. Leilah A Keamy, First Justice of this Court.
Date: August 10, 2022
Stephanie K. Fattman,
Register of Probate
September 16, 2022
September 23, 2022
September 30, 2022
(SEAL)
THE COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
Docket 22 SM 002554
ORDER OF NOTICE
TO: Lisa M. Dumas, Michael Dumas a/k/a Michael A. Dumas and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. C. 50 §3901 (et seq):
Nationstar Mortgage LLC claiming to have an interest in a Mortgage covering real property in Uxbridge, numbered 394 Douglas

Street, given by Lisa M. Dumas and Michael Dumas a/k/a Michael A. Dumas to Bank of America, N.A., dated October 20, 2012, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 49894, Page 122, as affected by Judgment recorded at said Registry of Deeds in Book 61961, Page 275, and now held by the Plaintiff by assignment, has/ have filed with this court a complaint for determination of Defendant’s/ Defendants Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before 10/24/2022 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, GORDON H. PIPER Chief Justice of this Court on 9/8/2022 .
Attest: Deborah J. Patterson, Recorder
September 16, 2022

Winning perennials for your garden

After a busy summer of vacations, BBQ's, and garden care, it is fun to turn our attention to planting. Fall is a great time to plant perennials and many garden centers are busy refreshing their supply of perennial plants. Consider including one or more of these winners when making your perennial plant selections this fall.

Hostas are an excellent choice for those shady spots in the landscape but with so many cultivars to choose from the selection process can be overwhelming. The America Hosta Growers Association (AHGA) decided to help growers and gardeners with the selection process by introducing the AHGA Hosta of the Year. Each year since 1996, members of the AHGA select and feature a Hosta of the Year. The winning hosta must grow well in all regions of the country, be widely available, and have a retail price of about \$15 the year it was selected.

Island Breeze is this year's winner. Hardy in zones three to nine, its strong growth rate, thicker leaves and wide green leaf margins with bright yellow centers made it a winner. The leaf centers emerge a brilliant yellow then turn chartreuse in the summer when grown in heavy shade and a lighter yellow in more sun. The leaf stems, petioles, have red speckles that bleed into the base of the leaves, adding to their ornamental appeal. Dark lavender flowers appear

on red stems in mid-summer, attracting hummingbirds to the garden.

You may also want to consider this year's Perennial Plant of the Year little bluestem (*Schizachyrium scoparium*) and its cultivars for those sunny spots in the landscape. Each year, Perennial Plant Association (PPA) members select a winner based on the plant's suitability to thrive in a wide range of growing conditions, its ability to provide multiple seasons of interest, have good insect and disease resistance, and be low maintenance. This year's selection of the native little bluestem and its cultivars allowed perennial experts the opportunity to promote the species or the cultivars that will do the best in their region.

The native little bluestem is hardy in zones three to ten and grows two- to four-feet tall. The blue-green leaves turn reddish bronze in fall and are complemented by fluffy white seeds that persist into winter. This grass prefers full sun with loam or sandy soil and tends to flop or decline in heavy clay soil and damp sites.

PPA Board members helped gardeners across the country and in Canada by sharing the top performing little bluestem cultivars in their regions.

A relatively new introduction, Jazz,

was a favorite in both the Central and Mid-Atlantic regions. This shorter cultivar is 24 to 30 inches tall and 18 inches wide, with sturdy stems and silvery blue leaves.

Carousel is another dwarf cultivar, growing 30 inches tall and wide and was recommended by the Great Lakes PPA Board member. Its bowl-shaped growth habit, upright flower stems and kaleidoscope of copper, pink, tan, and dark orange-red fall color make it a nice addition to the garden.

Standing Ovation is a favorite of the Canadian, Western and Mid-Atlantic PPA Regional Board members. The spiky bluish-green stems in a tight upright growth habit provide a vertical accent in perennial borders. The brilliant orange, red and yellow fall color ends the season with a blaze of color.

Western and Mid-Atlantic PPA Board members both added The Blues to their list of preferred little bluestem cultivars. It has deep blue leaves that transform to a rich purple and burgundy in the fall. This cultivar is usually a foot taller than Jazz, growing up to four feet tall and two feet wide.

These are just a few of the many beautiful perennials suitable for home gardens. Check out past winners and of course leave room for a few new plants you just cannot resist.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest

Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.



Melinda Myers

Blue Heaven was discovered and introduced for its taller, more upright habit that does not tend to flop like many others

Local residents named to Simmons University Dean's List

BOSTON — The following local students were named to the 2022 spring semester dean's list at Simmons University in Boston.

* Hannah Bishop, Millbury

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

About Simmons University
Located in the heart of Boston, Simmons is a respected private university offering more than 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a model of higher education that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation of the liberal arts. The result is a Simmons graduate prepared not only to work, but to lead in professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life's work. Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at <https://www.linkedin.com/school/simmons-university/>.

Lindsey Chapin named to SNHU Dean's List

MANCHESTER, New Hampshire — Lindsey Chapin of Whitinsville has been named to Southern New Hampshire University's Summer 2022 Dean's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 165,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, New Hampshire. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Live senior Zumba classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live eight-week session of Zumba classes for Seniors. Zumba is a fitness program that fuses entertainment and culture into an exhilarating dance party workout. This is an 8 week specialized program designed for seniors.

The program will begin Thursday, Oct. 6 from 1:30-2:30 p.m. at the Uxbridge Senior Center Satellite Site, which is located at the McCloskey School at 62 Capron St. The class will run for one hour, one day a week for an eight-week period of time. The instructor, Amy Smith, is a licensed Gold Zumba instructor. The suggested donation cost of this 8-week class is \$25. Checks may be payable to the Uxbridge Senior Center.

The benefits of Zumba include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge, and is open Monday thru Friday from 8 a.m. to 4 p.m.

Upton VFW hosting final flea market Oct. 8

UPTON — The final one of this summer's series of flea markets sponsored by the Upton VFW Post 5594 will be on Saturday, Oct. 8 at Post headquarters, 15 Milford St. (Route 140) in Upton. These annual events benefit the post as well as the community, therefore participation by vendors and shoppers is very much appreciated.

If you're anxious to clear out those cell and attic almost-treasures to make room for more or to show off your craftsmanship, come and join others of like mind for the day.

Vendor spaces are available for \$10 each or \$15 if one of the posts banquet sized tables is needed. Parking is free. Reservations are not needed, although Post member David Kennedy can provide more information via the VFW Facebook page or by calling. 508-529-3314.

Coffee and doughnuts are available during the morning, then hot dogs, chips, and cold drinks for lunch.

Free flu shot clinic at Uxbridge Senior Center

UXBRIDGE — The Uxbridge Senior Center, located at 36 South Main St. in Uxbridge, is proud to sponsor a Free Flu Shot Clinic. This is an annual program, which will be provided again this year by the Uxbridge Hanaford's Pharmacy. The clinic will take place on Tuesday, Oct. 18 from 9 a.m.-noon at the Senior Center. Everyone is welcome; the 65+ flu vaccine will be available for those that are interested. Please bring your insurance cards with you, no copays required and remember to wear a short-sleeved shirt. Safety precautions will be in place for everyone's safety. Please call the Senior Center to obtain your registration forms before attending this event at (508) 278-8622.

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EDITORIAL

You can go home again

It's that time of year again, when homecoming festivities will take place across the country. We're all hoping for some nice weather, however, homecoming weekend is usually the week-end we need to break out our sweaters. Memories of hot crock pot dishes steaming into crisp air come to mind.

After graduating, many people leave their hometowns, never to return again, by choice. However, in our neck of the woods, homecoming is a time to catch up with old friends and get it on the school spirit.

More vital even than the teamwork you will find during any given game is the teamwork you will witness when you watch a homecoming parade. Students, working together with faculty and community members create impressive floats for all to enjoy. Our small Main Streets are welcomely inundated with school spirit for a few, short hours.

Homecoming is also a meeting point for generations, past, future and present to come together with the one thing that we all have in common, school spirit. Seeing old friends you haven't seen in years, or only once a year is always a good time. It's always fun to see alumni wearing old school gear from years past. A 1994 cross-country state championship jacket, or a wrestling championship hoodie from the 1980's. Showing school pride makes people feel like they are part of something special.

Recent graduates who are now off to college will make the journey back home to catch up with underclassman and teachers. It's always great to see so many success stories gathered in one place.

Believe it or not, homecoming is the perfect place for college students to network. The same could be said for anyone, now that we think of it. Making a connection in a casual setting could lead to internships and job opportunities. People tend to act more like themselves when there is no pressure, homecoming is an upbeat event with loads of positive energy.

The sporting events are at the heart of any homecoming. There is nothing better than cheering on the home team from the sidelines, especially in a close match, popcorn in hand. The crowds are much larger during homecoming giving the athletes that much more adrenaline. There is something to be said for friendly rivalry that makes homecoming that much more exciting.

When the home team scores a goal, or you see a cross country runner heading out of the woods first in your school colors, or you're catching up with your old math teacher who sent you to the principal's office for talking too much, we hope you get as much out of homecoming as we do.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Oh, the humanity!

To the Editor:

No, the Hindenburg didn't explode again. That noxious spray of anguish and despair is coming from the Uxbridge Grinch. Yes, America is on the road to bankruptcy - but it's educational bankruptcy, not financial. The level of 'stupid' in this country has risen faster than gas prices at the pump. But, yes, let's all hate on people trying to better themselves through education.

Cue the drum roll...I actually agree with the LRT (local, radical traditionalist) that this partial student loan forgiveness is the wrong solution to crushing student debt. At least in the long term. There is no reason that the U.S., the richest country in the world, can't provide free college tuition, to any who qualify. Other, less affluent countries do it, because it's in their best interests. Don't we, as a nation, thrive and prosper on the backs of new technologies, medical breakthroughs, and scientific discoveries? Where do these innovations come from, if not from our best and brightest? Don't we all benefit from the endeavors of the educated? So why would we make it difficult for anyone to join those ranks? And once they do, why would we saddle them with dispiriting, long-term debt? I love my plumber, but he isn't going to discover a cure for cancer.

Let's establish a few facts - first, there is no "new tax burden that feckless - there's that word again - Joe Biden just dumped on us." The money has already been spent and reconciled in the federal budget. Nothing is going to be added to the tax burden. In fact, I would guess that the majority of the initial loaned amounts has already been collected in the form of interest payments made on the loans.

"The CBO estimates that when 2021 results are finalized, student loan programs will have generated net receipts of \$1.4 billion from loans and guarantees, while also incurring \$3.2 billion in administrative costs, suggesting the total result is a small loss."

Second, how does "the Biden giveaway hurt the 60 percent of Americans who did not go to college and those who conscientiously paid off their college loans?" I paid my loans. I worked the midnight shift unloading trucks, outdoors, in the middle of winter, because it was the highest paying work I could find. Then I got up to go to school at 8 a.m. the next morning. I'm not hurt because these students are going to catch a break. I'm glad that they may not have to endure what I had to. Should I feel that your children should not have access to a new cancer cure, because my parents died before it was available? As for the 60% who didn't go to college, they have no college loans to pay back, and their taxes are not being raised, so how are they being hurt? Unless they didn't go to college because of the current costs.

This 'outrage' is part of the right-wing strategy of dividing the country by fomenting grievances - look, someone else is getting more than you, or being

treated better than you. Remember "immigrants are taking your jobs?" We now have 2 jobs available for every American worker. How many of you are taking jobs picking tomatoes? Or cleaning hotel rooms? With the uneducated, 'grievances' work every time.

Third, Biden had nothing to do with any drop in the number of African-Americans attending college. I don't know where the Grinch got her numbers, but from my research, the last study done found that between 1976 and 2019, black enrollment went from 10 percent to 12.7 percent of college students, while overall college enrollment was down 5% during this period. Even before the pandemic, higher education was facing a declining enrollment, and for the first time, white students no longer constituted a majority of the undergrads in U.S. public colleges. Latino students made the biggest gains, replacing black and white undergrads. That must be Biden's fault also!

Predatory lending practices have to be addressed. The higher education system is now in league with the Prison Corrections System - both have turned away from their initial objectives, and become corrupt money making schemes: \$1.85 billion settlement

"In January 2022, Navient reached a \$1.85 billion settlement with 38 states and the District of Columbia following claims that it had made predatory student loans. The company will cancel the outstanding balance on \$1.7 billion in subprime private student loan balances that are owed by about 66,000 borrowers nationwide."

Again - gulp - agreeing with the Grinch, I don't believe that Biden has the authority to forgive any federal loans, or portions thereof. Maybe, like Trump stealing money from the military budget to waste on his obsolete wall, Biden will do some manipulating. I hope not.

As a last point, I request that the Grinch focus her next expression of outrage toward the Republican members of Congress who were provided PPP loans - loans intended for companies to retain their employees during the pandemic - and then WERE FORGIVEN! Explain why members of Congress received these loans in the first place. Seems terribly unfair to those of us who aren't members of Congress!

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- Vicki Hartzler (R, MO) \$451,200
- Markwayne Mullin (R, OK) \$988,700
- Carol Miller (R, WV) \$3.1 Million

Where's the outrage, Grinch?

RICK BEVILACQUA
WHITINSVILLE

Vulgarity grooming

To the Editor:

On a busy Northbridge road riding behind a school bus that had just picked up several grammar school aged kids on their way to class to learn the fine art of reading, I look to my left, and prominent-

ly displayed near the road is a "[expletive] Biden" flag. Nice that the neighbors are 'grooming' our kids in the usage of swear words, eh?

CAROLYN BROWN
WHITINSVILLE

Just saying... is it too much to ask?

To the Editor:

A mental debate raged as to whether to respond to the Sept. 2 letter from a regular Northbridge contributor. Frankly, tit-for-tat letters are pointless, because who recalls what was written previously? Anyway, my hide is thick, so I must rebut the accusation that my opinions are "a gross misrepresentation and disservice to readers... filled with half-truths and lies" while his are a "struggle for truth!" "Truth," like beauty, resides in many places, and I never claim to be the source of all truth or knowledge. Supported by information (easily obtained), I write with no demigod-like/derogatory language, no name calling, no "offensive tones," no silly comparisons about those of a different political persuasion. (BTW, what was wrong that longstanding criteria for Letters to Editor were changed recently?)

But I digress and don't want to take more space than is 'fair!' For the record, let's clarify the false interpretations the Northbridge writer attributed to some of my points: 1) "viewing problems through an 'American majority lens'" was meant as a 'unifying' phrase, not to divide by 'partisanship' or to 'eliminate' anyone; 2) "one Nation under God" is more often associated with our Pledge of Allegiance than the Constitution; 3) the Founding Fathers meant "freedom of religion", among the other four 'freedoms' in the Bill of Rights' First Amendment, because America's seminal documents are root-

ed in the (Christian) culture of Western Civilization; and 4) those blest under our Constitution can freely choose "freedom from religion", as the Northbridge man prefers! (BTW, why do Presidents end most speeches with "God bless the United States of America"?)

A cautionary thought from G. K. Chesterton*, a 20th c. Renaissance man (writer, philosopher, lay theologian and art critic), was mentioned in a 1990 book on religion and international affairs. He posited that "politics, as a function of culture, would lose its equilibrium because worship of the divine and its observance of God's law... is the source of human decency." He concluded "if the population comes to believe in themselves as 'superman', replacing the Man-God, Jesus Christ, ceasing to believe in God; then man will believe in nothing." Society's 'equilibrium' is certainly askew today. Chesterton's thought is worth pondering as is St. Augustine's: anger, hope, and courage make change.

JANE F. KEEGAN
UXBRIDGE

Editor's note: There has been no change in our criteria for letters to the Editor, as Ms. Keegan claims. Those who wish to publicize their opinions, particularly concerning politics, should be prepared for others to respond in kind. It is not the place of this newspaper to censor the voices of its readers in order to shield letter writers from criticism.

What does an unplanned career transition mean for you?



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals - some have seen their jobs disappear, others have been "furloughed" and still others have been offered an early retirement. If you're in this final group - those either offered, or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

Retirement - What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you're not certain you can work elsewhere, how can you adjust your desired retirement lifestyle - what you planned to do, where you hoped to live, etc. - to meet your new reality?

Income - Just how financially affected you'll be from an early retirement depends on several factors: how much you've already saved and invested, whether you're married and have a working spouse, whether you've paid off your mortgage, and so on. In any case, though, you'll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven't yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger? Are there any other sources of income I can leverage? You may want to work with a financial professional to address these and other key income-related issues.

Insurance - If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you're not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could provide you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.

Legacy - Many people want to take care of their family while they're alive - and leave something behind when they're gone. If you take an early retirement, you might lose your employer's group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven't, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes.

Going through an unplanned career transition is certainly challenging. But looking closely at the four areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

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.

Do your homework before heading out on the river

Although the salmon fishing report is fair in Pulaski, N.Y., it is expected to blow wide open soon. A good slug of rain, and a release of water upstream, can make it happen any day now. Fishing pressure was low this past week, but that could all change quickly, when anglers hear of a good run of fish in the famous Salmon River. At the time of this writing last week, a report of a school of coho salmon was reported entering the mouth of the river. The best fishing is near the mouth of the Salmon River anyway, with a somewhat low turnout of anglers, it should make fishing more enjoyable.

When anglers hear of a big run of salmon in the river, fishing can become somewhat crazy, with all of the commotion of anglers yelling “FISHON” as salmon are hooked, and making runs up & down river. Numerous big salmon that are hooked often run into another angler’s line causing chaos among other anglers. I have been there and done that! Although I had great times in my younger years being caught up in the circus like atmosphere, I no longer fish in these areas with many anglers fishing! There are many areas up stream that hold a lot of fish, but you need to navigate the river upstream or downstream away from the popular hot spots.

You also need to remember that a large stretch of the river is posted, and belongs to a state senator, who has hired wardens to patrol that stretch of the river. Being arrested for trespass can ruin your day. Even if you are in the water wading away from other anglers, the land under the water is also considered private and can have you cited for trespass, if you find yourself crossing into private property. My brother ken and I brought along a canoe a number of years ago, and navigated



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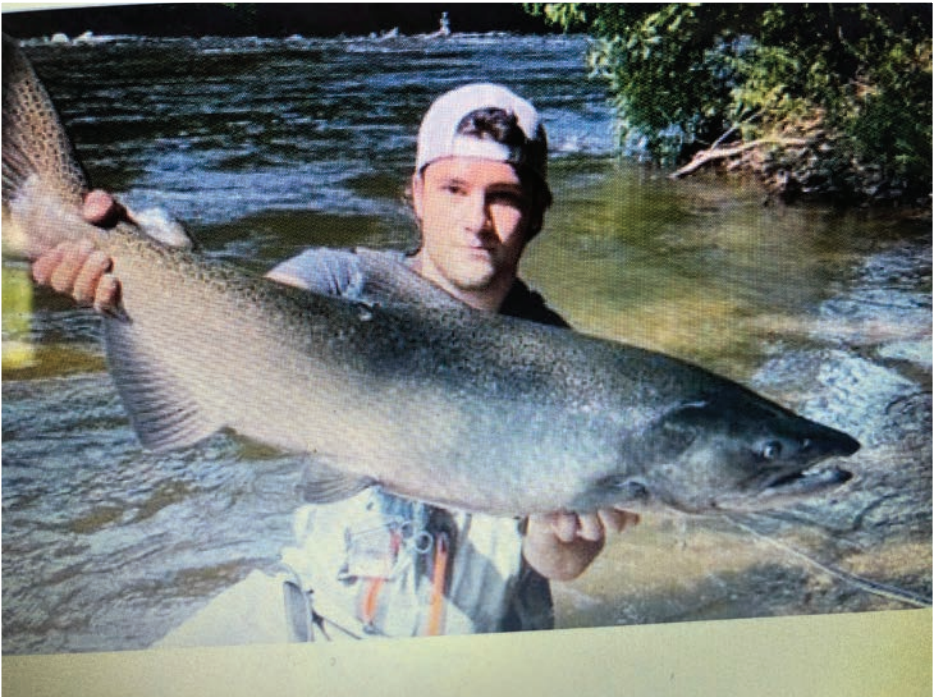
upstream, where we came into a shallow spot. We exited the canoe and pulled it onto the shallow spot in the river. We were not fishing very long when we heard a policeman’s whistle. We turned around and spotted a warden heading our way. “You boys are on private property.”

“No way,” I stated. “ We are in the water.”

That is when we learned that the land under the water is also considered private, if the shoreline s posted. Oh, great. That is when I pulled my outdoor writer’s card out, and told him I had no idea. He suddenly became very cooperative, and explained the law of private property in New York. He asked me to write a column about our experience, and to explain the law about private property. I graciously agreed!

“I am going to call the wardens at the entrance to the State Senator’s property, and get you two free passes for the day to fish.” We apologized for our ignorance of the law, and hopped into the canoe, and paddled downstream to where our buddies were fishing. Ralph, Jr. was also their and wanted to know why we had come back so soon! “We got arrested for trespass.” They showed us no compassion, and they all started laughing! My brother ken and I loaded the canoe onto the van and headed out to do some great fishing. Little did they know we were headed to do some amazing fishing.

When we got to the entrance to the senator’s property, we were greeted by a couple of wardens. We told them of our experience, and one of the officers told us to grab our gear, and he escorted us to the river. It was a bit of a walk, but I was a lot younger 35 years ago. After fishing for nearly five hours and catching a few salmon, we headed back to the



Courtesy

This week’s picture shows a young angler with his recently caught salmon in Pulaski, N.Y.

van. It was getting dark, so we thanked the wardens for a great day and headed back to the campground where we were all camping in tents. The boys were all laughing when we drove in, and were enjoying a few cocktails around the campfire.

“I hope you learned you lesson!” one of my so called buddies yelled out.

After we settled in and were enjoying a cool drink, we broke the news to them of the real experience we had! Suddenly, it was not funny anymore, and they gave us the cold shoulder for the rest of the evening! The ride home was not much better.

Saltwater fishing is improving every day with Albies and bonito providing a lot of action for anglers that enjoy chasing and catching them. It was my experience years ago that they do not

provide very good table fare, but they are sure fun to catch on light fishing gear. Seabass & tautog fishing is going to get better every day as the ocean’s waters cool.

The Whitinsville Fish & Game Club will hold their annual Field Day this Saturday, Sept. 17. The event is open to the public, with free admittance. Good food and numerous events for everyone to enjoy, is going to be held throughout the day. It is their first major event since the pandemic. Come on out and enjoy the day. The grounds open at 11 a.m. Pistol clay shoots are also being held at the club every Wednesday, starting at 6 p.m. The event is also open to the public!

Take A kid Fishing & Keep Them Rods Bending!

Fall Projects and Recipes

Autumn in New England is a simple wonder like no other - With a canvas of colorful fall foliage, fat orange pumpkins growing on the vine, and red apples just right for picking, it offers nature’s brilliance at its best! The bounty of the harvest also provides perfect inspiration for some of the most interesting fall project and meal ideas. Read on for a potpourri of creative autumn delights!

Welcome Feathered Friends: Gourds, both large and small are plentiful and whimsical, making them the perfect perch for feathered friends. Here’s how to make a simple gourd birdhouse:

To dry out decorative thin-skinned gourds, clean them in warm, soapy water containing a household disinfectant. Dry gourds with a cloth and spread them on newspaper in a warm, dry place. After a week, wipe them with a cloth moistened only with disinfectant. Again, spread gourds to dry, now in a warm, dark, damp-free spot for about a month. Every other day, turn them. When seeds rattle inside, they are properly seasoned. Small, thin shelled gourds will dry in less than a month, and large ones can take up to six months. If mold appears during the drying process, scrape it off with a knife. Thin-shelled gourds dry best when hung in a mesh bag.

Making the birdhouse is easier than you might think. Start with a smooth bottle shaped gourd. Once your gourd is properly dried (it will be light and you can hear seeds rattling inside), clean the outside with sandpaper. Soak in a solution of 10% bleach and water for about 20 minutes to protect gourd from mold. Allow to dry. Cut a hole slightly above the center of the gourd as an entrance for birds. No perch is necessary. Clean out dried seeds and guts with a serrat-

ed knife. Drill several holes in the bottom of the gourd for drainage. To hang the gourd, drill two quarter inch holes at the stem and thread a wire through to form a loop. Finish off with two or three coats of clear polyurethane, or decorate as explained above.

Autumn Centerpiece: You can easily arrange a fall centerpiece from materials harvested from nature and a large clay pot or vintage pottery planter. This project is great to do with kids after a day spent in the crisp outdoors enjoying the spectacular fall foliage.

Materials: Fall leaves, pinecones, acorns, interesting twigs, etc.; popsicle sticks or craft sticks; styrofoam ball or clay; flower pot or planter; hot glue gun; ribbon.

Instructions: Attach interesting leaves, seeds, pinecones, acorns and other finds from nature to the ends of popsicle sticks with a glue gun. Fit the styrofoam ball or ball of clay into the bottom of the flowerpot about halfway to the top of the pot. Arrange popsicle stick stems in the ball to form an attractive centerpiece bouquet. Attach one or more ribbon bows to popsicle sticks and anchor them deep into the pot to fill in bare spaces.

Roasted Pumpkin Seeds: To properly toast pumpkin seeds, remove all pulp and clean strings from the seeds. Preheat oven to 300 degrees. Toss pumpkin seeds in a bowl with melted butter or oil and seasonings of your choice. Mix well. (Kids can help with the toss-



TAKE
THE
HINT

KAREN
TRAINOR

ing). Spread seeds on a single layer on a baking sheet. Bake for about 45 minutes or so, stirring occasionally, until golden brown.

Avoid overcooking as seeds can become hard and tough. Prefer crisper seeds?

Prior to toasting boil seeds in salted water for about ten minutes, drain and prepare for roasting. Pumpkin seeds make great snacks that are rich in fiber and vitamins B and E. Best of all, the kids love these treats because they can help make them. Everyone has their own way of baking pumpkin seeds, but this foolproof method results in delicious, crisp seeds every time.

**

Apple Cider Crock Pot Stew

What could be better than hot stew on a crisp fall day? How about coming home from work with it all ready to serve up!

Ingredients: One to two pounds beef or venison stew meat; eight carrots, sliced thin; six potatoes, sliced thin; two apples, cored; two teaspoons salt; one half teaspoon thyme, two tablespoons minced onion; two cups apple cider.

Directions: Place carrots, potatoes, and apples in crock pot. Add meat and sprinkle with salt, thyme, and onion. Pour cider over meat and cover. Cook on low heat 10-12 hours. Thicken gravy.

Chinese Butternut Ravioli

This is a recipe from a popular local restaurant. It’s a seasonal treat that combines the flavors of fresh butternut squash and native maple syrup with an Oriental twist.

Ingredients: Butternut squash; but-

ter; brown sugar; won ton wrappers; egg white; pure maple syrup.

Instructions: Mash and prepare butternut squash with butter and brown sugar as desired. Brush one side of won ton wrapper with egg white wash. Fill center of wrapper with squash and top with another wrapper (washed sides touching). Pinch edges to form a seal. Boil in water for three or more minutes until won tons are tender. Serve hot topped with warmed maple syrup.

**

Win Dinner for Two at the Publick House

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

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

Take responsibility for feeling good about yourself

It’s a hard lesson to learn, but not everyone you encounter in life will be for you. You’ll meet people who will never see eye to eye with you. They could be family members, co-workers, or business partners.

It’s fantastic when you have a relationship with someone who believes in you, compliments you, and sees the good in everything you do. It’s good to be validated, and it’s good to be around people who cheer you on, see your vision, and believe in what you’re trying to accomplish.

It’s a good thing to have these people in your life; after all, I’d never suggest that you spend your time with someone who brings you down, doesn’t value you, and enjoys seeing you fail.

Sometimes, when we surround ourselves with people who love us, it’s hard to understand or accept a situation where someone is the opposite; they don’t like you, don’t believe in your vision, and can’t see the good in what you’re doing. No matter what you do, it seems to be wrong.

POSITIVELY
SPEAKING

TOBY
MOORE

When I encountered a person who didn’t seem to like me in my younger years, I’d go out of my way to please them and win them over. I’d talk endlessly with other friends to try and understand the situation. It brought me down, made me feel like something was wrong with me, and gave me a feeling of low self-worth.

Although being around people who aren’t for you is terrible, it can also be a valuable learning experience. When we are only around people who compliment and comfort us, it’s easy to gain a dependence upon people to make us feel good.

We can become dependent, almost addicted to compliments of others, just like a drug.

I know I used to be like this. If I went a day or two without someone telling me how great I was, I’d wonder if I did something wrong. I especially had this problem as a young actor. If a few people didn’t tell me that my performance was terrific after a show or a film, I

would feel low, as if I had no talent.

It was also hard to learn that constructive criticism wasn’t a put-down, and that it was good to receive honest criticism.

If you’re this person, you should know that your value doesn’t come from how others think and speak about you.

The fact is, people can let us down, even friends and family. They don’t have the superhuman ability to always be there for you and keep you in a happy state of mind twenty-four hours a day, seven days a week. When you depend on people to give you your self-worth, eventually, you’ll always be let down.

It’s good to have friends who support you, but it isn’t their job to always keep you in a happy, healthy state of mind. The responsibility ultimately falls on you. Learning self-sufficiency and how to have self-confidence are one of the best things you can do for yourself and your loved ones.

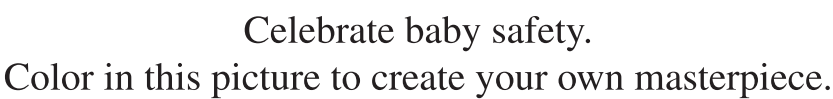
I read a quote today; I don’t know who said it, “Not everyone is going to like

you, no matter how hard you try, so don’t waste your energy trying to please everyone; instead, focus on being your true, authentic self.”

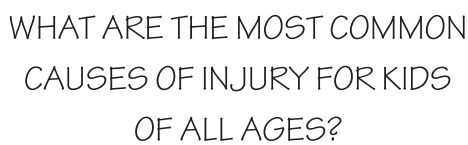
If someone doesn’t like you and tries to make you feel bad, that doesn’t mean your life has no purpose, or you won’t fulfill your destiny. Your life purpose does not depend on how others think and feel about you. Your real self-worth comes from a higher place and your thoughts and feelings about yourself.

Take the responsibility you may have put on others to make you feel good and put it on yourself. If someone doesn’t praise you, you can praise yourself. Next time someone says or does something that makes you feel bad, you can say, “it doesn’t matter what they think about me; I know I’m valuable and have a purpose in this life, and I will accomplish it no matter what they say.”

When you learn to take responsibility for your feelings, people will probably begin to like you more!



• **2003:** TYPHOON MAEMI BECOMES THE STRONGEST RECORDED TYPHOON TO STRIKE SOUTH KOREA.



ANSWER: FALLS



injure with very
hot liquid
or steam

GERMAN: Verletzung

A CHILD CAR SAFETY SEAT IS
ONE OF THE MOST IMPORTANT
COMPONENTS OF BABY SAFETY GEAR.



ANSWER: CABINET LOCK

☐ ☾ Ω ✱ ♂ ≍ ≈ ☆ +
Determine the code to reveal the answer!

Solve the code to discover words related to backpacks.
Each number corresponds to a letter.
(Hint: 7 = **O**)

Clue: Small pouch to carry stuff

Clue: Strips to help carry something

Clue: Reading material

Clue: Place for learning

Answers: A. pocket B. straps C. books D. school

Level: Advanced

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

ANSWER:

OBITUARIES

David Winslow Gibson, 63



Douglas- David Winslow Gibson, 63, passed away on Wednesday, September 7, 2022 at home after battling with pancreatic cancer.

He is survived by his loving wife of 21 years, Martha A. (Ellison) Gibson; two daughters, Julie Rose Gibson, who lives in DC, and Samantha Rae Gibson currently studying at Bridgewater State University; Son in law, Chris Santry, his beloved dog Ember, and his grandcat Lucy. He's also survived by two siblings, William "Bill" Gibson and his wife Erica of Petaluma, CA, and Marianne Martin of Auburn; nieces and nephews, David Gibson, Jennifer Campagne, Ben Martin, Jimmy Martin, and Emily Martin.

Born in Boston on August 4, 1959, David was son of the late Frederick P. and Judith (Pierce) Gibson, grew up in Needham, and lived in Douglas the past 23 years. He was a graduate of Needham High School, Class of 1977 and furthered his education at the University of Maine earning a degree in Wildlife Management, Class of 1981.

David enjoyed vacationing with his family at his cabin in the Berkshires, hunting and fishing, and identifying animal sounds and prints. He was an avid birdwatcher, making sure the local birds were fed year round. In his younger years he played in hockey and softball leagues, and was a huge New England Patriots fan.

Always a hard worker, David was a manager working for Chemlawn, Sears Carpet Cleaning, LeafGuard Gutter Systems, and most recently for Pilot Travel Center in Sturbridge. He also owned and operated his own landscaping business, Black Bear Landscaping, for many years.

Above all, he was a family man, a great husband, and was very proud of his two girls. He will be forever missed.

Family and friends will gather on Saturday, September 17th at 11 AM for David's memorial service in the East Douglas United Methodist Church, 137 Main St., Douglas MA. In lieu of flowers, donations in David's memory may be made to: The National Parks, <https://give.nationalparks.org/site/Donation2>

To leave a condolence message for his family please visit: www.Jackmanfuneralhomes.com

UXBRIDGE continued from page A1

According to a memorandum on the town's website from May of 2020, Uxbridge had also been awarded a FY19 MVP Action Grant to conduct a "comprehensive, regional climate change vulnerability assessment" and develop an associated management plan that addresses the major types of water infrastructure in the community.

Based on information available from MassGIS, there are 13 state-registered dams in Uxbridge. An additional 17 unregistered dams had been identified within the town, according to the report. Of these 30 dams, many were described as "relatively small dams built to power industrial mills of the 17th and 18th centuries, are no longer used for their original purpose, and are in poor condition."

"Some of these dams could pose upstream flooding hazards by backing up water during floods," the memorandum reads. "Dams also present a hazard to downstream areas in the event of a breach or failure,

which can result from aging infrastructure, insufficient maintenance and changes in upstream flow regimes. Dam failure can release large quantities of flow, sediment (sometimes contaminated), and debris and is therefore a threat to property, ecosystems, and public safety."

The Whitin Pond Dam—privately owned by the Mumford River Condominium Trust, according to the report—was visually assessed as being in "poor" condition, with voids in areas of stone, vegetation overgrowth on training walls, and trees growing through training walls and from the primary spillway.

"The dam is currently used for flood control and recreation," the report indicated. "The dam is classified as Significant hazard potential dam."

The Home Brew Dam was visually assessed as "unsafe," according to reports, with a "left training wall of auxiliary spillway collapsed due to formation of sink-hole." The report also stated that the concrete block forming the right training wall of auxiliary spillway was displaced

and "leaning away from right abutment, allowing erosion of abutment." Large trees were growing on embankment and abutments, according to reports, and voids and cracks were described.

"The dam was determined to be in unsafe condition due to numerous structural deficiencies," the report reads.

The dam currently had no known purpose, the memorandum continued, and the original purpose of the dam is unknown.

"Town staff estimated that the dam was constructed in the 1950s," the report said. "Due to the potential impacts to the Uxbridge water supply in the event of flooding, and concerns expressed by Town Staff over the potential impacts to drinking water safety the dam was determined to be high priority."

"There truly is no time like the present to invest in adaptation to our ever-changing environment," Rep. Soter said. "I am glad that we are now able to be proactive in addressing these concerns in avoidance of a much larger issue. I will continue to push for access to resources that will help our towns evolve."

SNHU announces Summer 2022 President's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2022 President's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Krista Shea of Douglas
Beth Bergstrom of Douglas
Noah Taylor of Douglas
Rebecca Rodrigues of Douglas
Julie Roby of Northbridge
Frankie Nieves of Uxbridge
Jacob Rouleau of Uxbridge
Morgan O'Brien of Uxbridge
Mark Davison of Whitinsville
Bride Stanley of Whitinsville
Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 165,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, New Hampshire. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.



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or by e-mail to
obits@stonebridgepress.news

Friday's Child



Blaire Huertas DeJesus
Age 5

**Hi! My name is Blaire
and I have a great imagination!**

Blaire who goes by Mateo is an imaginative boy of Hispanic descent. He enjoys going to the park, playing with Bakugans, and imagining the capabilities and superpowers that they have in the world, calling himself goofy names like "cheese hamster" when playing with other adults, and listening to track records of High School Musical and Frozen. Mateo's loves watching Hamster Stories; Rainbow Ringer; Bluey; True and the Rainbow Kingdom; Paw Patrol; Gabby's Dollhouse on television. He also enjoys playing with his Lego's and toy cars.

Mateo is entering Kindergarten where he is working on developing listening skills, sharing attention, and developing peer relationships. He does well in the classroom setting.

Legally freed for adoption, Mateo's social worker is looking for a dedicated two-parent family of any constellation experienced in trauma with or without older children in the home. He would thrive as the youngest or only child in the home and he is able to develop strong, loving relationships when he feels he has sufficient attention from his caregivers. Mateo can be placed outside of the state, but must remain in the New England Area in order maintain monthly contact with his two sisters and biological family.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/8479>

Can I Adopt?

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. As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at (617) 964-6273 or visit www.mareinc.org. Start the process today and give a waiting child a permanent place to call home.



What's On Your
Mind? We'd
Like
to Know.


Email us your
thoughts to:
news@stonebridgepress.news






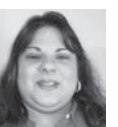




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**SOLD****SOLD****SOLD****ON DEPOSIT****SOLD****SOLD****SOLD****SOLD**

OXFORD – 3 Hemlock St! 7 Rm Ranch Waiting For You! Applianced Kitchen w/Dining Area! Living Rm w/Just Refinished Hardwood Floor! 3 Bdrms w/Wood Laminate Flooring & Ceiling Fans! Year Round Sun Rm w/LP Gas Stove! Full Bath! Finished Lower Level Featuring Family Rm w/Dry Bar, Possible Office & Second Bathroom! Fenced Back Yard w/15X30 Inground LP Gas Heated Pool w/Pictured Patio Furniture & 2 Sheds! Second Party Full Solar Array to Help Offset Electric Bills! **\$359,900.00**

WEBSTER – 127 Douglas Road! 8 Room Split! 3 Bdrms! 2 Baths! Set on 1.31 Acres! 2 Car Garage Under plus 2 Car Detached Garage w/Lot! Perfect for the Hobbyist or Car Collector! This Home Features Open Concept Living! Frp'd Living Room w/ Cathedral Ceiling & Recent Skylights! Remodeled Eat-in Kitchen w/Granite Counters, Breakfast Bar & Slider to the Deck! Oversized Full Bath w/Jacuzzi & Large Walk-in Shower! Hrdwd Flrs throughout the Kit, Liv Rm & Hallway! 3 Bdrms w/Wall to Wall! Finished Lower Level w/Tiled Mudroom! New Luxury Vinyl Flooring throughout Lower Level Fam Rm, Exercise Rm & Bath! Above-ground Pool! Custom Fire Pit! Perfect for Entertaining! Recent Well Pump! 2013 Electrical Service! 2011 Septic! The Updates are Done! Great Commuting Location! Only Minutes to 395 or 146! **\$434,900.00**

DUDLEY – 5 Elizabeth St! 6+ Rm Ranch! Featuring Frp'd Liv Rm w/Recessed Lighting & Guest Closet! Eat-in Kit w/Tile Flr! 3 Bdrms w/Hrdwd Flrs, 2 w/Ceiling Fans & Dble Closets! Hall Bath w/Tile Floor! Finished Lower Level! 20x25' Frp'd Fam Rm w/Recessed Lighting & 2nd Bthrm w/Shower! Possible Kitchenette or Office! Laundry & Utility Rm! Wired for a Generator! Economical Gas Heat & Hot Water! 3 Season Porch! Garage! **\$364,900.00**

WOODSTOCK – 12 Grey Fox Landing! Spacious 7 Rm, 3 Bthrm, 3.5 Bath Ranch! 2,100 sqft on 1st Floor & 1,400' Finished Lower Level! Open Concept! Beautiful Island Kit w/White Cabs, SS Appliances! Vaulted Ceiling Liv Rm w/LP Frp'd w/3 Sliders to Deck! Master Suite w/Walk-in Closet, Vaulted Ceiling & Spacious Bath! Lower Level w/ Wet Bar, Full Kit, Office & Bath! 1st Flr Laundry & OA! Attached 2 Car Garage! Home's Perfect for Entertaining! Shed! Front Porch w/Composite Decking! Desired Location! **\$535,000.00**

SUTTON – 90 Armsbury Rd! 8 Rm Meticulously Maintained 4 Bdrm/2.5 Bath Colonial, Pleasant Valley Country Club Near, is Ready for You! Formal Living Rm w/French Doors, Spacious Family Rm w/Gas Fireplace, Recessed Lighting & Slider Out to Private Deck! Formal Dining Rm! Fantastic Kitchen Featuring Stylish Ivory Cabinets, Stainless Appliances, Tile Backsplash, Wine Bar & Adjoining Dining Area! All w/Gleaming Hrdwd Floors! Spindle Staircase to the 2nd Flr Featuring a Huge Master w/Cathedral Ceiling w/Dble Walk-in Closet, Master Bath w/Dble Vanity, Tiled Shower & Soaking Tub! 3 Additional Comfortable Bdrms w/Amples Closets & Additional Full Bath! Expandable Walk-Out Lower Level w/Roughed-in Bathrm Ready to Complete! 2 Car Attached Garage & Recent Generator! Listed by Another, SOLD by Lake Realty! **\$829,900.00**

CHARLTON – 42 Harrington Rd! Beautiful 6 Rm Colonial w/3 Bdrms, 3.5 Baths Colonial set on .35 Acre Lot! 1st Floor w/9' Ceilings! Living Rm w/Bump-out, WW Carpeting & Crown Moldings! Tile Foyer! Dining Rm w/Frplace (never used), WW Carpet, Crown Molding & Wainscoting! Open Kitchen & Dining Area out to Wood Deck! Kit w/SS Appliances, Granite Island! 1/2 Bath off Kit w/Laundry! 2nd Floor w/3 Comfortable Bdrms! Master w/Vaulted Ceilings, Ceiling Fan, Walk in Closet, Master Bath w/Jetted Tub & Separate Shower, Skylight, & Double Vanity! 2nd Floor Hall Bath w/Skylight! Full Basement has Walk-out to Second Deck, Third Full Bath, Utility Rm! 2 Car Garage! Horseshoe Driveway w/Plenty of Parking! Deep Wooded Lot! **\$419,000.00**

SUTTON – 11 Apple Ridge Rd! Super 9 Rm 3/46' Contemporary! Nicely Landscaped 30,586' Lot w/Circular Drive! White Marble Entry Foyer w/Soaring Skylight Ceiling! French Doors to the Custom Center Isl, Black Granite, Fully Applianced Kit w/Recessed Lighting! Open Flr Plan! Gorgeous Formal Din Rm w/Tons of Natural Light! Huge Liv Rm w/ Sliders Front & Rear, Skylight & Ceiling Fan! Frp'd Sitting Area w/Cathedral Ceiling, Skylight & Ceiling Fan! French Door Office leads to the Future 1st Flr Master presently the Gym w/Cathedral, Skylights, Ceiling Fan, Sliders & Bathrm Access! 2nd Flr Features 2 Bdrms & 2 Baths! Master Suite w/Cathedral, Skylight, Ceiling Fan, 2 Dble Closets, Dble Vanity, Separate Shower, Whirlpool Tub & Marble Flr! C/Air! Deck Overlooking Private Yard! 3 Car Garage Under & 46' Detached! Town Services! **\$774,900.00**

WEBSTER – 3 Birchwood Dr! Great Commuter Location! Convenient to All Major Routes! 7 Rm, 3 Bthrm, Ranch Ready for Your Taste & Upgrades! 2 Front Entries, Enter through the Huge Attached Fam Rm w/Cathedral Ceiling, Ceiling Fan, Wall AC & Dble Closet or through the Fireplaced Liv Rm w/Hrdwd Floor! Galley Kit w/ Raised Panel Wood Cabinets! Dining Area w/Hrdwd Floor & Slider out to the Deck! 3 Bdrms w/Hrdwd Floors & Ample Closet Space! Full Bathrm w/Linen Closet! The Lower Level once Finished, Ready to Finish Again! Many Possibilities! 1 Car Garage w/Opener! The Home is Accessed by 2 Driveways, 1 to the Left of the House & 1 to the Right, Plenty of Parking! Built w/Electric Heat but has been converted to Oil, Hot Water Baseboard! Town Water! Passed Title V! Don't Delay...**\$299,900.00**

DUDLEY – 16 Joseph St! Spacious UPDATED 8 Rm Center Hall Garrison Colonial! Nicely Landscaped 25,561' Lot Set on a Cul-De-Sac "Dead End"! Ideal Residential Neighborhood! Dble Glass Door Tiled Center Hall Entry Foyer w/Guest Closet! SS Applianced Cherry Cabinet Kit w/Breakfast Bar, Corian Counters, Tile Flrs! Din Rm w/Hrdwds, Crown Moldings & Bay Window! Frp'd Liv Rm w/Pellet Stove, Custom Shelving, Hrdwds & Bay Window! Fam Rm w/Hrdwds, Custom Cabinetry, Ceiling Fan, French Doors & Slider to Deck Overlooking Private Backyard! 1/2 Bath w/Laundry Closet! Hall w/Dble Closet to the 2 Car Garage! 2nd Flr w/4 Spacious Bdrms w/Hrdwd & Vinyl Plank Flooring! MASTER w/2 Walk-in Closets, Ceiling Fan & Custom Tile MASTER BATH! Hall Bath w/Custom Tile Tub/Shower Surround w/Linen Closet! Don't Delay! **\$449,900.00**



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ON DEPOSIT

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OXFORD: CONDO Totally remodelled kitchen, bath flooring, Appliances, Electric fireplace built (Dimplex), Open and spacious **15-8 Thayer Pond ~ \$195,000**

SPORTS

Year following State Championship, Spartans remain strong to open 2022 season



Uxbridge's Meghan Smith fires the ball down the field following a big hit.

Nick Ethier photos



Uxbridge's Abigail Sanches, left, does battle with an opponent from Tantasqua while battling for possession of the ball.



Amelia Blood of Uxbridge stickhandles the ball through a pair of Tantasqua defenders.

STURBRIDGE — Any signs of the Uxbridge High varsity field hockey team slowing down in 2022 cannot be found in the early portion of the season. After finishing off an undefeated 2021 campaign with the Division 4 State Championship — where the Spartans outscored their postseason opponents by a 26-0 count over the course of five games — Uxbridge's cumulative goal differential is 17-0 after a pair of Week 1 contests last week.

The Spartans' first game was played at home versus Quaboag Regional on Tuesday, Sept. 6. There, Uxbridge won a 7-0 decision. In the game, Aubrey Bouchard (2 goals, 1 assist), Julianna Casucci (2 assists), Brooklyn Kaferlein (goal), Ellie Bouchard (2 goals), Kendall Gilmore (goal, 2 assists) and Meghan Smith (goal) paced the offense.

Then on Thursday, Sept. 8, Uxbridge traveled to Tantasqua Regional to take on the Warriors. There, the Spartans cruised to a 10-0 victory. Ellie Bouchard (3 goals, assist), Aubrey Bouchard (goal, assist), Gilmore (goal, assist), Kaferlein (goal), Smith (goal, 3 assists), Tessa Johnston (goal), Lily Brayman (goal) and Maddie Tousignant (goal, assist) were the offensive leaders, with Ellie Bouchard's hat trick coming in the first 15 minutes of the contest — including the first goal being scored in 20 seconds.

Julia Okenquist has picked up both shutouts in goal for the Spartans.



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Northbridge's Melissa Sabourin turns up the field with possession of the ball on her foot.



Northbridge's Delaney Mahoney, right, stops the ball in between her feet to keep it away from the intended target of Quaboag's Evelyn Doe.



Sienna Mastroianni of Northbridge, who scored two goals versus Quaboag, sprints down the field while dribbling the ball.

SPORTS

Opportunistic Northbridge deflates tired Quaboag early in second half for victory



Karlee Battista of Northbridge, right, wins the high kick battle with her Quaboag opponent to possess the ball.

BY NICK ETHIER
SPORTS EDITOR

NORTHBIDGE — A one-goal halftime lead in high school soccer is never safe. Couple that with the fact that Northbridge High's girls' varsity team has had trouble capitalizing on scoring opportunities in the recent past — as admitted by head coach Kristin Strazzulla — made the Rams' game with Quaboag Regional on Friday, Sept. 9 at Lasell Field all the more interesting as the teams hit the pitch to open the second half.

Strazzulla and the rest of the Northbridge faithful were able to breathe a little bit easier, though, as the Rams scored twice more in the first six minutes of the half to account for a 3-0 victory over the Cougars.

"This is a big home opening win for us. We notoriously have trouble putting the ball in the back of the net, so to come in our first home opener and get three goals is huge for our confidence," said Strazzulla.

Northbridge is now 1-1 after losing the season opener two days prior at Tantasqua Regional, 1-0.

The Rams scored in the 27th minute when Karlee Battista dribbled the ball from around midfield down the length of the left sideline before crossing it to Melissa Sabourin. Sabourin then fed a pass over to Sienna Mastroianni, whose shot beat Quaboag keeper Victoria Morgan (10 saves) for the goal.

Mastroianni, a freshman, wasn't done there, though, as she doubled the Rams' lead just two minutes into the second half. Mastroianni got behind the Cougars' defense, took a couple of steps and then launched a long shot that got up and over Morgan.

"We're expecting big things from all three of our freshmen," Strazzulla said of Mastroianni, Ellory Manning (who made various nice offensive runs with possession of the ball) and Katherine Leonard (who played a nice game at center back).

Rachel Sawyer scored Northbridge's third goal in the 46th minute, taking a shot from the left side and

placing it inside the left post.

"We have the benefit of being able to switch Karlee Battista with Rachel Sawyer at any point in the game and it gives us a little bit of a dynamic. Rachel played center back the whole first half and Karlee played center forward. We get a chance to switch them, it gives one of them a break and the other one maybe gets a chance and Rachel scored the goal," Strazzulla said of the important switch.

Quaboag head coach Norm St. Denis noted that the two early goals to open the second half made all the difference in the outcome of the game.

"That definitely deflated us," said St. Denis, whose team opened the season two nights prior with a battle-tested 1-1 draw with Uxbridge High. "Wednesday night, I've rarely seen a team play as hard as we did. We had to because they were good and we left everything on the field in a night game. I tried to do as little as possible yesterday in practice and they still didn't have their legs today.

"And Northbridge is very good, give them credit. They're probably a little better than us anyway and the only way we were going to compete is if we had that energy and we just didn't have it," added St. Denis.

St. Denis said that the tie with the Spartans and the loss to the Rams told him a lot about his team.

"Uxbridge-Northbridge is a pretty tough way for us to start, but that's good. We get that measuring stick, know where we're at and know what we need to work on," he said.

Any time Quaboag tried to score on the Rams, keeper Madison Thibeault was up to the task. She made seven saves, including an important stop on the Cougars' Jenna Duff to keep the game at 1-0 with minutes to spare before halftime.

"That save she has in the first half is huge because going into halftime up one instead of tied is huge," said Strazzulla.

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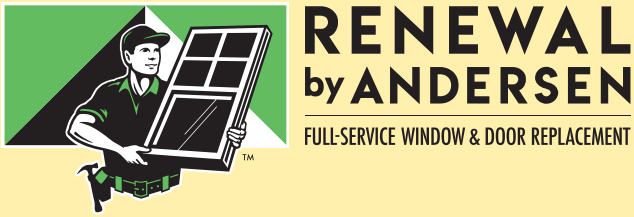
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Milford’s Pumpkin Stroll returns

MILFORD — With the success of many past Pumpkin Strolls, Mike Shain has planned for an even bigger and better event this year. Mark your calendars for Saturday, Oct. 29. The Pumpkin Stroll will be held inside Creative Community Childcare, 23 Pine St., Milford

Pumpkin carvers are asked to drop off their creations between the hours of 4:30

and 5:30 p.m. Families are invited to dress up in their Halloween costumes and enjoy Trick or Treating in the building. Local businesses will hand out treats, so bring your Trick or Treat bag. The creatively carved pumpkins will be illuminated for everyone to enjoy.

Three \$25 gift cards will be awarded for pumpkins submitted, the categories are the scariest, the funniest and the most creative.

The entire evening is free to attend. A collection box for local food pantries will be set up for anyone who wishes to make a donation of a non-perishable food item. Everyone is welcome, so tell your friends

Milford’s Pumpkin Stroll is brought to you by Creative Community Childcare and Michael Shain. For more information about Milford’s Pumpkin Stroll, please contact Michael Shain 508-330-8487 or email Mike at mshain@bayeq.com.

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